

**SPD 501 Prayer & Meditation 3 hrs/4 units  
T & Th 10 am - 12 pm Summer 2008**

<b>Instructor Name</b>	Robert Brumet
<b>Office Hours</b>	M 2- 3pm ;Tu Th 9- 10 am; Other times by appointment- a sign-up sheet is on my office door.
<b>Telephone</b>	Office: 816-524-3550 ext. 2440 Home: 816 941 4603
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<b>Prerequisites</b>	No course prerequisites. Basic knowledge of Unity principles is assumed.
<b>Required Texts</b>	<ul style="list-style-type: none"> <li>• Foulks, F.(2002) <i>Effectual Prayer</i> (3<sup>rd</sup> Ed) Unity Village MO: Unity Books</li> <li>• Fillmore , C &amp; C (1949) <i>Teach Us to Pray</i> Kansas City: Unity School of Christianity</li> <li>• Butterworth, E. (1968) <i>Discover the Power Within You</i> New York: Harper &amp; Row</li> <li>• Cady, H.E. <i>Lessons in Truth</i> Unity Village MO: Unity</li> </ul>
<b>Recommended Reading (On library reserve)</b>	<ul style="list-style-type: none"> <li>• Bottorff D. (1995) <i>A Practical Guide to Meditation &amp; Prayer</i> (2<sup>nd</sup> Ed.) Unity Village MO: Unity House</li> <li>• Ellsworth, R. (1997) <i>Come Ye Apart For Awhile</i> Lee's Summit MO: Pathfinders</li> </ul>

**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	7/15	Theological Foundations of Unity Prayer		
1b	7/17	Theological Foundations of Unity Prayer	Foulkes Ch 1- 2 Cady Ch 1- 2 Butterworth Ch 4	
2b	7/22	Denials & Affirmations	Cady Ch 4- 5	
2a	7/24	Unity Prayer Method	Foulkes Ch 3- 6	
3a	7/29	Faith & Prayer	Cady Ch 6 Fillmore p 27- 37	
3b	7/31	Faith & Prayer	Butterworth Ch 7 Fillmore p 157- 163	
4a	8/05	Fillmore: On Prayer	Fillmore p 3- 26	
4b	8/07	Fillmore: On Prayer	Fillmore p 55- 79	
5a	8/12	Jesus: On Prayer	Butterworth Ch 9	
5b	8/14	Forgiveness & Prayer	Butterworth Ch 12	
6a	8/19	Prayer in Ministry		
6b	8/21	Praying with Others	Handouts	
7a-9b	8/26 - 9/11	Public Prayer  Leading Meditations  Daily Word Prayer (Opt)  Dial-A-Prayer (Opt)  Internet Prayers (Opt)	Handouts	<u>Presentations</u>  The exact dates for each topic will depend upon class size and individual educational needs.  <u>Term Paper</u> Due: 9/09
10a	9/16	Silent Unity Presentation	Handout	Meet at Silent Unity
10b	9/18	Intro to Spiritual Direction  Summary	Handout	<u>Reflection Paper</u> Due: 9/ 15

\* 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 term paper (min 4000 words; approx 15 pages) 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 some of the topics and questions from your classroom discussions. 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 9/09.
2. Deliver at least three 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 at least one meditation (5- 7 minutes in length) in the classroom. This should be appropriate for a Unity Sunday worship service.
4. Deliver other prayers as determined by your demonstration plan.
5. 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.)
6. Write a reflection paper (approx 5 pages) describing your personal retreat experience and how you have been impacted by it. Paper is due 9/15.

**Grading**

Assignment	Possible Points
Class Participation	100
Term Paper	150
Meditation	35
Public Prayers	35
Other Prayer Demos	30
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 term paper (min 2500 words; approx 8- 10 pages) which articulates Unity’s normative teaching on prayer. Indicate your own agreement or difference on each point. Include topics and questions from your classroom discussions. The paper is due 9/09.

3. Deliver at least three 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 at least one meditation (5 - 7 minutes in length) in the classroom. This should be appropriate for a Unity Sunday worship service.
5. Deliver other prayers as determined by your demonstration plan.
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 p 4 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 9/18.

**Grading**

Assignment	Possible Points
Class Participation	100
Term Paper	100
Meditation	35
Public Prayers	35
Other Prayer Demos	30
Reflection Paper	50

**Final Grade Determination**

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

**One-day Retreat**

This is to be a time for silent prayer. This should be done in an atmosphere of silence, whether alone or with a group. 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, due date.
- 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
- Do not email unless absolutely necessary.

**Evaluation of the written assignment is based upon the following factors:**

- Meeting the parameters of the assignment

- 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 minimally comply with the assignment parameters may 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 of 3 % per day or 20 % 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 which 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 10:15 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**

Butterworth, E. (1993) *The Universe is Calling* New York: Harper Collins

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

- 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
- Jafolla, R. & Jafolla M. (1999) *The Quest for Prayer* Unity Village: Unity Books
- Jeffery, H.B. (1940) *The Lord's Prayer* Fort Worth TX, 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