



Has the rat-race of work, school, relationships, family—even church activities—got you down? This Lenten devotional book will help you calm the rat-race during the 40 days of Lent. The book contains a brief, 2-page retreat for each day of Lent. A small investment of your time will pay big spiritual dividends.

Each daily retreat has four movements:

- * LISTEN: A scripture reading;
- * REFLECT: A brief reflection on the scripture reading that will help you discern how it applies to your life;
- * PRAY: A short prayer that you may pray, adding your own petitions to God; and
- * GO: A sentence of encouragement as you “go in peace to love and serve the Lord” that day.

All proceeds from the sale of this book will go directly to The St. Michael's Houses Ministry that helps build affordable housing for low-income families who wouldn't otherwise be able to own a home. The ministry provides financial support to and acts in partnership with St. Louis area housing organizations, including Beyond Housing, Cornerstone, Doorways, Places for People, and Lydia's House.

