Christian Practice in the Higher Education Classroom is described as incorporating instructional spiritual practices into one’s course for the purpose of cultivating Godly reflection and practice in academic life.

Christian Practice:

*Intercessory Prayer - Blessing Others / Encouragement*

The overall goal of this Christian practice assignment is to get students to think about and act on the needs of others with the hopes of building community and reducing anxiety and the type of negative competition that is common in this particular course.

At the beginning of the semester, each student drew the name of a classmate from a beaker. They were asked to meet with this student outside of class in the first two weeks and to pray for this student throughout the semester. They were also asked to offer words of encouragement to members of their class and acts of kindness for members of their class.

They had to keep a log which was required to have a minimum of 10 entries from at least two categories including prayer, words of encouragement, acts of kindness. They also had to write a brief reflection on their experience performing the assignment.