



# 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

## WHEN

### **1 x Saturday per month**

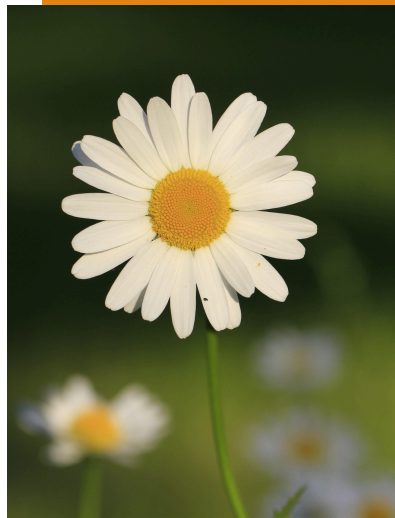
*10:00 to 16:00 (In person)*

- **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**



## COST

CHF 120

## 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](http://www.isc-geneva.ch)