



COURSE CONTENT DOCUMENT

TITLE: SPIRITUAL DISCIPLINE AND PRACTICES FOR LAYREADERS

Designation: Core Requirement for All Layreaders

Overview

This one-day session, structured as a prayer retreat of sorts, will give layreaders practical tools with which to develop strengthened and more impactful prayer life as disciples and messengers of Jesus Christ. Using classic experiential adult learning activities and methods, participants will: receive instruction on ways to approach their own prayer lives and that of others; be given the chance to practice some of the methods presented; explore the integration of the Anglican spiritual tradition and practical theology; and will be encouraged to reflect upon and share their own spiritual experiences and practices with their peers. There will also be a number of take-away resources and materials provided.

Objectives

- Key objectives of this training session will be:
- To show participants how strengthened, active spiritual disciplines and practices can be the catalyst upon which to build fruitful discipleship in Christ Jesus;
- To provide participants with practical tools and resources upon which to build active and impactful prayer lives as disciples and messengers of Jesus Christ both individually and as part of a Community of Faith;
- To help participants to build a dynamic set of skills and abilities based on the heritage of our Anglican focus on scripture, tradition and reason as provided through the principal texts of the Church of Canada: The Old and New Testaments; the Book of Common Prayer; and the Book of Alternative Services.
- To be an agent for increased “spiritual dynamism” of layreaders and of the Diocese.

Reading Assignment

- Review "Scripture Readings For Gospel Contemplation" document
- Review the "Spiritual Disciplines Chart" document
- Read "The Examen" Boolet

Video Assignment

- View Rev. Nisbett's presentation videos.

Practical Assignment

- Pause and complete assignments as you watch the video.

Pause and Consider

What spiritual discipline do you prefer and how do you incorporate it or them into daily practice?

Supplementary Resources

BOOKS

Principal texts used to develop this Program are:

- Selected scripture readings – provided on the day: NRSV and/or NIV preferred.
- Meditative Prayer: Entering God's Presence by Richard Peace
- A Spiritual Formation Workbook – small-group resources for nurturing Christian growth by James Bryan Smith with Lynda L. Graybeal
- Spiritual Disciplines Handbook: Practices That Transform Us by Adele Ahlberg Calhoun
- The Book of Common Prayer 1962, Canada: Morning and Evening Prayer, including key explanatory notes and rubrics.
- The Book of Alternative Services of the Anglican Church of Canada
- Sleeping with Bread: Holding What Gives You Life by Dennis Linn, Sheila F. Linn, Matthew Linn
- Psalms: Conversations with God compiled by Debb Andrus

WEBSITE RESOURCES

- Revised Common Lectionary (as adapted for the Anglican Church of Canada: <https://lectionary.anglican.ca/>)
- Why Practice Spiritual Disciplines? : <http://coachingsaints.com/pages/articles.cfm?article=spiritualdisciplines>
- Church of England – Learning to Pray: <https://www.churchofengland.org/journeying-with-god/learning-pray>