



Following the Way Through Lent: Using the Examen Method for Daily Prayer and Self-Reflection (Paperback)

By Rev Rich Nelson

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Following the Way through Lent is an excellent resource for anyone looking to deepen their prayer life during Lent (the season before Easter) or any time of the year. Using the Examen prayer method, we will reflect on the events of each day to look for signs of God's presence, to become more in-tune with what God is communicating to us. With a journaling page for each day of Lent, it provides space to consider ways to grow to love God more deeply with all our Heart, Soul, Mind and Strength. Using Jesus Great Commandment as our guide, we will become more aware of our actions, our relationships, our worldview and our physical presence. God uses each of these four pathways to draw us closer to God and guide us into a more joyful and fulfilling life. Following the Way(R) is a series of discipleship adventures created by Rev. Rich Nelson, a writer, retreat leader, Episcopal priest, advocate for church reformation, and a fellow pilgrim on life's road. To learn more visit and.



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