

## Basic Certificate in Prayer and Spirituality Program Objectives

- Those who complete the required six courses on prayer and spirituality should be able to:
- Explain the revelation of prayer in the Old and New Testaments; trace the development of prayer in the Christian tradition, and identify ways of overcoming obstacles to prayer.
- Relate prayer to living the Christian life.
- Summarize the main truths that are contained in the Our Father, and how the underlying Scriptural passages relate to the Gospels in which they occur.
- Explore the Scriptural background and context of the Hail Mary that culminate in reasons why Mary's intercession is so certain and powerful.
- Summarize traditional Eucharistic devotions and explain ways in which devotion to the Eucharist outside of Mass prepares for and flows from the liturgy, acting as a vehicle for Christian unity.
- Describe the history of the Liturgy of the Hours, and pray the ordinary time format.
- Survey two classics in the spiritual life: the *Interior Castle* describing the interior life in terms of the seven mansions of St. Teresa; and the *Introduction to the Devout Life* depicting the devout life as outlined by St. Francis de Sales.