

Prayer & Spirituality – PLMA - Fall Semester 1 – The Rev. Phillip Heinze phillipheinze@gmail.com

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 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 Heart's True Home*. Write a one-page paper sharing how, when and why you pray.

October 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

- 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