

# SLOW DOWN, LISTEN DEEPLY, LIVE PRAYERFULLY

*A four-week exploration of contemplative prayer and contemplative living*

**Wednesdays, August 6, 13, 20, 27, 7:00pm-8:15pm**

**UCC Fort Lauderdale (James Chapel), 2501 NE 30<sup>th</sup> Street, Fort Lauderdale, FL 33306**

Join Rev. Brad Lutz for a transformative series exploring the practice of contemplative prayer and how it can deepen your spiritual life. This series invites you to slow down, listen deeply, and experience God's presence in silence and stillness. Through guided prayer sessions, teachings, and practical reflections, you will learn how contemplative prayer can become a way of life—nurturing

inner peace, spiritual growth, and a closer connection to the divine in everyday moments. Whether you're new to contemplative prayer or seeking to deepen your practice, you'll gain practical skills and insights to nurture your spiritual life in everyday moments.



**To sign up: contact Louis, [admin@uccftl.org](mailto:admin@uccftl.org), or call 954.563.4271**

*This program is offered free-of-charge by UCC Fort Lauderdale.*

*Rev. Lutz is a spiritual director and retired United Church of Christ minister with over 50 years of experience in spiritual formation, parish ministry, AIDS ministry and hospice chaplaincy.*

