



Eston College Online

Teach us to Pray: Foundations of Prayer

30 Hours

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I. Course Description

How do you approach your call as a Christian to pray to your Heavenly Father? Do you see prayer as an important discipline that needs to be checked off your list? Do you see prayer as time to connect with God, and therefore more of a relationship? Would you be shocked to learn that prayer is a discipline and a relationship? You **MUST** talk to God. For the Christian, prayer is oxygen! In the same way your body dies without air, so too your spirit will die without the breath of God. This course is an invitation to come learn how to “breathe.” You will learn the skills of prayer, the heart of prayer, the mind of prayer, and so much more. Most importantly, you will grow closer to our Heavenly Father and His precious Son, Jesus Christ.

II. Learning Outcomes

A. Primary Student Outcomes. Upon completion of this course, you will...

1. Become familiar with how prayer is both a discipline and a relationship.
2. Practice various methods of prayer that foster an intimate relationship with our Heavenly Father through his precious son, Jesus Christ.

B. Learning Objectives. Upon completion of this course, you will...

Cognitive (Head) – After completing this course you will...

1. Identify the eternal purposes of God.
2. Clarify distinctions between various forms of prayer.
3. Express to others why prayer is critical for a believer's development.

Affective (Heart) – After completing this course you will...

1. Value the place and priority of prayer for your life.
2. Foster fruitfulness in prayer.
3. Differentiate between true spiritual connection with God over dead religious activity.

4. Appreciate the call to a lifestyle of prayer and fasting.

Conative (Hands) – After completing this course you will...

1. Incorporate various prayer models and tools to inspire prayer.
2. Isolate Biblical phrases to use in prayer.
3. Grow your ability to hear the voice of God.

III. Course Evaluation & Assignments

To complete this course for credit with ACOP's credentialing, or for the sake of Eston College's future accreditation, complete the following assignments:

- A. Online Instruction. 4-5 hours of video; 5-10 hours of supplementary material. (50%): engage in full with the online instruction (e.g., participate in discussions) and any supplementary material for each lesson and topic.
- B. Reading & Book Interaction. 12-15 hours for reading; 6 hours for reflection paper; 18-21 hours total time investment. (50%): read one of the following textbooks (see below) and write a 3 page (750-900 word) paper summarizing the key points and thesis of the author, and how this book has shaped your own thinking.

Assignment	Hours	Percentage
Complete Online Curriculum	10-15 hours	50%
Reading & Reflection	15-20 hours	50%
Total:	30 hours	100%

IV. Course Outline

- Lesson 1 - Introduction: Theology of Prayer
 - Introduction: Teach us to Pray
 - Theology of Prayer & Eternal Purposes of God-Pt.1
 - Theology of Prayer & Eternal Purposes of God-Pt.2
 - Gratitude Prayer Model
 - Understanding the Eternal/Temporal Realms
 - Prayer is a Realm
 - The Beauty Realm of God
- Lesson 2 - Revelation of Intercession
 - What is Intercession? - Pt. 1
 - What is Intercession? - Pt. 2 - Esther-1
 - What is Intercession? - Pt. 3 - Esther-2

- o Three Faces of God in Prayer - Pt. 1
- o Three Faces of God in Prayer - Pt. 2
- Lesson 3 - Types of Prayer
 - o What is Devotional Journaling?
 - o The Power of Silence
 - o Supplication - Requests with Gratitude
 - o How to pray the TRUST acronym?
- Lesson 4 - How to Pray the Prayers of the Bible?
 - o The Value of Praying Biblical Prayers.
 - o How to pray the Apostolic Prayers - Eph. 1 - Pt.1
 - o How to pray the Apostolic Prayers - Eph.1 - Pt.2
 - o How to pray the AP - Eph. 3
 - o Praying the Hymns of Revelation - Pt. 1
 - o Praying the Hymns of Revelation - Pt. 2
- Lesson 5 - The Call to Prayer as a Lifestyle
 - o Anna Calling - Luke 2: 36-38
 - o Generals of Prayer - Rees Howells, Daniel Nash
 - o Call to a Lifestyle of Fasting and Prayer - Daniel

V. Bibliography

A. Required Textbooks (choose one):

1. Sorge, Bob. *Secrets of the Secret Place*. Oasis House: MO, Kansas City, 2001.
 - I love this book because it is a great combination of skill development and heart impartation/inspiration. I have worn through several copies of it, as a devotional, as a prayer methodology book, and I have patterned this prayer course in a similar way. Chapters are short and sweet, and easy to read.
2. Bickle, Mike. *Growing in Prayer*. Charisma House: FL, Lake Mary, 2016.
 - a. I love this book too! It is written by the leader of the International House of Prayer in Kansas City. A great teaching book that provides excellent theological foundations for prayer as well as prayer skill development. This book's strength is that it is biblically sound, but mixed with practical tools and helps for cultivating one's prayer life.

B. Recommended Books:

Grubb, Norman P. *Reese Howells Intercessor*. Fort Washington, Penn: Christian Literature Crusade, 1983.

Nouwen, Henri J. M. *The Way of the Heart*. New York: Ballantine Books, 2003.

Tozer, A. W. *Knowledge of the Holy*. [Place of publication not identified]: Bibliotech Press, 2019.