

## **Making Prayer Real (Unit 4)**

Instructor: Rabbi Dan Liben

Four Wednesday nights at 7:00pm: May 16, 23, 30 and June 6.

If this is your first unit learning with us, welcome to Making Prayer Real! This course offers an innovative approach to learning prayer and liturgy, called spiritual dynamics (which basically means: what are the tools and techniques that generally make prayer “work”). Each week, we bring outstanding teachers into the classroom via video, beginning a conversation that challenges and draws us into dialogue with prayer, the Siddur, and each other. We emphasize skills before theology, cultivating a workshop atmosphere. As students explore numerous traditional and alternative prayer practices, you may discover your own preferences and abilities, crafting your relationship to Jewish prayer in a way that works for you.

Unit 4 is the most theologically oriented of our units. The topics in this four-week module include:

1. **The Challenge of Personal Prayer:** Unscripted, personal prayer is difficult for many of us. How can we overcome that challenge, regardless of our theology (or lack of theology)?
2. **Cultivating Your Personal Prayer Voice:** Can I “talk to God” in a way that feels authentic to me?
3. **Discerning Divinity:** The elephant in the room, the issue of God’s response to prayer is often circumvented in liberal circles. Our Making Prayer Real teachers share their experience and their thinking. You might be surprised!
4. **Teshuvah: Introspection for Change:** Throughout the MPR Course we have been exploring the effects of prayer. Now we zero in on what many consider the key questions. How does prayer change us? What are the characteristics of life-changing prayer?