



Grow: Equipping God's People to Serve

Growing in Prayer

"Teach us to pray!" Jesus was asked by his first disciples – and we might echo their request. There's always more to learn about prayer, and there are always more ways of putting our prayer into practice.

This course is for anyone who'd like to be part of learning group, committed to sharing our experience, encouraging one another, and offering ourselves to God.

The learning is spread across four sessions.

The aims of this course:

- To help us go deeper with God, as we explore ways of enriching our prayer life and continuing to grow spiritually
- To help us develop our ability to support others who want to grow in prayer, both as individuals and in small groups
- To help us learn how best to lead our congregations in prayer
- To help us put our praying into practice, as we develop our 'mission spirituality'
- To create a community of 'prayer champions' who, both during and after the course, will encourage one another to keep 'growing in prayer' and helping others to do the same.

The key values of this course:

- We are spiritual beings, created to connect with God individually and together, and in every part of our lives.
- Prayer is central to this connection: only as we are rooted in God can we be fruitful.
- As the Diocesan Vision Statement suggests, 'Growing in prayer' leads to 'Making new disciples' and 'Serving the people of Devon with joy': prayer is about discipleship.
- It is a discernment process for you, your situation and the Mission and Ministry Team in your location.
- Completion of this course doesn't mean you are committed to undertake voluntary work, or that your Mission Community will necessarily be able to use your unique

skills and gifts in this way. However, we are committed to helping people willing to volunteer connect with churches which have a skills gap.

- It is designed to help participants understand why these roles are important and what they might entail for the individuals, and for the community. It includes the exploration of skills and ideas that are applicable to all of our lives.
- If you are interested in doing a Grow course that is great! We would ideally like you to have a conversation with your church leader before you apply but if that is not possible we can arrange for you to have a chat with one of our mission and ministry team instead.

The course leader:

The Revd Sally Dakin has recently retired to Plymouth, having been Spirituality Adviser for Winchester Diocese. She has an MA in Christian Spirituality, and loves teaching spirituality and leading all kinds of prayer workshops, quiet days and retreats. Her background is in adult education – and midwifery.