

# Journey of Life

Is a relaxed, supportive and non-judgemental course written for use in a parish.

For more information, please contact:

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## Course Dates

*Session 1:*

*Session 2:*

*Session 3:*

*Session 4:*

*Session 5:*

*Session 6:*

*Session 7:*

*Session 8:*

## Course Location

The Vicarage, 21 Elson Road, Gosport  
(nice comfy sofas!)

# A Prayer for your Journey of Faith

Heavenly Father,  
You walk with us on our journey of faith,  
Guiding and inspiring us,  
Leading us on,  
Walking with us even when we feel  
we have lost the way.

Be alongside us on this  
journey of life,  
This voyage of discovery,  
This rollercoaster of living.  
Be with us through the diversions and the stoppages,  
The breakdowns and the frustrations,  
And be there at our destination,  
Our guide, our fellow pilgrim,  
Our comrade on the journey.

Amen.

## Comments

“I’d always sit there and think ‘why this’ and ‘why that’ and at last I could have the opportunity to ask without feeling silly” JL

“I was interested in becoming confirmed and the *Journey of Faith* gave me the basics in a way that I could relate to—using films” MT

“Stimulating, made me think!” CR

“I’d always wondered what was so special about the Christian Faith, but those huge jolly courses were a bit intimidating, this course was small, friendly and relaxed—thank you for making a difference for me!” AC



The Parish of S. Thomas the Apostle  
Elson and Hardway, Gosport

Parish of S. Thomas the  
Apostle, Elson.



# Journey of Faith Confirmation Course

*A Christian Basics  
Course for Everyone*



 **Diocese  
of Portsmouth**

## Welcome

This is a short course to introduce (or re-introduce!) you to the basics of the Christian faith. It is relaxed, friendly and non-judgemental and aims to cover a broad range of issues and topics, supported by clips from film and television.

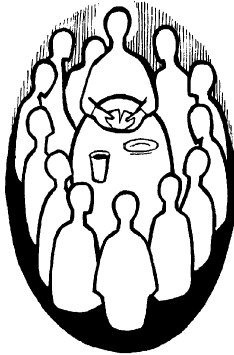
Each session is designed to be highly interactive and flexible. It is not like school! A chance for you to ask all those awkward questions that you have wanted to ask for years

The sessions will cover the following areas:

### Session 1

#### *What is the Point?*

Glimpses of God and experiences of prayer. Why bother with God?



### Session 2

#### *Father*

Creation. Free Will. Heaven and Hell and all points in between. Our beginning and our destination of this journey.

### Session 3

#### *Son*

The outrageous idea of God becoming Man. The fascinating Jesus. The challenging teaching of Christ and why it still applies. He is our roadmap for this journey.



### Session 4

#### *Spirit*

That holy book. Authority and inspiration. The power of God in our lives. Different views on what "The Bible says..."

### Session 5



#### *The Mass*

A teaching celebration of the Eucharist in Church. As we celebrate, we discuss how it is put together and why we do some of those things.

### Session 6

#### *Angels, Saints, Prophets & Patriarchs*

...and Our Lady! The saints as model, guide and support. Make your own prayer beads and learn how to use them.



### Session 7

#### *The Sacramental Life*

What are these mysterious sacraments? Why are they important and why do so many of them involve strong smelling oil? A look at the sacramental life of the Church and how it equips us for the journey of life.

### Session 8

#### *The Mission*

Struggling with the Christian life. Sharing the story and walking the walk. Can I be a Christian and not go to Church? The call of the Gospel to each of us.



## *What do I need to bring?*

Just bring yourself. There is no need to read or do anything before. You might want to bring a bible along, but some will always be to hand. If you haven't got a bible we can talk about what will suit you.

## *What about between sessions?*

At the end of some sessions, the course leader will suggest something to watch, read or ponder over. There might be DVDs to borrow (which is why there is a gap between sessions so copies can be circulated), or you can borrow from your local library or rental shop. Don't worry—it isn't homework!

## *What will this course cost?*

The cost of the course is free. If you want to make a contribution towards the cost of the prayer beads, the tea, coffee, wine or other refreshments, then that would be most welcome, but like all the gifts of God, they are freely given.

## *Where does it go from here?*

Where do you want to take it?

- If you have been a member of a Church for many years, this course is designed to help you deepen your faith and knowledge.
- If you are just interested in hearing about Christianity, it might help you grow into a living relationship with God
- If you now want to make a commitment with Christ, you might be considering the sacrament of confirmation

*It's all up to you!*