

How to use this Workbook . . .

This Workbook is meant to accompany *Growing in the Spirit*, the formation manual of the Missionary Cenacle Apostolate. Feel free to make notes, underline, or mark the Workbook as you find most helpful. It's meant for that purpose! This Workbook contains the following sections:

- **Opening** page for each lesson. This page contains the **name of the lesson** for that month, the particular **grace** the candidate is seeking in prayer that month, and an **opening** and **closing prayer** for each individual daily prayer session.
- **Cenacle Practice and Devotion** page. This describes a particular Cenacle practice and devotion that the candidate will begin to put into practice that month.
- **Introduction** to each week's theme. This is a longer section either from the writings of Father Judge or some other Cenacle writings that covers more in depth some aspect of the Missionary Cenacle vocation. The candidate can take a little longer at the beginning of the week to read and reflect on this section.
- **Weekend Reflection** for the four weekends of each month. These readings include a selection taken from some Church document or other teaching relative to the theme for that month. Questions for personal reflection follow.
- **Daily Prayer Guides** for each week. We invite the candidate to spend at least **twenty minutes** each day in personal prayer. The Daily Prayer Guides are meant to help this process. They include a **daily reading** from Father Judge or some other Church document related to the theme for the week, a **Scripture passage** connected to the reading, and some **questions** for personal reflection.

We hope you enjoy this Workbook and find it helpful in growing ever more deeply in that missionary, apostolic Spirit that is the very heart of the Missionary Cenacle vocation!