



DIOCESE *of* LACROSSE  
OFFICE FOR CATECHESIS & EVANGELIZATION

Dear Friend in Christ,

We are very excited to provide these eight sessions on how God offers us guidance.

How does somebody go about seeking guidance from God? How can we tell if it's just us talking to ourselves or if we're listening to God? These questions will be answered through the following sessions which will provide principles for knowing that God guides us and understanding how this guidance from God is given.

- Session One – How we know God guides us
- Session Two – God offers us guidance in answer to our Personal Prayer
- Session Three – God offers us guidance in the Scriptures
- Session Four – Through Other People
- Session Five – Through Angels
- Session Six – In Our Hearts
- Session Seven – In Our Thoughts Part 1
- Session Eight – In Our Thoughts Part II
- (The next 8 sessions coming January 2020)
- Session Nine - In Dreams and Visions
- Session Ten – Through Signs and Seeming “Coincidences”
- Session Eleven – By Opening and Closing Doors
- Session Twelve – In Our Memories
- Session Thirteen – During Our Struggles
- Session Fourteen– In Miracles
- Session Fifteen – Through the Teachings of the Church
- Session Sixteen – Through the Sacraments

The format for each session includes:

- an Opening Prayer with key Scriptures that are the foundation, followed by a teaching on a specific way that God offers us guidance; discussion questions are provided
- a Scripture story and two modern-day true stories that portray God offering His guidance to people related to the teaching, revealing how the Holy Spirit still gives us guidance today.

As you study each of these ways that God offers guidance, you will want to realize that even more important than understanding God's guidance, you will want to know the Guide – Jesus Christ – Himself. Learning to listen to God and recognize the different ways He gives you guidance every day will help you to develop a growing friendship with Him.

Sincerely in Christ,  
Ann Lankford  
Director for Catechesis and Evangelization

Carol Lankford  
Consecrated Virgin and Spiritual Director