

## Encountering God

"Encountering God" is a nine-week spiritual exercise helping you experience God more deeply every day. Through daily reflection and prayer, scripture meditation, five seminars, and five spiritual direction sessions, we will help you build a deeper relationship with God. Each group meeting includes worship, teaching, and sharing.

**You will experience God through the following spiritual disciplines:**

1. **30 minutes of daily scripture meditation, reflection, and prayer.**  
Meditating on God's words helps us come closer to God. God's words are no longer dull, boring, and incomprehensible, but become alive and lively.
2. **Spiritual direction.** In the five spiritual direction sessions, a spiritual director will accompany you and help you be more aware of God's presence, guidance, and works in your life.
3. **Group meeting.** Worship, teaching, and sharing.

**Contents of teaching: Silence and Meditation; Lectio Divina; Spiritual Direction; Journaling; Examen; Barriers in Spiritual Direction; Feelings; Consolation; Desolation; Listening to God; Discernment.**

**Meeting Dates : Saturdays**

- 8/5 (9am-3pm)
- 8/19, 8/26, 9/9, 9/23 (9am-12:30pm)

**Fee : \$30**

**Language: English, Mandarin, or Cantonese.  
To be determined upon the registration**

**Registration: Chit-Sang Tsang  
(chitsang@yahoo.com)**

**Registration Deadline : 7/30/2023**

**Meeting Venue :**

**First Evangelical Church of San Gabriel.  
3658 Walnut Grove Ave,  
Rosemead, CA 91770**