



WHERE

A hybrid model (**F2F and Online**).
For F2F at St John 23 Parish

WHEN

Monday evenings from 19.00-20.30
Retreat Day on Saturday from 10.00-16.00

DURATION

Evenings 90 min, Retreat Days 6 hours

COST

CHF 120 per module or CHF 330 for the
programme

REGISTER

Scan the QR-code or
visit ISC website. Please
register in advance to
assist us with planning.



GROWTH IN PRAYER AND REFLECTIVE LIVING PROGRAMME

GPRL 2026
(Hybrid: Online & In-Person)

GPRL 2025/2026

This programme is designed to help participants encounter God in a new and deeper way. While it includes information on various aspects—such as different forms of prayer—it is not primarily a training course. Rather, it offers opportunities to experience the Triune God through the practical application of what is learned.

WHO IS THIS FOR?

Anyone who wants to deepen their personal relationship with God.

AIMS

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.

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 aspects of spirituality as responses to God’s communication.
- Develop skills for reflective living.
- Explore the relationship between prayer and engagement with the world.
- Explore how to support your faith journey
- 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 guided input, guided experiences of prayer, time for quiet personal prayer, and opportunities for listening and sharing.

FREQUENCY

3 modules
12 sessions
1 retreat day per module

