

Journeying On (GPRL 2) 2024-2025

Information Sheet

Purpose of the course

'Journeying On' is a one-year course which follows on from and seeks to deepen the experience of GPRL. It invites us to journey on in our relationship with God, to grow in our experience of prayer and of reflecting on our lives and the ways God is at work in and with them. It is open to any, from all denominations or none, who have completed GPRL. The course follows a similar format to GPRL and consists of 10 online sessions, one per month from September to June. This year we are delighted to introduce a new opportunity to gather as a community for 2 'in person' reflection days in the ISC on a Saturday, the first in September, the second in May. Whilst the hope is that all participants who are able will attend these days in person, we will also offer a blended online option for those who can't physically join with us. 'Journeying On' starts with an Introductory Evening on Thursday September 5th, with the first session proper on Thursday September 12th 2024. The closing date for applications is August 9th 2024.

The Course

The aim is to provide participants with further resources for prayer and skills in reflective living which will help them to:

- Grow in their relationship with God
- Deepen their experience of prayer and reflection
- Develop a spirituality which shapes their outlook on and response to life
- Develop a 'Rule of Life' which fits their personality and life circumstances
- Live in balance

To this end the course provides opportunities to:

- Explore further ways of prayer as tools for engaging in relationship with God
- Reflect on the importance of personal spiritual formation
- Reflect on the value of a personal 'Rule of Life'
- Explore the relationship between our personal spiritual life and engagement with the world
- Reflect on how Jesus was enabled to live in balance
- Become familiar with contemporary Christian spiritual movements

The course consists of 3 'modules', and will include the following themes:

Ways of Prayer: Patterns for Prayer; Praying the Psalms; Prayer of Lament; Praying with Pictures & Icons; Breath Prayer; Praying the Hours/Sacred Pauses

Personal Spiritual Formation: Spiritual Practices; Crafting a 'Rule of Life'; Living in Balance (the Cycle of Grace)

Engagement with the World: Social Justice; Science & Spirituality; Contemporary Christian Spiritual Movements

Method

As with GPRL the method is reflective and experience-based. Sessions include team input, guided experiences of prayer, time for quiet personal prayer, and opportunities for listening and sharing.

Times and Attendance: The course will run on one Thursday evening per month from 18.45 - 21.15. with two in person reflection days from 10:30 -16:00 (Sep 28 & May 3). There will be an Introductory Evening on Thursday September 5th at 18:30.

Dates	Sept 24	Oct 24	Nov 24	Dec 24	Jan 25	Feb 25	March 25	April 25	May 25	June 25
	5 th , 12 th 28 th	10 th	7 th	5 th	9 th	6 th	6 th	3 rd	3 rd 8 th	5 th

Financial Information

The suggested donation for this course is £225. It can be paid in stages. **Application Deadline** 9 August 2024

Bursary funding or a grant may be available. If this is required, then early application by 31 July 2024 is recommended.

For further information please contact us on 0141 354 0077, 07434 657176 or admin@iscglasgow.co.uk



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