**Life of Prayer Spring 2020 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/wkFaculty will respond only at the end of term | Graded assignments:see assignment for pts |
| Mar 23rd | Course begins | Introduce yourself video |  |  |  |
| 1--Posting & journalDueMar 26 | 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-- dueApril 2 | 30 min per day: Discernment steps  | Post “pearl” & respond  | Elizabeth Liebert, *The Way of Discernment* practices |  |  |
| 3-Apr 9 | 30 min per day | Post “pearl” & respond | *The Way of Discernment* practices |  |  |
| April 9 | Decision point – place yourself in the group for the practice you will do weeks 4-10 – this will not open early |  |  |  |  |
| 4-Apr 16 | 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 23 | 30 min per day | Post “pearl” & respond |  |  |  |
| 6-Apr 30 | 30 min per day | Post “pearl” & respond | Additional reading on your practice |  |  |
| 7-May 7 | 30 min per day | Post “pearl” & respond | Additional reading on your practice |  |  |
| 8-May 14 Posting, journal & video due May 16 | 30 min per day | Post “pearl” & respond |  |  | Due May 14th YouTube video (public!) 5-7 min teaching your practice to others – 50 pts |
| 9- May21 | 30 min per day | Post “pearl” & respond |  |  |  |
| 10-May 28Posting, journal & paper due May 30 | 30 min per day | Post “pearl” & respond and say thank you to your group |  |  | Due May 29th 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) textLectio divinaAugustinian readingSlow reading | Contemplation:Emptying and making space for God/Spirit to fill | Daily Office 2 or 3x daily:Lectionary basedClaiborne *Common Prayer* | Daily examine/ daily awareness: self-examinationConfessionJournaling  | Visual Prayer Tools ancient and modern: using icons or visual journaling: practicing the Presence by noticing God seeing us & loving us as we are |