

SPD 501 Prayer & Meditation 3 hrs/4 units
M T 3-5pm Fall 2007

Instructor Name	Robert Brumet
Office Hours	M T 2- 3 pm Th 9- 11 am Other times by appointment. (Sign-up sheet is on my office door.)
Telephone	Office: 816-524-3550 ext. 2440 Home: 816 941 4603
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Prerequisites	No course prerequisites. Basic knowledge of Unity principles is assumed.
Required Texts	<ul style="list-style-type: none"> • Foulks, F.(2002) <i>Effectual Prayer</i> (3rd Ed) Unity Village MO: Unity Books • Fillmore , C & C (1949) <i>Teach Us to Pray</i> Kansas City: Unity School of Christianity • Butterworth, E. (1968) <i>Discover the Power Within You</i> New York: Harper & Row • Cady, H.E. <i>Lessons in Truth</i> Unity Village MO: Unity
Recommended Reading (On library reserve)	<ul style="list-style-type: none"> • Bittorff D. (1995) <i>A Practical Guide to Meditation & Prayer</i> (2nd Ed.) Unity Village MO: Unity House

Course Description

The goal of this course is for each student to understand and be able to apply the principles and practices of prayer that are essential for effective ministry. The primary focus is on the Unity method of prayer and meditation and its application in church ministry. A brief introduction to the theory and practice of spiritual direction, as would apply in a Unity ministry, is included in this course.

Learning Objectives

Upon completion of this course, students will be able to:

1. Articulate Unity's process of prayer and meditation.
2. Effectively apply prayer practices for various ministerial functions within a Unity ministry.
3. Develop a personal prayer and meditation practice and apply it within their own life experience.

The above objectives partially fulfill the following outcomes for the M Div, Master of Arts, and Certificate Program: MD-1 Perform Pastoral Care functions, MD-3 Create and maintain a personal spiritual practice and MA-3 Participate in regular prayer and meditation.

Class Schedule

Week	Date	Topic	Reading Assignment*	Activity
1a	10/08	Theological Foundations of Unity Prayer		
1b	10/09	Theological Foundations of Unity Prayer	Cady Ch 1- 2 Butterworth Ch 4	
2b	10/15	Denials & Affirmations	Cady Ch 4- 5	
2a	10/16	Unity Prayer Method	Handout Foulkes Ch 1- 6	
3a	10/22	Faith & Prayer	Cady Ch 6 Fillmore p 27- 37	
3b	10/23	Faith & Prayer	Butterworth Ch 7 Fillmore p 157- 163	
4a	10/29	Fillmore: On Prayer	Fillmore p 3- 26; 55- 79	
4b	10/30	Jesus: On Prayer	Butterworth Ch 9	
5a	11/05	Forgiveness & Prayer	Butterworth Ch 12	
5b	11/06	Prayer in Ministry		
6a	11/12	Praying with Others	Handout	Presentation
6b	11/13	Public Prayer	Handout	Presentation
7a	11/19	Daily Word Prayer Service	Handout	Presentation
7b	11/20	Daily Word Prayer Service		Presentation
8a	11/26	Leading Meditations	Handout	Presentation
8b	11/27	Leading Meditations		Presentation
9a	12/03	Dial-A-Prayer	Handout	Presentation Prayer Credo Due
9b	12/04	Dial-A-Prayer		Presentation
10a	12/10	Intro to Spiritual Direction Summary	Handout	Term Paper Due Reflection Paper Due
10b	12/11	Silent Unity Presentation	Handout	Meet in SU Chapel

* Please read prior to class and bring book to class.

Assignments for the Master of Divinity and Master of Arts program:

Participate in classroom discussion and exercises as appropriate.

1. Write a paper (approx 15 pages /min 4000 words) titled “What Unity Teaches About Prayer.” This is to be a comprehensive paper citing sources from a variety of Unity authors. Indicate both differences and similarities you find among various Unity authors. Include topics and questions from your classroom experience. Student may include his/her own perspective but the primary focus should be on the Unity perspective(s). The purpose of this paper is to educate the reader and to articulate insights gained from your own experiences. Assume the reader is an intelligent layperson with only minimal knowledge of Unity principles. This paper is due Mon 12/10.
2. Deliver two Public Prayers (1-2 minutes in length) in the classroom. These can be borrowed or original. State the setting & intention of the prayer.
3. Deliver a Meditation (5-7 minutes in length) in the classroom. This should be appropriate for a Sunday Worship Service.
4. Perform a Daily Word Prayer Service in the classroom.
5. Listen to at least three Unity Dial-A-Prayers and then deliver a Dial-A-Prayer in the classroom.
6. Engage in a silent retreat of at least one full day (min 12 hrs) during this term. This may be part of an organized retreat experience with a designated leader or may be a solitary self-conducted retreat outside of the home. (See p4 for details.)
7. Write a reflection paper (approx 5 pages) describing your personal retreat experience and how you have been impacted by it. Paper is due 12/10.

Grading

Assignment	Possible Points
Class Participation	100
Term Paper	150
Meditation	35
Public Prayer	20
Dial-A-Prayer	25
Daily Word	20
Reflection Paper	50

Final Grade Determination:

- 360 - 400 points = A
- 320 - 359 points = B
- 280 - 319 points = C
- Below 280 points = F

Assignments for the Certificate program:

1. Participate in classroom discussion and exercises as appropriate.

2. Write a paper (approx 10 pages /min 3000 words) which is a statement of your prayer credo and practice. This paper should describe, in as much detail as possible, your beliefs and practices relating to prayer and meditation. Compare your beliefs with the normative Unity teachings on prayer and comment on any differences. Include topics and questions from your classroom experience. Describe how prayer will be part of your ministry. The paper is due 12/10.
3. Deliver two Public Prayers (1-2 minutes in length) in the classroom. These can be borrowed or original. State the setting & intention of the prayer.
4. Deliver a Meditation (5-7 minutes in length) in the classroom. This meditation should be appropriate for a Sunday Worship Service.
5. Perform a Daily Word Prayer Service in the classroom.
6. Listen to at least three Unity Dial-A-Prayers and then deliver a Dial-A-Prayer in the classroom.
7. Engage in a silent retreat of at least one full day (min 12 hrs) during this term. This may be part of an organized retreat experience with a designated leader or may be a solitary self-conducted retreat outside of the home. (See p4 for details.)
8. Write a reflection paper (approx 5 pages) describing your personal retreat experience and how you have been impacted by it. Paper is due 12/10.

Grading

Assignment	Possible Points
Class Participation	100
Term Paper	100
Meditation	35
Public Prayer	20
Dial-A-Prayer	25
Daily Word	20
Reflection Paper	50

Final Grade Determination

315 - 350 points = A
 280 - 314 points = B
 245 - 279 points = C
 210 - 244 points = D
 Below 209 points = F

One-day Retreat

This is to be a time for silent prayer. Whether alone or with a group, this should be done in an atmosphere of silence. This is not a time for reading, writing, journaling, etc. A journal may be used for noting insights etc. and inspirational books may be used for reference, however, this should be done sparingly. The student is strongly encouraged not to do this retreat at home.

Standards for Term Papers:

- Create a cover page which includes: Course name, instructor's name, date due.
- Do not use a folder or binder.

- Double space.
- Cite all direct quotes or references.
- Include a bibliography.
- Use APA standards for references and text citations.
- Number all pages.
- Indicate word count at end of paper.

Evaluation of the written assignment is based upon the following factors (in order of relative importance):

- Depth of knowledge and insight.
- Comprehensiveness of response.
- Clarity in communicating ideas.
- Use of outside resource material. (When appropriate.)
- Grammar, sentence structure, spelling. (Relaxed for ESL students.)

Papers which do not comply with the assignment parameters will be returned (un-graded) to the student. Such a paper, after revision, may be resubmitted. Late assignment penalty may apply. If any questions, please see instructor.

Late Assignment Policy

Papers received after the due date may be assessed a penalty up to 5% per day or 25% per week.

Incomplete grades: In an emergency situation the instructor has the option of assigning the grade of “I” (Incomplete). To receive the grade of Incomplete, a student must petition the instructor before the end of the course, stating the reason for the incomplete grade. See student handbook for details.

Class Participation

A portion of the final grade is based upon class participation. This grade is based primarily on the quality of the student’s participation in the classroom experience. It is the instructor’s intention that every student participate in classroom discussions and activities.

Attendance Policy

While attendance is not formally taken, there is a very strong correlation between attendance and success in the course. Students are responsible for knowing the material discussed in a class whether or not they are physically present in the classroom.

Expectations of Students

- Students are expected to come to class having read the assigned material and being prepared to discuss it.
- Students are expected to behave in a manner that supports the educational process. This includes turning off cell phones before entering the classroom.
- Since the first fifteen minutes of each class is devoted to prayer, students arriving late are asked not to enter the classroom before 3:15 pm.

Academic Honesty

Unity Institute assumes that all students desire to pursue their academic and transformational work with honesty and scholarly integrity. Cheating, plagiarism, facilitating academic dishonesty and misrepresentation of self or other students are prohibited. A breach of these standards will result in

sanctions, ranging from course failure to dismissal from the program. For further information about academic honesty, students are directed to review the Unity Institute Student Handbook.

Special Concerns

If students have any special concerns and/or challenges that may affect their performance in this course, they are encouraged to speak with the instructor immediately so that any accommodations, if necessary, may be made.

Selected Bibliography

Connors, S. (2004) *Adventures in Prayer: Praying Your Way to a God You Can Trust* Bantam

Ellsworth, R. & Ellsworth, J. (1997) *Come Ye Apart For Awhile* Lee's Summit MO: Pathfinders

Fillmore, L. (1964) *The Prayer Way to Health Wealth & Happiness* Lee's Summit MO: Unity School of Christianity

Fillmore, M. (1936) *Healing Letters* Kansas City: Unity School of Christianity

Freeman, J.D. (1975) *Prayer: the Master Key* Lee's Summit MO: Unity School of Christianity

Gatlin, D. (1951) *Prayer Changes Things* Lee's Summit MO: Unity School of Christianity

Hasbrouck, H. (1984) *Handbook of Positive Prayer* Lee's Summit MO: Unity School of Christianity

Ingraham, E. V. (1935) *Prayer; Its Practice and Its Answer* Los Angeles, DeVorss 1935

Jafolla, R. & Jafolla M. (1999) *The Quest for Prayer* Unity Village: Unity Books

Jeffery, H.B. (1940) *The Lord's Prayer* Fort Worth, Christ Truth League

Michael, C. (2004) *An Introduction to Spiritual Direction* Mahwah, N.J.: Paulist Press

Silent Unity (1993) *A Handbook of Prayers* Lee's Summit MO: Unity School of Christianity