

## St Theodora Adult Ministry - 1st Half 2024 Monthly Assignments

"We are surrounded by so great a cloud of witnesses" (Hebrews 12:1)

Month:	Feb	Feb	Mar	Mar	Apr	May	May	Jun	Jun
Date:	11th	25th	10th	24th	14th	12th	26th	9th	23rd
<b>Topic</b>	Beginning to Pray: Introduction	Chapter 1	Chapter 2	Chapter 4	Chapter 5 & Meditations	May It Be Blessed: Part 1	May it Be Blessed: Part 2	Anxiety: Part 1	Anxiety: Part 2
<b>Stillness</b>	5min 2X Day (Discuss with Spiritual Father)								
<b>Reflect</b>	A. 1-2 Thoughts on what you learned. B. How you might apply it in your life?								
<b>Saints</b>	A. Meaningful Saying from our Cloud of Witnesses?	Share Your Study	Share Your Study	Share Your Study	Share Your Study	Share Your Study	Share Your Study	Share Your Study	Share Your Study
<b>Record</b>	Write date/time, and your thoughts or feelings in journal								



Comment
Practice Stillness, Listening for His Presence
Record and Bring to Class if You Wish! 1 or 2 Short Sentences
Bring your Quotes to Class to Share
Consider Using a Spiritual Journal