



On Retreat: A Lenten Journey: The Mowbray Lent Book 2012

Andrew Walker

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Retreats are increasingly popular but the classic 8-day version is nowadays too daunting or too expensive for most. Here is a resource for both first-timers and the more experienced: a journey of personal prayer to be made over the period of one Lent, slowly integrating formal prayer times and the routine activities of daily living into a deeper encounter with God.

The material is equally suitable for the reader at home, or for groups, or can be adapted to a residential retreat (either self-guided or directed). Effective use of prayer time is explored, with the emphasis on practical suggestions and ideas including scripture and poetry, meditation, contemplation, journalling and intercession.

A 'prayer journey' through Lent, increasingly involving the whole person, opens up a world of spiritual possibilities by encouraging a deeper relationship with God and a reconnection with daily living, reinvigorated and hopeful.



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