



Has the rat-race of work, school, relationships, family—even church activities—got you down? Are you living without the direction, purpose, or passion you desire? This Lenten devotional book by parishioner John Tyler will help you calm the rat-race during the 40 days of Lent and regain a sense of purpose. The book contains a 2-page, **3-minute retreat** for each day of Lent. That's right: your daily retreat will require **only 3 minutes**, a small investment of time that 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 that you want to bring before God; and
- **GO:** A sentence of encouragement as you “go in peace to love and serve the Lord” that day.

All of the proceeds from the sale of this book will go directly to The Church of St. Michael & St. George's hunger ministry. As you are fed through your daily, **3-minute retreats**, you will also feed people who are praying for their daily bread.