

Ann Armstrong Bio

'I came that you might have life and have it abundantly.' Jesus, John 10:10

Our Bridegroom's promise to His Bride has been a theme of Ann Armstrong's life. She has received this abundance herself, and desires to help others know life beyond the challenges, wounds and trauma of their lives. Through listening prayer and prayerful counseling she works to make a place for God to encounter those she meets with.

"One of the greatest joys and privileges I have is to wait with women [and men] for the transforming, life giving presence of the Trinity to meet them. Only the Father, Son and Holy Spirit know what we each need in order to experience the fullness of their love and freedom; as well as to grow in holiness. As we invite Them and do our best to quiet ourselves, They come in ways beyond our imagining, and our lives are forever changed! I pray we may all grow in our desire for and expectancy of the fullness for which we are created!"

- BA in English, University of California, Los Angeles, California
- Certification in Spiritual Direction, Saint Scholastica Monastery, Atchison, Kansas
- Former Director of Intercessory Prayer, Desert Stream/Living Waters Ministries, Grandview, Missouri
- Published author, *Listening for the Healing Word*, DSM Press, Grandview, Missouri
- Living Waters Coordinator, Teacher and Small Group Leader, USA and International Groups and Trainings
- Study of Theology of the Body with The Theology of the Body Institute