

Intentional Living:

PRAYERFUL PLANNING
FOR 2026

TUESDAYS,
JANUARY 6, 13, 20, 27
6:30–8:30 PM
MINISTRY CENTER



Register
by
January 2!

What if there was a God-centered alternative to New Year's goals and resolutions? Imagine if, rather than asking God to bless your plans, you pray and discern God's desires and purpose for you?

During the course of this four-session workshop, you will focus on:

- **Aligning Your Values with Christ's Values**—Examine Jesus' core values as revealed in key Scripture passages. Prayerfully establish your own unique core values and align your values with Christ's values.
- **Reviewing Your Year with Christ**—Experience a guided walk through an annual examen prayer with some time for journaling. Discuss fruits of the Spirit, consolation, and desolation.
- **Hearing Christ's Call**—Explore pray-dreaming (letting God dream in you), desires, discernment, hearing Christ's call for you personally in all aspects of your life (physical, emotional, spiritual, relationships, vocation, community life, service).
- **Living with Christ**—Establish ongoing rhythms of support (daily prayer, examen, weekly review, periodic prayerful review throughout the year).



Registration—Preregistration is required, and because the sessions build upon each other, attendance at all four is highly encouraged. Participants can anticipate spending approximately two hours per week of prayerful reflection time in between sessions. Cost: \$25. Scan the QR code to register or visit saintbrigidparish.org/formation. Registration deadline: Friday, January 2

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