



## Explorers in Prayer – Course Overview

Course book: *Prayer - Finding the heart's true home* by Richard Foster

The three principles of the course:

- 1) Our prayer lives will always be imperfect so we shouldn't feel bad about it. We need to come to terms with it and just try to do our best.
- 2) We must pace ourselves like a long distance runner, not like a sprinter because:
  - Our journey into prayer is as long as the life we live.
  - It takes time to learn and see the progress we are making.
- 3) If we give God our **time** and **attention**, and approach him with **love** and **humility**, both we and our relationship with God will grow.

The first three lessons are focussed on our relationship with God.

Lesson One: The place of Attention and Listening in prayer.

Read: Invitation & chapters 1 "Simple Prayer" & 6 "Formation Prayer".

Lesson Two: The place of Praise and Thanksgiving in prayer.

Read: chapters 7 "Covenant Prayer", 8 "The Prayer of Adoration" & 9 "The Prayer of Rest".

Can we thank God in all circumstances? Our calling to be co-conspirators with God.

Lesson Three: The place of Repentance and Godliness in prayer.

Read: chapters 3 "The Prayer of Examen" & 2 "Prayer of the Forsaken".

The relationship between how we live our lives & our effectiveness as pray-ers.

The second three lessons look at the three sections of the *Lectio Divina*.

Lesson Four: The place of Scripture and Icons in prayer.

Read: chapters 10 "Sacramental Prayer" & 20 "Authoritative Prayer".

20 minute DVD on life in a Carthusian monastery.

Introduction to the Lectio Divina.

Lesson Five: The place of Meditation in prayer.

Read: chapters 11 "Unceasing Prayer" & 13 "Meditative Prayer".

Ignatian imaginative meditation & the "Jesus Prayer".

Lesson Six: The place of Contemplation in prayer.  
Read: chapters 14 “Contemplative Prayer” & 12 “The Prayer of the Heart”.  
Helping our love for God to grow.

The next four lessons are preparation for ministering to others through prayer.

Lesson Seven: The place of Suffering and Fasting in prayer.  
Read: chapters 4 “The Prayer of Tears” & 19 “The Prayer of Suffering”.  
The painful process of becoming unattached.

Lesson Eight: The place of Intercession in prayer – praying in faith.  
Read: chapters 5 “The Prayer of Relinquishment” & 18 “Healing Prayer”.  
Focus on faith.

Lesson Nine: The place of Intercession in prayer – praying out of a heart of love.  
Read: chapters 15 “Praying the Ordinary” & 17 “Intercessory Prayer”.  
Focus on Agape-love.

Lesson Ten: The place of Intercession in prayer – praying with grace.  
Read: chapters 16 “Petitionary Prayer” & 21 “Radical Prayer”.  
It’s all through his grace!

Lesson Eleven: Becoming a friend of God