

## SOME GENERAL NOTES FOR TEACHERS...

1. The course begins from the conviction that God loves us deeply, is eager to relate with us and is reaching out to us at every moment. We believe that God is always present with us and can be found in any experience of life. As Christians we believe that Jesus embodied God's loving presence in human form and shows us by his own example what love looks like. We seek to follow him and to let God transform us more and more into the image of Christ. This is the spiritual journey.
2. This course is used by Christians of various denominations and with different customs. Feel free to personalize it for your own situation. The course touches on the basics of Christian spirituality. It offers some practical tools that class members can use in their ongoing spiritual walks.
3. As you prepare, remember that the hope of the course is to offer hands-on experience to class members, not just information. Actually praying together will be more helpful than just learning about prayer. A few things to savor will be more helpful than large quantities of information.
4. For each session, there are various ideas (*written in italics*) for involving the class in discussion and experience. You can balance the amount of input, discussion, and experiential exercises to fit the amount of time you have. It's ok if you don't cover everything. Choose what will be most helpful for your class.
5. Each session includes a handout that can be given to class members to take along. The handouts have ideas for reflecting and praying with the material introduced in each session.

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