

*Some of the  
Advantages of  
the "At-Home" Week  
of Directed Prayer*

The Week of Directed Prayer creates the opportunity for participants to experience a directed retreat without stepping away from their daily life. For some, it is an excellent introduction to scriptural prayer. For others, it is an introduction to the Bible. Many have reported that this experience has taught them to integrate their life and their prayer.

It is amazing how this simple approach can dispose persons for almost the same depth experience as that of a five-day silent/closed retreat. The reason is this: the half hour of prayer each day frames all the events of the day in such a way that the prayer is experienced throughout the whole day, distractions and all!

Many participants look at this Week as a special time and they eliminate unimportant activities. They spontaneously make an effort to live in greater harmony and attentiveness with their prayer experience during this "special week with God."



Call  
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*"At-Home"  
Week  
of  
Directed Prayer*



An on-site program  
for churches and other  
institutions.

*Mayslake  
Ministries*

630.323.1620

## What is an At-Home Week of Directed Prayer?

Mayslake Ministries offers this Week of Directed Prayer as a way of making a directed retreat in the midst of daily living. It is such a simple approach that it can easily be used in a church, school, university, or business setting. Participants have found it to be very worthwhile!

This experience does not replace a parish renewal experience. However, it is helpful for people who have experienced renewal and have the desire to deepen what has already begun.

### Why Do It?

Many people express some kind of need for guidance in prayer. Often the need is described as a search for meaning in their lives, or a desire to deepen their personal relationship with God.

Few people have the opportunity to explore their faith journey in a one-to-one situation where the focus is entirely on them and their relationship with God.

For some, the week is a rare opportunity to be affirmed in their natural way of prayer and also to try different forms of prayer.

Those who have taken part in such week-long programs speak not only of its value in their personal journey, but its uniqueness in creating a sense of unity among all those who take part.

## What Does The At-Home Week of Directed Prayer Consist Of?

This format is based on taking only a half-hour prayer time with scripture each day and receiving spiritual direction for a half-hour each day.



Participants have their prayer time at home or at work and come to their parish, church or other setting each day for prayer direction for 30 to 45 minutes, Monday through Friday.

On the beginning Sunday and closing Saturday, there is a group session for all the participants.

For more information please contact:

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## What Is Your Commitment?

You will assign a coordinator to work alongside the coordinator from Mayslake Ministries' staff.

During this week, you will allocate a sufficient number of rooms and consultation space where the participants will meet with their directors during the afternoon and evening (Monday through Friday).

In addition, a quiet meeting room will provide an informal welcoming space for the opening session on Sunday evening.

These sessions are a vital part of the Week of Prayer.

Lastly, a hospitality room is needed for those making this Week of Prayer.

This is a room set aside where people can relax over a cup of coffee or tea before or after their meeting time with their director.

We encourage your staff to attend the opening and closing sessions and, for those with listening skills, to participate as prayer guides for the Week of Prayer.

We also encourage members of your congregation to share in the experience of this Week of Prayer by:

- praying daily for those making the retreat
- participating in the hospitality of the week
- providing a pot-luck, or a soup and bread supper just prior to the opening session.