

Six Session Online Course

Exploring Christian Contemplation and Meditation

Christian Contemplation is available as a Six Session Online Course. The course explores mindfulness of God in the context of Scripture, Church history and the Christian Contemplative tradition. Each session is in the form of a video presentation including slides, visuals, biblical content, guided Lectio Divina Scripture Meditations, guided Contemplative Practices, questions for reflection and a suggested weekly meditation programme. The course can contribute up to 20 hours CPD.

The sessions available are as follows -

FREE Introductory Online Session - Christian Contemplation

Session 1 - Lectio Divina and the Contemplative Life

Session 2 - The Psalms and the Contemplative Life

Session 3 - Song of Songs and the Contemplative Life

Session 4 - Loving-kindness and the Contemplative Life

Session 5 - Contemplation and the Christian Mystics

Session 6 - The Abba Cry and the Contemplative Life

**For More Information and a Free Online Session
see the website...**

