

School for Ministry Development

Episcopal Diocese of Southwest Florida

Course Title: Introduction to a Life of Prayer

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Course Objectives:

To define prayer as relationship

To review types of prayer as outlined in scripture

To explore particular practices that support a life of prayer

To look at prayer in times of darkness

Required Reading: Margaret Guenther; **The Practice of Prayer**; Cowley Press.  
In view of the short time to prepare, it is suggested that students read chapters 2,3,5, and 9.

Writing Assignment: Since one enters into a life of prayer not so much by studying about prayer but by the practice of praying, this will be an experientially oriented paper of 500-1000 words. Specific requirements will be given in class.

Debra McMaster is a spiritual director in Clearwater, Florida, with a passion for contemplative prayer.

She is a graduate of the Shalem Institute for Spiritual Formation in *Spiritual Guidance* and *Leading Contemplative Groups and Retreats*. Debra has received training in *Listening Hearts* discernment process, the Merton Institute's Bridges to Contemplative Living, and labyrinth facilitation through Veriditas, the worldwide labyrinth movement.

She is a member of Spiritual Directors International and of Wellspring Alliance, a Florida network of spiritual directors.