

# EQUIP EMBA 2017: SPIRITUALITY COURSE

## Prayer and resourcing life's journey

Life is difficult! It's also rich! Often it's just plain ordinary.

We need all the help we can along the way. This practically based course explores

- how a variety of approaches in prayer can illuminate our lives and sharpen spiritual discernment
- how life's experiences can become maturing sources of wisdom
- how to move beyond the loop of bursts of taking prayer seriously, followed by periods of lacklustre prayer ending in guilt, because we've given up

It will

- be based on the example of Jesus
- explore the rich, practical wisdom available from Christians practice of prayer down the centuries
- take seriously different temperaments and styles of prayer that fit us personally
- give a taste of retreat in a quiet day

Join us on the journey!



For booking information visit  
[www.embaptists.co.uk](http://www.embaptists.co.uk)



MON 18 SEPT 7-9PM

MON 25 SEPT 7-9PM

MON 02 OCT 7-9PM

SAT 07 OCT 10-4PM  
QUIET DAY @  
SACRISTA PREBEND  
RETREAT HOUSE,  
SOUTHWELL

MON 09 OCT 7-9PM

VENUE  
(MONDAY EVENINGS)

Calverton Baptist Church  
Main Street  
Calverton  
Nottingham  
NG14 6FG