
CERTIFICATE IN CATHOLIC STUDIES (C.C.S.)

CCS-005 PRAYER

COURSE OUTLINE

Introduction to Prayer explores prayer as essential to our lives as Christian people, as individuals and within our communities of faith. Through this course, you will come to appreciate the qualities, forms and expressions of prayer that help to form and sustain our lives as Catholic Christians.

General Course Objectives

1. Understand the nature, aims and ways of praying.
2. Explore prayer as revealed in Sacred Scripture, and the tradition of our Catholic faith.
3. Develop an appreciation of the relationship between personal prayer and communal liturgical prayer.
4. Appreciate prayer as a response to God's love.

Course Structure and Highlights

Week 1: Longing for the Holy

- Prayer as Seeking Depth.
- Praying not to lose Heart.

Week 2: Biblical Images of Prayer

- Exploring Prayer in the Old Testament.
- Understanding Prayer in the Life of Jesus.

Week 3: Prayer as Relationship with God

- Exploring the various forms of Prayer.
- The Eucharist as Prayer.

Week 4: Prayer with the Word of God

- Praying with Scripture.
- An Introduction to Lectio Divina.

Week 5: Contemplating the Beauty of God

- An Introduction to "Centering Prayer."
- Praying with Creation.

Resources

Various Articles and Websites.

References

[*Catechism of the Catholic Church.*](#)

[*The Holy Bible.*](#)

Assessment

Prayer consists of ten lessons and ten assignments, with each assignment weighted at 10% (percent) of the total grade.

Technical Skills and Equipment Requirements

1. You must have Internet access. A high-speed connection, either ADSL or cable, is recommended.
2. You should know how to use a web browser to navigate the web to locate educational resources and download files.
3. You will need the files management skills necessary to create directories, to save files and to retrieve files.