SP2137 SALESIAN PRAYER & SPIRITUALITY  
A Seminar and Practicum on the Spirit of Prayer with Salesians

Instructors: Fr Joseph Boenzi, SDB, & Fr John Puntino, SDB
Fall 2019 – Thursdays 12:40pm-3:30pm, ISS (Don Bosco Hall)

Course Description

Participants will seek to deepen their understanding of Christian spiritual life and practice of prayer and to explore ways of leading others, especially young people, to develop a personal relationship with Our Lord through significant prayer experiences.

Methodology

Participants will research, present and guide the class in various prayer forms, including, but not limited to, styles of meditation, *lectio divina*, Ignatian active contemplation, centering prayer, the Jesus prayer, Marian devotion and spiritual reading. They will also present suggestions on how these prayer forms may be used in catechetical or retreat programs with young people.

Requirements

- Five class reports
- Five catechetical or retreat proposals
- Leadership of two prayer experiences

Syllabus

1. Christian Spirituality and Spiritualities
2. Models of Spiritual Growth / Journey
3. Mysticism and Asceticism
4. Spiritual Accompaniment
5. Personal and Communal Prayer
6. Meditation: Discursive meditation; St. Francis de Sales; SDB indications; variations
7. Lectio divina: format and variations in practice
8. Ignatian active contemplation: methodology
9. Centering prayer: theory and practice
10. Journaling: as prayer; methods
11. The Jesus Prayer: Way of the Pilgrim; variations
12. Marian devotion: *Marialis cultus*; *Rosarium Virginis Mariae*; various proposals
13. Spiritual Reading: Resources and practices
14. Other prayer forms: Sacraments and Liturgy; pilgrimages
Bibliography

General
*Catechism of the Catholic Church*, Part IV.

Christian Spirituality and Spiritualities
*Models of Spiritual Growth / Journey*
*Mysticism and Asceticism*

Evelyn Underhill, *Mysticism* at www.ccel.org/ccel/underhill/mysticism.pdf?membership_type=b10f8d8331236b8b61aa39bc6f86075c12d7e005
St. Teresa of Avila, *Interior Castle* at www.ccel.org/ccel/teresa/castle2.html

*The Complete Introduction to the Devout Life by St. Francis de Sales*, New translation and commentary by Fr. John-Julian, OJN.


Meditation
www.catholicspiritualdirection.org/prayer.html

Lectio divina
www.biblegateway.com/resources/scripture-engagement/lectio-divina/home
Ignatian Active Contemplation
Various resources at:
www.ignatianspirituality.com
http://orientations.jesuits.ca/understandspexx.html

Centering Prayer
Various resources at:
www.contemplativeoutreach.org

Journaling
https://bustedhalo.com/ministry-resources/start-prayer-journal
www.moodycatholic.com/prayer_prayer_journal.html
https://lifeteen.com/blog/letters-to-god-5-reasons-to-keep-a-journal
https://renovare.org/articles/prayer-journaling-styles-examples
www.lopc.org/past-events/prayer-journaling-art-reflection

The Jesus Prayer
The Way of a Pilgrim and the Pilgrim Continues His Way at
http://desertfathers.webs.com/thewayofthepilgrim.htm
www.wordonfire.org/resources/video/bishop-barron-on-the-way-of-a-pilgrim/5359
www.svots.edu/saying-jesus-prayer
www.integratedcatholiclife.org/2011/01/kreeft-the-jesus-prayer

Marian Devotion
Bl. Paul VI, Marialis Cultus at
http://w2.vatican.va/content/paul-vi/en/apost_exhortations/documents/hf_p-vi_exh_19740202_marialis-cultus.html
St. John Paul II, *Rosarium Virginis Mariae* at

www.dominicanajournal.org/5-marian-devotions

www.nbcongress.org/marian-devotions.html

www.catholiccompany.com/getfed/20-marian-devotions-latin-america

www.wordonfire.org/resources/blog/in-defense-of-exaggerated-marian-devotion/5629