



# SPIRITUAL GROWTH OPPORTUNITII

## Learning to Pray

Go beyond our worship theme. Join the Thursday morning class to learn how to pray. Prayer is a funny thing for Christians. It's something we're encouraged to do, but it's something we are rarely taught how to do. You are a rare person if, after the age of 18, someone sat down with you and taught you how to pray. This class seeks to change that. Join us at 10 am

## Spirituality Center is open upstairs in Fellowship Hall

Stop by the church building whenever it is open to walk the **Prayer Labyrinth** or to learn some new spiritual practices to help you grow spiritually. It will also be open during **First Fridays** on March 7 and April 4. It will remain open until after Easter.

## Devotional Guides

**Reading the New Testament in Lent** reading guides are available at the church, or online at

[www.discoverfirstchurch.org/files/spirituality/READING THROUGH THE NT in Lent - 2014.PDF](http://www.discoverfirstchurch.org/files/spirituality/READING%20THROUGH%20THE%20NT%20in%20Lent%20-%202014.PDF)

**Lent 101:** *Making sense of ashes, fish and fasting during the annual 40-day penitential period.* at

<http://www.faithstreet.com/onfaith/2014/03/05/lent-101/31187>

**The Life of Piety** – A guided devotion online at [www.d365.org](http://www.d365.org)

**Busted Halo – Fast Pray Give** – An advent calendar style devotion for Lent drawn from a various elements of pop culture.

<http://www.bustedhalo.com/features/fast-pray-give-2014>

**Journey to the Cross**, *a devotional guide produced by BrynMawr Presbyterian Church* Download here

[www.discoverfirstchurch.org/files/spirituality/LentenDevotionals2014.PDF](http://www.discoverfirstchurch.org/files/spirituality/LentenDevotionals2014.PDF)

**Let Us Hold Fast**, *a devotional guide produced by Luther Seminary* .

Download here [www.discoverfirstchurch.org/files/spirituality/LentDevo2014.PDF](http://www.discoverfirstchurch.org/files/spirituality/LentDevo2014.PDF)