

Augustine Institute Launches “The Heart of Prayer” Lenten Series Exploring the Beauty and Power of a Deeply Lived Prayer Life

Bishop Andrew Cozzens leads 8-part video series in partnership with the National Eucharistic Congress

Florissant, MO, February 16, 2026— In partnership with the National Eucharistic Congress, the Augustine Institute invites Catholics to deepen their prayer life with [The Heart of Prayer](#), a new retreat-style Lenten series filmed at the stunning Château on the Institute’s campus north of St. Louis. Bishop Andrew Cozzens, Bishop of Crookston and Chairman of the Bishops' Advisory Group for the National Eucharistic Congress, guides viewers through eight sessions of teaching and reflection, each under an hour, focused on prayer and learning to quiet the heart to hear God’s voice. All episodes release on Ash Wednesday, February 18, on [Formed](#), the Augustine Institute’s faith-formation streaming platform.

“Each year, the Augustine Institute offers a contemplative resource on *Formed* to guide Catholics through one of the Church’s most sacred liturgical seasons. This year, we are delighted to present *The Heart of Prayer* as our Lenten offering,” said Dr. Scott Hefelfinger, Director of Content Development at the Augustine Institute. “What makes this series truly special is Bishop Andrew Cozzens’ approachable and relatable style, which brings timeless spiritual practices to life in a way that feels personal for every viewer.”

Drawing from Scripture and the saints, Bishop Cozzens offers guidance that is both practical and down-to-earth, inviting viewers to explore the foundations of prayer, surrender their hearts to God, awaken the spiritual senses and imagination, grow in simplicity and awareness, and deepen their prayer even through suffering. Each session provides tools and reflections to help Catholics enter more fully into a life of prayer during Lent and carry that growth forward throughout the year.

“We have been thrilled to partner with the National Eucharistic Congress, and collaborating on this special project was a natural fit,” said Dr. Tim Gray, president of the Augustine Institute. “*The Heart of Prayer* is enriched by its serene setting on our beautiful campus, offering a retreat-like experience that we hope invites Catholics to slow down, reflect, and encounter God more deeply during Lent and beyond.”

Individuals can [sign up](#) to receive free supplemental *The Heart of Prayer* reflection guides and additional Lenten resources. All episodes will be available for streaming on February 18 on [Formed](#).

For more information on *The Heart of Prayer* and a complete press kit, visit <https://press.augustineinstitute.org/heart-of-prayer-press-kit>.

Dr. Scott Hefelfinger is available for comment. To schedule an interview, contact Carrie Kline at carriek@missionadvancementpartners.com.

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About the Augustine Institute: The Augustine Institute is an educational apostolate founded in 2005 to serve the formation of Catholics for the New Evangelization. It equips Catholics intellectually, spiritually and pastorally to renew the Church and transform the world for Christ. It educates through academic instruction, programs and faithful content with initiatives such as its Graduate School of Theology, *Formed* and *Amen* content platforms, *Word of Life* K-8 curriculum, and others.