

# HABITS FOR A HUNGRY HEART

## Class Overview

### General Reference Texts:

Demarest, Bruce, *Satisfy Your Soul: Restoring the Heart of Christian Spirituality*, NavPress, 1999

Dallas Willard, *The Spirit of the Disciplines: Understanding How God Changes Lives*, Harper Collins Publishers, 1988

Week	Topic
1	Introduction to the class
2	<i>Lectio Divina</i> : Transforming the heart through “spiritual reading”
3	<i>Lectio Divina</i>
4	Prayer: Entering God’s presence
5	<i>The Examen</i> : Becoming more aware of God, self and sin
6	Developing a Rule of Life: The disciplines as lifestyle.