



# Ways of Praying

This module is for anyone who wants to broaden their horizons and try something new in the area of prayer.

The module has a practical and a historical element. The practical element explores different styles of prayer, involving 'hands-on' group work and discussion as well as practice of the various prayer styles. The historical element aims to help people put their faith in context and understand how one person's preferred style may differ from someone else's, while different historical strands of Christianity may resonate with each.

The module also introduces participants to some important figures in the history of teaching about prayer.



Continuing Ministerial Education  
Cathedral and Diocesan Offices  
1 Hill Top, Coventry CV1 5AB  
Email: [cme@covcofe.org](mailto:cme@covcofe.org)  
Tel: 02476 521316