

Journeying On (GPRL 2) 2023-2024

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 sessions, one per month, from September to June. It will be offered 'blended' (participants joining online and in person). 'Journeying On' starts with an Introductory Evening on Thursday September 7th, with the first session proper on Thursday September 14th 2023. The closing date for applications is August 15th 2023.

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; Creating 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. There will be an Introductory Evening on Thursday September 7th at 18:30.

Dates	Sept 23	Oct 23	Nov 23	Dec 23	Jan 24	Feb 24	March 24	April 24	May 24	June 24
	7 th , 14 th	5 th	2 nd	7 th	11 th	8 th	7 th	11 th	9 th	6 th

Financial Information

The suggested donation for this course is £200. It can be paid in stages. **Application Deadline** 15 August 2023

Bursary funding or a grant may be available. If this is required, then early application by 15 July 2023 is recommended.

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



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