



# The Journey

AN ATTENTIVE LIFE

AN EXAMINED LIFE

A SHARED LIFE

***The Journey* helps you take a deep dive into your life in light of the stunning story of Jesus. It unfolds in three stages:**

### ***An Attentive Life***

Notice how God is already at work in your life, your relationships, and the world around you.

### ***An Examined Life***

Take time to reflect honestly and courageously on your own story in light of God's presence.

### ***A Shared Life***

Discover the gift of walking alongside others in community and learning how God invites you into His work.



### **What to Expect:**

- A small group of adults journeying together with a caring facilitator.
- A meaningful process unfolding over several months, with a rhythm that fits your group.
- Each stage of *The Journey* has seven sessions designed to help you reflect, listen, and grow alongside others.
- Weekly practices of reflection, Scripture, prayer, and other life-giving habits.
- One-on-one conversations with a spiritual mentor or friend along the way.



*"The Journey* appealed to me as a way of possibly discovering things about God and myself that I have never taken the time to reflect on before."



### **You're Invited!**

Want to get a taste of *The Journey*?

Scan the QR code to download a free sample and see how the process works.