



Anglican Diocese of San Joaquin
Anglican Catechist Training School for Lay Catechist I



Module 2: The Lord's Prayer

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Historically, the church's ministry of making disciples and grounding them in the basic beliefs of the Christian faith has been known as *catechesis*. Anglicans see the Holy Scriptures as the source and foundation for testing all that is taught in the Church. Rooted in the Bible, a classical catechism has always been based on three building blocks of the faith: The Apostle's Creed, The Lord's Prayer, and The Ten Commandments. For two millennia, the core beliefs and practice of the Christian faith have been summarized in these foundational documents.

Catechesis plays a critical role in the ministry of the Church and is vital for the Church to fulfill Christ's mandate to make disciples. The task of reconciling the world to Christ is a call of the whole body of Christ, not just the ordained clergy. Partnering with ordained clergy, lay catechists serve as leaders and equippers in local congregations and throughout the Anglican Diocese of San Joaquin in preparing "God's people for works of service, so the body of Christ may be built up" and brought to maturity (Ephesians 4:12-16), resulting in fruitful ministry.

The primary ministry of a catechist is to teach the essentials of the faith, which are rooted in Scripture and expressed in the ACNA Catechism, *To Be A Christian*, which is comprised, as mentioned above, of the Apostles Creed, The Lord's Prayer, and The Ten Commandments. Not only are catechists expected to develop skills and effective teaching practices, but to be effective disciple-makers, they will need to be persons of prayer. It is only those who abide in God's presence who will be able to bear much fruit for the Kingdom. Since spiritual formation is essentially relational in nature, catechists need to be committed to growing spiritually and emotionally through prayer and mentoring.

The first year of ACTS consists of three modules, which prepares the student for licensing as a Catechist in the Anglican Diocese of San Joaquin. The three modules, or courses, are as follows:

Module 1: The Apostles' Creed (Offered in the fall for 12 sessions)

Module 2: The Lord's Prayer (Offered in winter for 6 sessions)

Module 3: The Ten Commandments (Offered in the spring for 6 sessions)

Each module incorporates three-dimensions:

1. Deepening of biblical and theological knowledge
2. Spiritual Formation
3. Ministry Practicum

Each dimension works with the others in forming and preparing the student for the ministry of a Catechist and lay leader. The course will consist of a combination of hands-on training and regular mentoring with one's clergy or other lay leader and independent study and class attendance. Each dimension is intended to develop four essential qualities that spiritual leaders need:

- 1) a deeper understanding of sound doctrine in the Christian faith (1 Tim. 4:16),
- 2) a spiritual formation that leads to maturity of the whole person (e.g., spiritual, emotional, character, etc.) (Eph. 4:11-15),
- 3) a growing lifestyle of abiding in Christ (John 15:5; 1 John 2:27),
- 4) and a growing faith, discernment and obedience to God's leading (Luke 17:5, 6; Rom. 1:5).

Module 2 Description: The Lord's Prayer:

Christianity is not so much an intellectual pursuit, but it is a life-long journey, with Jesus, into the heart of God. It is about getting to know God and his ways, so that the disciple can make him known to others. In this course, the second of three modules of the ACTS program, the student will learn the rhythms of a life of prayer and understand its value in training for a life of faith and kingdom living by using the Lord's Prayer as a template for a life of prayer. At the end of this course, students will take an exam demonstrating their understanding of the Lord's Prayer.

Licensed Catechist I	
Description	A catechist is one who is primarily called to a teaching ministry in the local congregation, which may include teaching youth and adult catechism classes, leading Alpha Groups, or Bible studies. This ministry is greatly lacking and much needed in God's church today. However, catechesis is far greater than just teaching doctrine. Catechesis involves the formation of the whole person into the image of Christ; therefore, licensed catechists may feel called to other ministries such as spiritual direction, intercession, pastoral counseling, church planting, or ministering to the poor or the infirmed. Some catechists may be called to evangelism and mission within or beyond their local context. All these ministries are vital to the church's call to fulfill the Great Commission to "go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to obey everything" Jesus commanded.
Requirements	<ul style="list-style-type: none"> • Meet with parish clergy to begin discerning your calling to catechetical ministry • Complete application and background check • Complete "Ministry Safe" Training • Participate in a local evangelistic outreach • Complete Year 1 (3 modules) of the Anglican Catechist Training School • Pass all 3 Catechists Exams • Licensing by the Bishop and commissioning in parish.
Spiritual Formation & Mentoring	<p>Throughout the ACTS program, students must meet with their mentor <i>a minimum of once a month</i> for an hour. Students will be provided a mentor reflection sheet, which they must prayerfully fill out before the meeting with their mentor. During the mentoring meeting, students are encouraged to share transparently what they have reflected on and written with their mentor. The reflection sheet is to be <u>signed by the mentor</u> and submitted to the course instructor NO LATER THAN the last day of the month. If the student does not turn this in by the due date, they will not receive credit for mentoring requirement for that month. Students may only miss one month of mentoring to receive the Catechist license.</p> <p>In addition to mentoring, students will be expected to "try on" a variety of spiritual disciplines, such as praying the Daily Office, practicing forms of ancient prayer, sacramental confession, etc.</p>
Deepening Knowledge	<p>Students are required to:</p> <ul style="list-style-type: none"> • Attend class meetings twice a month in person or via Zoom. Participation is integral to the way the class is conducted. Students CANNOT miss more than 1 class per module and should watch the class recording and respond. • Complete all assigned readings and video viewing. • Participate in an online reflection forum (twice a month).
Practicum	<ul style="list-style-type: none"> • Participate in various ministries within the local church and the community. • Develop a syllabus/project for catechesis. • Participate in an outreach/service with a ministry in your city.

Required Texts and Materials for Module 1: The Apostles' Creed:

Murray, Andrew. *Lord, Teach Us to Pray*. New York: Infinity. 2015

Packer, J. I. *Praying the Lord's Prayer*. Wheaton, IL: Crossway. 2007

Wright, N. T. *The Lord and His Prayer*. Downers Grove, IL: Eerdmans. 2014

The Book of Common Prayer (ACNA, June 2019) Available at anglicanchurch.net.

To Be A Christian: An Anglican Catechism by Catechesis Task Force Anglican Church in North America (2014-06-30). Available in PDF version online at <http://www.anglicanchurch.net> or for purchase at <https://www.crossway.org/books/to-be-a-christian-hconly/> or from Amazon.

ACTS Spiritual Formation Toolkit (provided for the student).

Course Pack with various assigned readings will be posted online.

Other Books on Prayer:

Bevins, Winfield. *Our Common Prayer: A Field Guide to the Book of Common Prayer*. New York: Simon Press. 2013

Chambers, Oswald. *If You Will Ask: Reflections on the Power of Prayer*. Grand Rapids: Our Daily Bread Publishing. 2020

Hauerwas, S. & W. Willimon. *Lord, Teach Us to Pray: The Lord's Prayer & the Christian Life*. Nashville: Abingdon Press. 1996

Estimated Time Requirements: For every hour of classroom instruction, plan on spending 3 hours of independent study outside of class.

Proposed Training and Assignment Schedule

November/December
If you are a new applicant, the following is the application Process <ul style="list-style-type: none">• Meet with your clergy to discuss ministry goals.• Discern calling to Lay Parish Catechist ministry.• Complete Background Check• Turn in application to diocesan office by 12/31/2022 (or by December 21 to receive waiver on the application fee).

Meet & Greet in January: ONLY FOR NEW STUDENTS! The 3 Dimensions of ACTS and How to use Classroom for all modules Online Zoom Meeting from 6:00-7:00 PM on January 12, 2023, at 6:30 PM
During this short one-hour meeting, we will review how to get started and how to prepare for the first class. The following pages contain the assignments for each month for Module 1.

ACTS Module 2: The Lord's Prayer

Class Date	Topic	Reading, Viewing and Responding (in Preparation for this class)	Spiritual Formation & Practicum
Week 1 1/19/2023	<p>The Father Heart of God</p> <p>The Address: "Our Father, who art in heaven"</p> <p>First Petition: "Hallowed be thy Name"</p>	<p>TBAC Review: Part II: The Apostles' Creed: Article I Questions 38-41, pp. 35-36</p> <p>Part III: Belonging to Christ: The Lord's Prayer and the Christian Life Questions 154-164, pp. 65-69 Questions 165-171, pp. 69-70 Questions 172-177, pp. 70-71</p> <p><u>Read:</u> "The Lord's Prayer" by Winfield Bevins "Journeying Together into the Father Heart of God" by Adam Wittenberg (on Google Classroom) Wright, N. T. <i>The Lord and His Prayer</i>, Prologue & Chapter 1 <i>Lord, Teach Us to Pray</i> by Andrew Murray</p> <p><u>Watch:</u> "The Father Heart of God" by Floyd McClung "Heaven and Earth" by the Bible Project "N. T. Wright on Heaven"</p> <p><u>Write:</u> Answer the question: "Why should we learn and practice the Lord's Prayer? Post answer online by 1/16/2023. Then respond to at least two other students' answers for each question by 1/19/2023.</p>	<ul style="list-style-type: none"> • Attend weekly Sunday services • Continue to pray one of the Daily Office options once a day for 5 days a week. • Choose one of the contemplative prayer practices found in your Spiritual Formation Toolbox (e.g., Centering Prayer, The Jesus Prayer, etc.) to practice 3-4 times in the week. • Prayerfully complete the Spiritual Formation Reflection for January & meet with mentor. DUE this class.
Week 2 2/2/2023	<p>The Kingdom of God & Heaven</p> <p>Second Petition: "Thy kingdom come"</p> <p>Third Petition: "Thy will be done on earth as it is in heaven"</p>	<p>TBAC Review: Part II: The Apostles' Creed: Article III Questions 100-104, p. 51 Questions 114-120, pp.54-55</p> <p>Part III: Belonging to Christ: The Lord's Prayer and the Christian Life Questions 178-182, pp. 71-72 Questions 183-187, pp. 72-73</p> <p><u>Read:</u> Packer, J. I. <i>Praying the Lord's Prayer</i>. Chpts 1-5 Wright, N. T. <i>The Lord and His Prayer</i>. Chpt 2</p> <p><u>Watch:</u> "Rethinking Life After Death" by NT Wright</p> <p><u>Write:</u> Answer the question: "Is heaven our goal? Explain your answer." Post answer online by 1/30/2023. Then respond to at least two other students' answers for each question by 2/2/2023.</p>	<ul style="list-style-type: none"> • Attend weekly Sunday services • Continue to pray one of the Daily Office options once a day for 5 days a week. • Choose one of the contemplative prayer practices found in your Spiritual Formation Toolbox (e.g., Centering Prayer, The Jesus Prayer, etc.) to practice 3-4 times in the week. • Prayerfully complete the Spiritual Formation Reflection for February & meet with mentor. DUE next class.

Class Date	Topic	Reading, Viewing and Responding (in Preparation for this class)	Spiritual Formation & Practicum
Week 3 2/16/2023	Trusting in God's Provision Fourth Petition: "Give us this day, our daily bread"	TBAC Review: Part II: The Apostles' Creed: Article III Questions 149-151, p. 62 Part III: Belonging to Christ: The Lord's Prayer and the Christian Life Questions 188-192, p. 74 <u>Read:</u> Packer, J. I. <i>Praying the Lord's Prayer</i> . Chpts 6-8. Wright, N. T. <i>The Lord and His Prayer</i> . Chpt 3 <u>Watch:</u> "Faithfulness" by the Bible Project "Praying Like Monks Living Like Fools - Prayer Workshop" with Tim Mackie & Tyler Staton <u>Write:</u> Answer one of the following two questions: (1) "Do you agree that God is concerned about physical needs as he about spiritual needs? Why or why not? Explain your answer." (2) "Why and in what sense is Christianity meant to be a day-at-a-time life? How are you challenged to live in the moment?" <u>Practice:</u> Read the article in your Spiritual Formation Toolbox on "Fasting." Choose some kind of fast to observe for a day or two.	<ul style="list-style-type: none"> • Attend weekly Sunday services • Continue to pray one of the Daily Office options once a day for 5 days a week. • Choose one of the contemplative prayer practices found in your Spiritual Formation Toolbox (e.g., Centering Prayer, The Jesus Prayer, etc.) to practice 3-4 times in the week. • Prayerfully complete the Spiritual Formation Reflection for February & meet with mentor. DUE this class.
Week 4 3/2/2023	Growing in Grace: Repentance and Forgiveness Fifth Petition: "Forgive us our sins as we forgive those who sin against us"	TBAC Part III: Belonging to Christ: The Lord's Prayer and the Christian Life Questions 193-201, pp.75-76 <u>Read:</u> Packer, J. I. <i>Praying the Lord's Prayer</i> . Chpt 10 Wright, N. T. <i>The Lord and His Prayer</i> . Chpt 4 Read the "Reconciliation of Penitents" on pp. 223-4 in the 2019 BCP. Read and meditate on the following passages: Matthew 18:15-20; John 20:19-23; James 5:13-16; 1 John 1:5-10. <u>Watch:</u> The Bible Project " Philemon " <u>Practice:</u> 1) In the next couple of weeks, prayerfully work your way through Saint Augustine's Examen, the section on PRIDE.	<ul style="list-style-type: none"> • Attend weekly Sunday services • Continue to pray one of the Daily Office options once a day for 5 days a week. • Choose one of the contemplative prayer practices found in your Spiritual Formation Toolbox (e.g., Centering Prayer, The Jesus Prayer, etc.) to practice 3-4 times in the week. • Prayerfully complete the Spiritual Formation Reflection for March & meet with

		<p>2) This month, do a formal confession with your priest (or another priest if you are married to your priest).</p> <p><u>Write:</u> Answer the following question: “Of what benefit is there in participating in the Sacrament of Reconciliation with a priest? How is this different from confessing to another lay person in your church?”</p>	mentor. DUE next class.
<p>Week 5 3/16/2023</p>	<p>Spiritual Warfare</p> <p>Sixth Petition: “Lead us not into temptation”</p> <p>Seventh Petition: “Deliverance from Evil”</p>	<p>TBAC <i>Part III: Belonging to Christ: The Lord’s Prayer and the Christian Life</i> Questions 202-208, pp. 76-78 Questions 209-220, pp.78-80</p> <p><u>Read:</u> Packer, J. I. <i>Praying the Lord’s Prayer</i>. Chpts 11-13. Wright, N. T. <i>The Lord and His Prayer</i>. Chpt 5</p> <p><u>Listen:</u> Series on “Spiritual Warfare” by Derek Prince</p> <p><u>Watch:</u> “Spiritual Beings” series by The Bible Project</p> <p>If you would like to go deeper, watch Dr. Michael Heiser</p> <p><u>Write:</u> Answer the following question: “What is the relationship between repentance, forgiveness and healing? How is repentance and forgiveness integral to spiritual warfare?”</p>	<ul style="list-style-type: none"> • Attend weekly Sunday services • Continue to pray one of the Daily Office options once a day for 5 days a week. • Choose one of the contemplative prayer practices found in your Spiritual Formation Toolbox (e.g., Centering Prayer, The Jesus Prayer, etc.) to practice 3-4 times in the week. • Prayerfully complete the Spiritual Formation Reflection for March & meet with mentor. DUE this class
<p>Week 6 3/30/2023</p>	<p>Worship & Liturgy</p> <p>Praying the Psalms</p> <p>Doxology: “For Thine is the kingdom, the power, and the glory, forever and ever”</p> <p>Hearing the Voice of God</p>	<p>TBAC <i>Part III: Belonging to Christ: The Lord’s Prayer and the Christian Life</i> Questions 221-223, pp. 80-81 Questions 224-255, pp. 81-88</p> <p><u>Read:</u> Packer, J. I. <i>Praying the Lord’s Prayer</i>. Chs 14-16. Wright, N. T. <i>The Lord and His Prayer</i>. Chpt 6</p> <p>“Why Liturgy?” by E. Conkle</p> <p>“Hearing the Voice of God” by Loren Cunningham</p> <p><u>Write:</u> “How might observing the rhythms of the liturgy and liturgical year be a way of reorienting your heart towards the Kingdom?”</p>	<ul style="list-style-type: none"> • Attend weekly Sunday services • Continue to pray the Daily Office once a day for 5 days a week. • Choose one of the contemplative prayer practices found in your Spiritual Formation Toolbox to practice 3-4 times in the week. • Prayerfully complete the Spiritual Formation Reflection for April & meet with mentor. DUE next class.
4/13/2023	Exam II DUE		

Grades?

You will **not** receive a grade for this course but will receive credit/no credit for assignments and for attendance. Work will not be accepted after 7 days overdue. In order to receive a Certificate of Completion for Module 2, you will need to earn a minimum of 40 out of 50 points for this course, not missing more than one class. If you are desiring licensure as a catechist, you will also need to pass all three parts of the Catechist Licensing Exam. At the end of this course, Exam 2 will be given.

The following is a breakdown of assignment values:

Assignment	Points
Online Forum Question per month with response to other student responses.	3 points per question X 6 = 18 points
Catechist Practice during class	11 points
Attendance and Participation (Students may not miss more than 1 online classes.)	1 point each X 6 = 6 points
Mentoring (Minimum 1X month. No make ups.)	3 X 3 points for each signed reflection = 9 points
Course Evaluation	6 points
Total Point Possible	50 points

***Students need to obtain a minimum of 40 points to complete ACTS and receive a certificate of completion!
Student must pass all three Catechist Exams to receive a Catechist License I.***

Rubric for Online responses (half points are also given)	
0	Incomplete
1	Answered the question by primarily providing a summary of learning. Student did not provide application nor respond to two other students' responses.
2	Answered the question with depth and did provide some application to one's life. Either the student <i>did not</i> thoughtfully respond to two other students' responses or she did not fully develop the response.
3	Answer is posted on time and reflects deep thinking and application. Answer not only summarizes understanding but exhibits ability to apply learning or draw out implications for other areas of life. Student thoughtfully responded to two other students' responses.

Something to Consider

This six-week course invites you into a season of potential learning, growth, and development as a teacher. In contrast to the first module, you will be given more opportunities to provide instruction to your peers. You are encouraged to experience and learn as much as you can during this course, prioritizing your time in order to complete reading and assignments with depth and thoughtfulness. In order for this course to be formational for your soul, don't just "jump through the hoops" but invest your heart and be open to the working of the Holy Spirit, the One who guides us into all truth, particularly truth about ourselves. Developing one's inner life takes time and contemplation. You are encouraged to be honest and transparent in your written responses, when contributing in class, and in your discussions with your mentor. ***Live this journey!*** You will most likely not be the same person when it is all over.

A Word About Confidentiality

Learning never happens in a vacuum, and thus when we are working through the content of this class issues will likely arise either related to how our understanding has been shaped by former traditions, or by issues in our souls related to past hurts. In either instance, we desire to create a context for our year together that is without judgment and where confidence is kept so that students can freely express reservations, dissonance, and concerns openly. To create this context please keep the following ground rules in minds:

- Keep your focus on what God is doing in you. No trying to fix others.
- Keep your sharing to a minimum, so others have an opportunity to share.
- Confidentiality is a basic requirement. What is shared in our group, stays in our group.
- If a problem arises with another classmate, go to that person first and discuss it. If the problem persists, then you may invite the instructors to help and pray.

Appendix A

Sample Online Forum Responses

Question: How are people immersed in the Gospel through liturgy?

A response that received a 3:

It would seem that we are immersed in the gospel through the liturgy by The Holy scriptures. As our ears become attune to hearing the gospel it then begins its work in our lives. Through this last month I have been reading or listening to Morning or Evening prayer; yes, its long and yes, there are a lot of psalms to read, but I keep coming back to it. The Word of God draws me to need it. I recently had a revelation about the church year. During our 102 class, there was a graph that showed how most of the church year is "ordinary" time, or green time, then I saw this quote which said, "find joy in the ordinary." I have never wanted to be ordinary and can become very bored with ordinary and doing the same things over and over. Being an evangelical, we were always pushed to not live ordinary lives. However, after the visual and learning of how the ordinary time can be a time of discipleship, learning, teaching and yes folding the laundry, I have felt more peace in my family and vocational life. The gospel is a healer, at least for me. Sunday morning worship - even though sitting here at my computer I know everything that will happen at church tomorrow, it's still my favorite day of the week. In *Grounded in the Gospel*, the liturgy touches humans at the levels of their heads, hearts and hands. We take in the truth by our hearts and minds, we experience the fellowship with the Father and Son and we practice the truth we have received. I believe the liturgy keeps calling us back to Jesus Christ and his grace towards us. I'm not just saying this as a new Anglican, there's a room full of us that are called back to it every day as well.

(Response specifically tells the reader how the Gospel is conveyed through the liturgy. Student also responded to 2 other students online as well.)

A response that received a 2:

The liturgy enables us to fix our eyes on Jesus, the author & perfecter of our faith. It does this by providing powerful prayers that are aligned with the church year. It also allows us to make declarations of our faith using the Apostle's Creed, Nicene Creed & Creed of Saint Athanasius. By participating in Morning & Evening Prayer, we experience being set apart for God's kingdom & having our mind renewed according to His truth. The structure of Sunday Morning Worship along with Morning & Evening Prayer allow us to walk in the light as He is in the light & confess our sins that we might be transformed into His image. And all of this takes place while we lift our voices in praise & worship with joyful singing!

(Response doesn't specifically tell the reader how the Gospel is communicated through the liturgy. Student *did* respond to two other students' responses.)

A response that received a 1:

The purpose of the Liturgy is to draw people closer to God through its many components. The Lectionary, Daily Office, and special services are all developed with the use of the scriptures, and this is shown through the way the Church year has been established, with its focus on specific events in the history of the church and recognition of those who have shown by their lives how to live effectively for God. The liturgy is designed to aid our connection with God and our ability to improve our conscious contact with Him.

(Does not answer the question, as to how people are immersed in the Gospel through the liturgy. No responses to other students' answers.)