



DIOCESE OF RALEIGH

Doorways TO FORMATION IN THE FAITH

INTRODUCTION TO CHRISTIAN PRAYER

Course Description

Participants will explore the basics of Christian prayer and be introduced to major Catholic prayers and devotions along with an experience of various spiritual traditions. Integral to each session is an experience of prayer, course content, faith sharing, and large/small group discussion so that participants can apply the teachings to their life and ministry.

Course Expectations

Attendance at five of the six sessions is required to receive a Certificate of Completion.

Read assigned and related materials prior to class.

Participate in class discussions.

Maintain a Course Journal/Notebook.

Complete and return the Course Evaluation.

Course Materials

English

United States Catholic Catechism for Adults (USCCA), United States Conference of Catholic Bishops, Washington, D.C., 2006.

<http://www.usccb.org/beliefs-and-teachings/what-we-believe/catechism/us-catholic-catechism-for-adults/index.cfm>

*Note: Participants should also have a copy of the New American Bible or access to

<http://usccb.org/bible/books-of-the-bible/index.cfm>

Spanish

Catecismo Católico de los Estados Unidos para los Adultos (USCCA), Conferencia de Obispos Católicos de Estados Unidos, Washington, D.C., 2006.

<http://www.usccb.org/beliefs-and-teachings/what-we-believe/catechism/us-catholic-catechism-for-adults/index.cfm>

*Nota: Los participantes deben también tener una Biblia Católica o el acceso al

<http://usccb.org/bible/books-of-the-bible/index.cfm>

INTRODUCTION TO CHRISTIAN PRAYER Course Structure and Highlights

Session 1/Week 1: Prayer in the Christian Life

Topics:

What is Prayer?
The Universal Call to Prayer
Prayer in the Old Testament

Reading Assignment:

USCCA: Chapter 35

Prayer experience:

Franciscan Spirituality-brief summary Experience of prayer in nature

Session 2/Week 2: In the Fullness of Time

Topics:

Jesus Prays
The Lord's Prayer: The Summary of the Whole Gospel
"Our Father who art in Heaven"

Reading Assignment:

USCCA: Chapter 36

Prayer experience:

Video: <https://www.youtube.com/watch?v=pnKbPj7EhCg>
Benedictine Spirituality-brief summary Experience of *Lectio Divina*

Session 3/Week 3: In the Age of the Church

Topics:

Forms of Prayer
The Tradition of Prayer Guides for Prayer
Mary and the Saints Pray/ Communion of Saints

Reading Assignment:

USCCA: Chapter 35

Prayer experience:

Salesian Spirituality-brief summary Intercessory prayer

Session 4/Week 4: Expressions of Prayer

Topics:

Vocal Prayer Meditative Prayer Difficulties in Prayer

Reading Assignment:

USCCA: Chapter 35

Prayer experience:

Ignatian Spirituality-brief summary Experience of Examen Experience of Guided Meditation

Session 5/Week 5: Expressions of Prayer (continued) Contemplative Prayer Devotional Prayers

Prayer experience:

Carmelite Spirituality-brief summary
Experience of Centering Prayer

Reading Assignment:

Review USCCA: Chapter 36

Session 6/Week 6: More Forms of Prayer

Topics:

Liturgical Prayers
Lord's Prayer
The Seven Petitions Living in God's Presence Forever

Prayer experience:

Lay Spirituality-brief summary
Experience of Liturgy of the Hours