

## Standard Certification (II)

### Prayer and Spirituality

10 Hours

**Course Overview:** To offer a clear and faithful presentation of the essentials of a Catholic spirituality.

#### Course Goals:

1. To provide catechists with a variety of ways to develop to deepen their spirituality.
2. To explore various methods of prayer.
3. To introduce some general principles of Christian spirituality.

#### Course Objectives:

To learn some of the key elements of a deep spiritual life: prayer, Scripture reading, the sacraments, the Christian community, meditation.

To explore using the lives of the saints and their spirituality as a model for personal spiritual growth.

To experience and explore various prayer methods and styles.

To learn from history some of the spirituality tools that can be used in contemporary society.