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**OPTIONS FOR GROUP MEMBERS:**

If you have longer than one week between group sessions, as most groups will, you can alternate this prayer format with other prayer forms, cover two-week portions of individual prayer, or allow multiple days for each day's lesson. There is a possibility that the group will decide to go more slowly through the material, even if they meet often. You will find here a number of prayer and meditation experiences as well as other activities. Remember that this is not about doing everything and doing it perfectly. It is about taking a journey, holding on to what you need and letting other things go, guided by the Spirit of God. I believe that the quality and quantity of prayer experiences and inner reflections in this book will give any individual or group options of richness and variety.