

PRAYER

“When you pray, go to your room, close your door, and pray to your Father in private. Then your Father, who sees what no man sees, will repay you.”
- Matthew 6:6

A SURVEY THE MYSTICAL TRADITIONS OF PRAYER

Students experience praying with scripture and are shown how to teach their directees to pray. Developing a plan of life and how to review their prayer will also be addressed, using the Ignatian Principle & Foundation and the Examen, showing the way a directee can maintain reality in prayer.

This course surveys various ways of approaching prayer from the mystical tradition of the church and how to teach those being directed to pray in truth and love, with the goal of intimacy with God. [First Week, 2 hours each evening, Monday -Friday]

LIVING THE DISCERNING LIFE AND THE EXAMEN PRAYER

This course will present discernment as both a way of living the Christian life and of reflection on that life. It will be based on Ignatius of Loyola's Rules of Discernment and the Examen; and will discuss the use of both in spiritual direction. [Second Week, 2 hours each evening, Monday – Friday]

ELEMENTS AND DYNAMICS OF SPIRITUAL DIRECTION AND PRACTICE

This is a foundational course presenting principles and goals of good spiritual direction. Presentations and practice sessions will focus on the methods and skills involved in the art of Spiritual Direction. Students will learn the basics of conducting interviews, interpersonal dynamics, and the use of Scripture in direction. Practice interviews and role playing are included. [Both Weeks, two hours each morning, Monday – Friday]

THE CALL TO HOLINESS AND SPIRITUAL DIRECTION

This introductory course provides a theological basis for the universal call to holiness and intimacy with the Holy Trinity. It surveys various methods and approaches to discipleship and the rich tradition of spiritual direction in the Church. [First Week, Sunday night, 2 hours; Monday morning, 2 hours]

FOUNDATIONAL THEMES IN SCRIPTURE FOR PRAYER

Prayer exercises and group sharing based on eight Scriptural themes such as trust in God, discipleship, responding to God's love. The student prays 2-3 hours daily, and is encouraged to use a journal. [Both Weeks]