

"WALK WITH ME AND WORK WITH ME **—WATCH HOW I DO** IT. LEARN THE UNFORCED RHYTHMS OF GRACE. KEEP COMPANY WITH ME AND YOU'LL LEARN TO LIVE FREELY AND LIGHTLY."

MATTHEW 11:29

""Many have noted that the modern world is a virtual conspiracy against the interior life."

John Mark Comer

The Apprentice Track is an invitation for young adults to take the next step in their discipleship. To take seriously Jesus' invitation to 'follow me' means to not only discuss things, but to give them a go! (prayer, reading scripture, sabbath, justice and hospitality to name a few – all in the context of supportive and loving community)

We believe that as we create space to be present with Him, with one another, and with ourselves, we will be transformed into his likeness.





What am I signing up to?

To be on The Apprentice Track means committing to a monthly gathering for worship and teaching, meeting in small groups throughout the year, and adopting a daily rhythm of prayer and reading scripture.

This is for anyone aged 18-30; whether you are a student, working, or not sure what's next - this is for you.

Our rhythms:

DAILY

We want to learn to spend every day in the presence of God. This is why we are committing to three anchor points of connection with Him throughout our day. Before we turn on our phones, we are going to spend half an hour with God - sitting with Jesus, reading and praying through scripture. We'll stop at midday to pray through the Lord's Prayer, and in the evening we'll look over the day as we pray the prayer of examen.

WEEKLY

We were created to live in community. 2 weeks out of 4 we will have a meal in our formation group where we'll discuss how the rule of life is going, and break down in to smaller groups to share more deeply.

We will also commit to the practice of Sabbath, taking a full uninterrupted 24 hours period every week to stop, delight and worship.

MONTHLY

Once every month we will create an extended amount of time with the purpose of being in God's presence together and receiving in depth teaching on the way of Jesus.

We will teach into the heart behind the spiritual disciplines and will spend time discussing topics such as identity, calling and relationships.

ANNUALLY

Throughout the year we will create opportunities to dig even deeper into the conversation of apprenticing ourselves to Jesus.

We will have two retreats within the programme, including a weekend away in the new year.



Practicalities

The cost of signing up for the year is £270. This contributes towards resources and the running cots of monthly gatherings, our weekend away and the retreat. This can be paid on one lump sum at the start of the year or in termly instalments.

The dates for the 2022-23 programme are:

Saturday 1st October - launch event
Tuesday 8th November (evening)
Saturday 3rd December - day conference
Tuesday 6th December (evening)
Friday-Sunday 6th-8th January - weekend away
Tuesday 7th February (evening)
Tuesday 7th March (evening)
Saturday 1st April (day retreat)
Tuesday 6th June (evening)
Saturday 15th July - end of year celebration



