**Life of Prayer Spring 2019 a two credit course** (6 hours of your time per week) **Cathie Kelsey**  ckelsey@iliff.edu

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| Week | Practice 30 min per day | | | Posting 5 pts/wk  there is a posting & responses due every week by Thurs midnight | | reading | | Journal entry 5 pts/wk  Faculty will respond only at the end of term | | Graded assignments:  see assignment for pts |
| Mar 25th  course begins |  | | | Introduce yourself video | |  | |  | |  |
| 1--  Posting & journal  Due  Mar 28 | 30 min per day: whatever prayer practice you have done regularly in the past | | | Post “pearl” of insight to discernment group & respond to 2 others | | Kyle David Bennet, *Practices of Love: Spiritual Disciplines for the Life of the World*  Intro, Ch 1, Ch 9, and at least one more chapter that attracts you most | | 1x per week – reflecting on the week’s prayer experience (difficulty, blessings) | |  |
| 2-- due  April 4 | 30 min per day: Discernment steps | | | Post “pearl” & respond | | Elizabeth Liebert, *The Way of Discernment* practices | |  | |  |
| 3-Apr 11 | 30 min per day | | | Post “pearl” & respond | | *The Way of Discernment* practices | |  | |  |
| April 11 | Decision point – place yourself in the group for the practice you will do weeks 4-10 – this will not open early | | |  | |  | |  | |  |
| 4-Apr 18 | 30 min per day: your discerned choice of practice | | | Post “pearl” & respond to your (new) practice group wks 4-10 | | “how to” reading for your practice (in the group section) | |  | |  |
| 5-Apr 25 | 30 min per day | | | Post “pearl” & respond | | Additional reading on your practice | |  | |  |
| 6-May 2 | 30 min per day | | | Post “pearl” & respond | |  | |  | |  |
| 7-May 9 | 30 min per day | | | Post “pearl” & respond | | Additional reading on your practice | |  | |  |
| 8-Posting, journal & video due  May 16 | 30 min per day | | | Post “pearl” & respond | |  | |  | | Due May 16th YouTube video (public!) 5-7 min teaching your practice to others – 50 pts |
| 9- May23 | 30 min per day | | | Post “pearl” & respond | |  | |  | |  |
| 10-  Posting, journal & paper due May 30 | 30 min per day | | | Post “pearl” & respond and say thank you to your group | |  | |  | | Due May 31st Final reflection – either a video 5to7min or a short paper 3to5p 50pts |
| the five traditions of practice we will engage in this course: | | | | | | | | | | |
| Meditation: focus on a (biblical) text  Lectio divina  Augustinian reading  Slow reading | | Contemplation:  Emptying and making space for God/Spirit to fill | Daily Office 2 or 3x daily:  Lectionary based  Claiborne *Common Prayer* | | Daily examine/ daily awareness:  self-examination  Confession  Journaling | | Visual Prayer Tools ancient and modern: using icons or visual journaling: practicing the Presence by noticing God seeing us & loving us as we are | |