



SPD 501 Prayer & Meditation 2 cr hrs/3 units

Faculty	Robert Brumet
Office Hours	9.30- 10.30am M T W Th ; 3.45-4.30 pm T Th Other times by appointment- a sign-up sheet is on my office door.
Telephone	Office: 816-524-3550 ext. 2440 Home: 816 853 5721
E-Mail	BrumetRJ@unityonline.org
Required Reading	<ul style="list-style-type: none"><li>• Foulks, Frances. <i>Effectual Prayer</i>, 3<sup>rd</sup> ed. Unity Village MO: Unity Books, 2002.</li><li>• Fillmore, Charles, and Cora. <i>Teach Us to Pray</i>. Kansas City: MO, Unity School of Christianity, 1949.</li><li>• Butterworth, Eric. <i>Discover the Power Within You</i>. New York: Harper &amp; Row, 1968.</li></ul> <p>Cady, H. Emily. <i>Lessons in Truth</i>. Unity Village; MO, Unity.</p>
Recommended Reading	None

**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 learning objectives partially fulfill the following program outcomes for the Master of Divinity and the Certificate in Unity Ministry: MD-1 Perform Pastoral Care functions, MD-3 Create and maintain a personal spiritual practice and MA-3 Participate in regular prayer and meditation.

**Assignments:**

Participate in classroom discussion and exercises as appropriate.

1. Write a term paper (approx 3000 words; 12 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 11/30.
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.
6. Write a reflection paper (approx 1000 words; 4 pages) describing your personal retreat experience and how you have been impacted by it. Paper is due 12/09.

### Selected Bibliography

Bottorff, Doug. *A Practical Guide to Meditation & Prayer*. 2<sup>nd</sup> ed. Unity Village MO: Unity House, 1995.

Butterworth, Eric. *The Universe is Calling* . New York: Harper Collins, 1993

Connors, Sharon. *Adventures in Prayer: Praying Your Way to a God You Can Trust*. New York: Bantam, 2004.

Ellsworth, Robert. *Come Ye Apart for Awhile*. Lee's Summit MO: Pathfinders. 1997

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

Fillmore, Myrtle. *Healing Letters*. Kansas City MO: Unity School of Christianity, 1936.

Freeman, James Dillet. *Prayer: the Master Key*. Lee's Summit MO: Unity School of Christianity, 1975.

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

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

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

Jafolla, Richard, and Mary Alice. *The Quest for Prayer*. Unity Village: Unity Books, 1999.

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

Nouwen, Henri. *Spiritual Direction: Wisdom for the Long Walk of Faith*. New York: Harper Collins, 2006.

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

Contact the faculty member for a copy of the complete syllabus.