Do you find it easy to pray? Is prayer an integral part of your day? Do you hear God's voice in your daily life, and know how to respond accordingly?

For most of us prayer becomes a source of frustration as we struggle to calm our minds and find even a few minutes to set aside to pray. In our busy lives prayer is seen as a luxury, when in reality it is at the foundation of a healthy spiritual life.

The good news is you can overcome your difficulties with prayer, and it is easier than you might think.

The Oremus study program teaches you the essentials of an effective and fruitful prayer life. Over the course of eight weeks you will discover how God speaks to you, even in the smallest encounters. Following the Tradition of the Catholic Church and the wisdom of the saints, you will learn how to express yourself to God in prayer, and how to hear his voice.

In Oremus you will:
- Become aware of God's presence in your life.
- Discover the simple yet profound steps of Catholic prayer.
- Learn how to respond to God and express yourself in prayer.
- Discover how to hear God's voice in Scripture, in your heart, and in ordinary moments.
- Learn how to overcome frustrations, distractions, and dryness in prayer.
- See that desolation and consolation are a normal part of everyone's walk with God.
- Grow in your relationship with God and those around you.

... and more.

About the Student Workbook:

This Student Workbook is your essential guide to the Oremus study program. It contains all the written materials you need to complete the eight-part study, and is designed to be accompanied by the corresponding presentations from the Oremus DVD series. The workbook includes session outlines, discussion questions, daily readings, and a journal section to record your personal experiences in prayer.

Above the Author:

Fr. Mark Toups is a priest for the Diocese of Houma-Thibodaux, where he serves as director of seminarians. In addition, Fr. Toups works with the Institute for Priestly Formation, specializing in communications, vocation, and spiritual direction. Fr. Toups has also served as pastor of St. Lucy's Catholic Church in Houma, LA, and St. Luke's Catholic Church in Thibodaux, LA. He received his master of divinity degree from St. Peter's Seminary in New Orleans.

Tues, Sept 13th
9:30-11:30
Newman Center