



Transforming Prayer: 30 Days to Personal Renewal

DANIEL HENDERSON

Course Description: Participants will feed on Scripture and simultaneously prayerfully reflect on their own personal strengths and weaknesses and explore areas in which they need to grow and mature in relationship with God, family, calling and self. Participants will assess the health and vitality of their own life and leadership and of their primary relationships. They will also develop a plan of action for health and wholeness so they might better engage the world through a deeper engagement with God.

Course Objectives: Health in life and ministry always begins at the roots (relationship with Christ), rather than the fruits. Therefore, we will explore and identify key elements of a healthy and deepening relationship with God. At the completion of this course, participants will be able to:

1. Identify factors that are currently hindering a deeper engagement with God.
2. Identify how these factors are impacting their spiritual formation (growth in Christlikeness) as well as their relationships with others.
3. Discern where God is presently leading in light of current personal and interpersonal realities.
4. Receive input from various sources about his or her personal and interpersonal characteristics and interact with that feedback in non-defensive ways.
5. Develop a strategy for maintaining long-term stability and health in ministry, as well as growing in maturity, a.k.a. a new personal Rule of Life.

Reading: Nightly, participants will read ½ chapter from a commentary* on the Gospel of Mark. (i.e. ½ Mark chapter 1, ½ chapter 2, and so on). The following morning, they will read and meditate on that same ½ chapter of Mark.

Participants will also read 1 Psalm a day at midday (along with its accompanying devotional), beginning with Psalm 1 from Praying the Psalms.

*Blueletterbible.org has a great selection of free commentaries that can be accessed via the study tab on their website.