

North Central *Ministry Development* *Center*

“Be still and know that I am God” Psalm 46:10

As part of its mission to foster health and wholeness for lives of service, NCMDC is now offering:

Centering Prayer-Based Spiritual Direction

Jody R. Johnson, M.Div., LICSW is a psychotherapist and trained presenter/teacher of centering prayer through National Contemplative Outreach.

She will be offering individual and group spiritual direction based on the practice of Centering Prayer. Centering Prayer is both a relationship with God and a discipline to foster that relationship. *Rooted in Scripture as well as the Christian contemplative tradition, the practice helps people ‘anchor’ their attention in God, enhance discernment of God’s will, heal inner conflicts, and manifest the ‘fruits of the Spirit’ in their daily lives.*

In the context of a spiritual direction relationship, sessions will include teaching and practice of Centering Prayer as well as ongoing conversation and discernment around where the Spirit may be working in one’s personal life.

Cost: \$60/one hour individual session \$30/one hour group session

For more information call: Jody Johnson at 651-636-5120

To Schedule: Call Gaynelle Erickson at 651-636-5120