



Ignatian Spirituality Community in Geneva

GROWTH IN PRAYER AND REFLECTIVE LIVING PROGRAMME

1 X SATURDAY PER MONTH

21 Feb - 23 May 2026

GPRL 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 primarily not a training course.

Rather, it offers opportunities to experience the Triune God through the practical application of what is learned.

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.

WHO IS THIS FOR?

Anyone who wants to deepen their personal relationship with God.



WHERE

St. John 23 Parish, Geneva

COST

WHEN

CHF 120

1 x Saturday per month

10:00 to 16:00 (In person)

- Saturday 21 February
- Saturday 28 March
- Saturday 25 April
- Saturday 23 May

1 x Sunday evening per month

19:00 to 20:30 (Optional complementary and online)

- Sunday 15 March
- Sunday 12 April
- Sunday 10 May

REGISTER

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



For more information or to register visit our website:
www.isc-geneva.ch