



## Information Sheet: Pilgrim Course

### *Six-session course on The Bible in the [Pilgrim Course](#)*

*Pilgrim* is a major teaching and discipleship resource from the Church of England. Its aim is to help Christians to explore their faith together and see how it can be lived out each day. Its approach is to encourage participation in a pattern of contemplation and discussion with a group of fellow travellers. It aims to lay a foundation for a lifetime of learning more about God's love revealed in Jesus Christ and what it means to be a disciple.

*Pilgrim* is made up of two stages: *Follow* and *Grow*. *Follow* introduces the Christian faith, while *Grow* aims to develop a deeper level of discipleship. Each stage contains four short courses. While all the courses have within their approach reflection on the Bible in lectio divina style the *Grow* stage has a specific course on *The Bible*.

### *Summary of the course on [The Bible](#)*

*"The Bible is one of the most influential books in the world. This course explores the Bible – what it is, where it comes from, how we should read it, and how it can help us to grow as disciples of Jesus Christ."* [Paula Gooder]

The Six Sessions:

1. What is the Bible? – looks at ways into reading the Bible, thinking particularly about how to recognize what kind of writing the Bible is.
2. The Bible as breath – reflects on what it means to say that the Bible is the breath of God.
3. The Bible as a stream of living water – explores how the Bible nourishes us.
4. The Bible as a lamp – looks at the Bible as something that enlightens and informs us as Christians.
5. The Bible as a two-edged sword – explores what it means to say that the Bible is living and active.
6. Daily bread – considers how we can make Bible reading a part of our regular life and prayer.

Each of these sessions has a similar approach and you will find:

- A theme and some opening prayers
- A 'conversation starter'
- An opportunity to reflect on a reading from the Bible
- A short reflection on the theme from a contemporary Christian writer
- Some questions to address together
- A 'journey on' section
- Some closing prayers
- Finally, there are selected quotations from the great tradition of Christian writing to aid further reflection.

The six session course is printed in a short booklet of just over 60 pages and available too on Kindle. The outline of each session is clearly set out in the booklet with a series of open questions encouraging the group to explore each of the topics in an honest way.

This course on The Bible is one of the 8 short courses that *Pilgrim* explores. It stands on its own but has been written as part of the overall programme which places our engagement with the Bible at the heart of what it means to be a disciple of Jesus.

For further details of [Pilgrim](#)

