

Spiritual Education and Enrichment
Unity Prayer - PR250
10 Hours

Required Materials	<i>How to Pray Without Talking to God</i> by Linda Martella-Whitsett <i>Heart-Centered Metaphysics</i> , chapters 8-9, by Paul Hasselbeck
Recommended Materials	<i>Handbook of Positive Prayer</i> by Hypatia Hasbrouck <i>Teach Us to Pray</i> by Charles and Cora Fillmore (pdf online)
Recommended Prerequisites	PR801: Meditation Practices

Course Description:

The course introduces the Unity way of affirmative prayer. It will also explore the traditional Unity five step prayer process. The student will be supported in creating a daily prayer practice.

Learning Objectives:

Students will be able to:

- Describe and demonstrate the application of the principles of Truth present in the five-step prayer process.
- Identify their current prayer method. Compare and contrast it with the Unity method of affirmative prayer.
- Create a prayer practice that the student can maintain.

Assignments and Expectations:

1. Read the chapters in the books *prior* to each class session.
2. Actively participate in classroom discussions.
3. Participate in all prayer partner meetings.
4. Write four affirmative prayers: Using the models provided, write four affirmative prayers based on four common prayer request prompts: Wholeness, Prosperity, Guidance and Harmony in relationships. Due four weeks after the final class day.

Grade Scale:

S Satisfactory – met all requirements.

NC No Credit – did not complete final assignment within three months of end of course and/or did not meet attendance requirements.

I Incomplete – waiting for final assignment.

Session	Topic
One	What is Prayer? Traditional v. Affirmative Prayer <i>Revealing Word: prayer</i> <i>Teach Us to Pray: Foreword</i> <i>How to Pray Without Talking to God: chapters 1 & 2</i>
	Prepare for Session Two: <i>How to Pray Without Talking to God: chapter 5, (pp 116-125)</i> <i>Heart-Centered Metaphysics p. 70-74</i>
Two	Unity 5-Step Prayer Process
	Prepare for Session Three: <i>How to Pray Without Talking to God: chapter 4</i> <i>Handbook of Positive Prayer: chapter 2</i>
Three	Unity Principles Embedded in 5-Step Prayer Process
	Prepare for Session Four: <i>How to Pray Without Talking to God: chapter 5, (pp 109-115); Chapter 6</i> <i>Handbook of Positive Prayer: chapter 3</i>
Four	Creating a Prayer Practice
	Prepare for Session Five: <i>How to Pray Without Talking to God: Chapter 7</i>
Five	Praying with others