

## *Going Deeper with God: The Spiritual Exercises Class*

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**Sunday mornings, beginning September 18th, 11:00-12:00 AM in Stewart Lounge with Marcia Stroup and Aleta Knight**

Sometimes God puts **speed bumps** in our lives to encourage us to **slow down**. “Much of what is sacred is hidden in the ordinary, everyday moments of our lives. To see something of the sacred in those moments takes slowing down so we can live our lives more reflectively.” (Ken Gire) God wants to know us intimately and for that to happen, we have to take time to meet with Him. James 4:8 says, “Come near to God and he will come near to you.” If you are ready to be still and spend time with God in prayer, meditation, listening, and journaling for **one hour a day**, consider committing to this class. This will be a nine month (35 week) commitment where we will meet for one hour on Sunday in our small group at St. Andrews. The Sunday group will be a time of sacred sharing of God’s movement in our lives. Your hunger for God will be filled and you will find it life changing. The practice of these disciplines will help you to reflect on your life and go deeper with God. You can expect surprising things:

- A closer, personal friendship with Jesus
- A new connection and understanding of familiar scriptures
- A new way of looking at the choices you make each day.

For more info and to sign up, contact Marcia Stroup, 714-962-5567 or Aleta Knight, 949-228-4216. There will be a meeting with Aleta and Marcia on Sunday, August 21<sup>st</sup> at 11:00 in Stewart Lounge, for those who have questions and would like to know more about this group before signing up.

