

GROWTH IN PRAYER AND REFLECTIVE LIVING 2025-26 INFORMATION SHEET

Purpose of the Course

A one year *online* programme (comprising 24 evening & 5 Saturday sessions) for those who want a closer relationship with God, who struggle with prayer, who want to make choices that are in tune with God's dream for the world. No expertise in prayer or reflection is required. The course is open to all, of whatever denomination or none. So join us, whether you have a specific reason for doing the course or simply want space to explore and reflect on your life in relationship to God, self and others. There will be an online introductory information evening on **9th September at 6.30pm**

The Course

The course aims to provide participants with prayer resources and reflection skills that will help them:

- Deepen their relationship with God
- Become more aware of the sense and direction of their lives
- Make choices that reflect their self-identity within an understanding of God's hopes for the world
- Develop a spirituality that shapes their response to life

Towards this end, and within the framework of the Christian liturgical year, the course provides opportunities to:

- Reflect on our understanding of God and self
- Become aware of the many ways in which God communicates with us
- Become familiar with different methods of prayer as tools for engaging in conversation with God
- Explore some spiritualities as responses to God's communication
- Develop skills for reflective living
- Explore the relationship between prayer and engagement with the world
- Develop a personal spirituality that integrates prayer and life, and helps shape your response to the latter

Method

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. The five full days allow more time for personal prayer. The fifth of these, the last Saturday of the course, will be a day of retreat.

Participants are also offered, as a free gift, six sessions of individual spiritual accompaniment. These will run from December till May.

What follows the course?

The course is complete in itself. However, it is also a foundation for future possibilities, such as:

- Individual spiritual accompaniment
- Retreats of various kinds, including the full Spiritual Exercises of St Ignatius
- Training to facilitate days/afternoons/evenings with groups
- Training in spiritual conversation
- Training as a spiritual guide for one-to-one and retreat work, with the possibility of eventual work in this area

FINANCIAL INFORMATION

The suggested donation for this course is £600. It can be paid in stages.

(£100 non-refundable deposit on acceptance).

Bursary funding or a grant *may* be available - early application (by 25 July) is recommended if you need financial assistance.

For further information please contact the ISC on 0141 354 0077 or admin@iscglasgow.co.uk

ONLINE ATTENDANCE TIMES

The course will run on Tuesday evenings from 18.45 - 21.15 and **5 Saturdays**, 10.30 - 16:00.

Sep 25: 9th 16th 23rd & 30th

Oct 25: 4th 7th 21st & 28th

Nov 25: 4th 11th 18th & 25th

Dec 25: 2nd 9th & 13th

Jan 26: 10th 13th 20th & 27th

Feb 26: 3rd 10th & 24th

Mar 26: 3rd 10th 17th & 21st

Apr 26: 28th

May 26: 5th 9th & 12th



Ignatian Spirituality Centre

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www.iscglasgow.co.uk/gprl

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