

Session 1 Syllabus

Theories

1a. Introduction and Objectives

- 1.1. Housekeeping and presentations
- 1.2. Objectives of this session
- 1.3. Spiritual Mentorship explained
- 1.4. Review Terms & Conditions and Code of Conduct

1b. Holiness and the Spiritual Journey

- 1.5. What is holiness?
- 1.6. Why is it the goal of our lives?
- 1.7. How do we travel the spiritual journey to attain our life's goal?

2. Stages of prayer

- 2.1. What is prayer?
- 2.2. How do I increase desire and openness to prayer?
- 2.3. What are the three major expressions of prayer
- 2.4. Where does God want to lead all souls in their prayer?

3a. Parts and Basic Guides to Meditative Prayer

- 3.1 Preparation for meditation
- 3.2 The 3 R's: Read, Reflect, make a Resolution

3b. Meditative Prayer

- 3.4 Helps to Reflect: AIR
- 3.5 How do I know that I'm growing spiritually?

4. Objections to Meditation and Teaching Others to Pray

- 4.1 Common objections to meditation
- 4.2 Overview of teaching others how to pray
- 4.3 Three Simple Steps to Prayer

5a. The Role of Mary in our Life

- 5.1 The visible manifestation of the mission of Jesus and the Holy Spirit
- 5.2 Mary's role in the plan of salvation: Is she essential or optional?
- 5.3 What is the maternal mission of the Holy Spirit?

- 5b. How to Live Devotion to Mary
 - 5.4 Three things the Church recommends in regard to Mary
 - 5.5 What is the Secret of Mary according to St. Louis de Monfort?
- 6. Casting the Vision – A Simple Way of Life
 - 6.2 How is Mary asking for our help?
 - 6.3 How can we lead others to Jesus through Mary?
- 7. Overcoming Obstacles to Living a Simple Way of Life
- 8. Review Session

Meditations

- 1. Matthew 20:20-28
- 2. Luke 18:1-18
- 3. Luke 6:46-49
- 4. Luke 10:21
- 5. John 19:23-27
- 6. Luke 10:38-42
- 7. John 21:15-17

Practica

- A. “God” on How to Read Scripture
- B. Objections and Obstacles to Prayer
- C. Listening Skills