

Advent Directed Prayer in Ordinary Life

NOV 29 - DEC 5, 2026

What is Directed Prayer/Retreat?

This is a block of time (i.e. a week) dedicated to prayer, reflection and reading of Scripture, guided by a spiritual director for 45 minutes daily during the week. During each session, your director will help you discover the movement of God in your prayer and daily life experience.

Who might be interested in attending this retreat in directed prayer?

- One who wants to deepen their relationship with God.
- One who enjoys making this kind of week of directed prayer and wants another experience of it.
- One who has been wanting to make a week of directed prayer, but cannot take time away from home and family.
- One who wants to pray more regularly.
- One who wants to speak about their prayer one-on-one with a trained person of faith.
- One who is experiencing difficulty with prayer.

What is spiritual direction about?

The practice of reflecting prayerfully on one's life & speaking about it to another person of faith is part of a long tradition in the Church. For centuries spiritual direction was reserved for priests and religious as part of their required prayer. Religious orders offering spiritual direction have always opened their monasteries and ministry to others concerned with the faith life and discipleship in Christ. Being guided in prayer through a week of directed prayer has proved helpful as people learn to listen carefully and respond sensitively to God in their life. Spiritual direction is not for everyone. It is only for those who desire an active prayer life that seeks to draw God more consciously into the daily choices of life.

From where does this prayer come?

The prayer comes from the Spiritual Exercises of St. Ignatius and is based on themes reflecting our desire to find God in all things and in our ordinary daily life. The retreat in directed prayer, also known as directed prayer in ordinary life, is based on Scripture and is designed for those who cannot go to a retreat center for a private retreat. It helps participants integrate prayer more deeply into their everyday life: at their own pace, and without pressure from anyone.

Can I make this retreat with my spouse or friend?

Yes, you can pray the scriptures with your spouse or friend, but your daily visits with your director will be individual, private, and confidential.

What will I be asked to do during this retreat?

You will be asked to attend an opening session on Sunday, November 29th at 3:00p-4:30p with everyone participating in the retreat. You will be asked to individually pray specific scriptures daily, to reflect on those scriptures prayerfully by writing about your prayer in a journal (provided to you). You will be asked to keep the appointment you've made each day with your spiritual director. And

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you will be asked to come to the closing session on Saturday, December 5th at 10:00a-11:30a.

What do I need to attend this retreat?

- The desire and commitment to spend all 5 days in prayer for 30 minutes to an hour daily, and the desire to want to grow closer to God.
- A Bible.
- Complete the registration form online **by Monday, November 23, 2026.**
- Make a \$20 donation to help cover costs.

The number of participants able to attend will be determined by the number of directors available, the number of time slots needed and the rooms available for use at St. Bernadette's.

Can I choose a specific director?

Directors will be selected according to the time option(s) you choose to meet with a director. All of our spiritual directors are well qualified to meet with you.

REGISTER at:

www.stbchurch.org/advent-retreat



Sunday, November 29th 3:00p – 4:30p

Five (5) individual meetings with a spiritual director November 30th – December 4th

Concludes with a ceremony on **Saturday, December 5th @ 10:00a-11:30a.**

For additional information:

**Contact Laura Breaux
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