



DIOCESE *of* LACROSSE  
OFFICE FOR CATECHESIS & EVANGELIZATION

Dear Friend in Christ,

We are very excited to provide sessions on how God guides us.

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 –	Relationship comes first!
Session Two –	One step at a time
Session Three –	God guides us through Jesus' Words in Sacred Scripture
Session Four –	Through other people
Session Five –	Through the Holy Angels
Session Six –	Through the experience of peace in our heart
Session Seven –	Through our thoughts

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 guides us; discussion questions are provided
- a Scripture passage in which God guided a person in the particular way of each session
- two modern-day true stories that portray God guiding individuals 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