Required Texts:
Prayer: Finding the Heart’s True Home – Richard Foster
Living Faith Day by Day – Debra Farrington

Course Description
Prayer and Worship will
1.) explore the theology and practice of Christian prayer
2.) expose participants to forms of spirituality
3.) introduce participants to the traditions of monastic rules/orders
4.) equip lay leaders to lead a ministry of prayer in their congregation
5.) encourage a life of devotion.

Learning Outcomes
Become familiar with styles of prayer
Become familiar with prayers of Christian mystics
Become familiar with resources for a life of devotion
Develop a personal order/rule of spiritual life
Grow in faith and love

September 1
Living the Liturgy
• Introduction to Spirituality
• Using the pattern of the liturgy for the spiritual life

Assignment: Read one chapter from each section of Prayer: Finding the Hearts True Home. Write a one page paper sharing how, when and why you pray.

October 15
Spiritual Practices
• Introduction to the church mystics
• Review of Prayer : Finding the Heart’s true home
• Prayer ministry in the congregation

Assignment: Read Living Faith Day by Day

November 19
• Overview of monastic rules/orders
• Overview of Spiritual practices
• Developing a Spiritual rule that works for you

Assignment: Design and practice your own spiritual rule