

# RETREAT



“Retreat” is a deliberate attempt to place your life before God to seek a deeper awareness of the Divine Presence. To retreat is not to permanently choose to hide or withdraw from conflicts or struggles or responsibilities, but rather a time to **regroup**, **rethink**, **reclaim**, **restore**, **revamp** and **recreate**—so to **reengage** with **renewed** insight & purpose. So, in some ways, we may say that it is an actual “advance”! Think of this as a menu to build your own retreat. On the left, find options and on the right, design your time. Creating your retreat is an important process. We’ve provided a space to create a 1-6 hour retreat. Ask the HS to guide you in how He wants to spend time with you! As you plan your retreat, remember how God delights in being with you uniquely and enjoy this gift.

Gather things that bring you joy: Bible, journal, books, music, drawing materials, etc. While having a retreat at home is possible, it’s often desirable to have time away from ordinary space.

## First Hour

- Become present to your new environment and sit quietly, letting your mind and body get settled in this place (15 min)
- Name whatever you are leaving behind. Identify what you are bringing with you to the retreat. Write these reflections in your journal (15 min).
- Read a psalm. Pray it. Let the psalm pray you: note how your personal experience connects with the words of the psalmist and the words become your own. Possible psalms to read: 4,8,23,42

*(Take a short break. Stand, walk, notice your surroundings.)*

## Second Hour

- Choose a biblical text (consider Matt. 6:19-21; 6:22-24; 7:1-5 or 7:7-11). Read the text slowly and reflectively.
- Meditate on the text. Record in your journal how the text touches upon your own life. What in your life does the text bring to your awareness?
- Pray about whatever the text has drawn into your consciousness. Your prayer may be giving thanks, making confession, offering requests, or expressing care for others.
- Turn your consciousness toward God and wait quietly for God to speak.
- Think back over this reading, reflecting, and praying; then record your observations in your journal.

*(Take a 10 min break. Stretch, walk, notice what is going on with you.)*

Date \_\_\_\_\_

Place \_\_\_\_\_

Choose ideas from the left or use your own.

First Hour: \_\_\_\_\_

Second Hour: \_\_\_\_\_

### Third Hour

Follow this comprehensive prayer pattern for an hour of prayer. It is based on W.E. Sangster's "Rule of Prayer" in his book Teach Me to Pray. Don't rush Don't hurry. Delight in your time of conscious communion with God. Take at least three or four minutes with each of the movements. Be slow and deliberate in your prayer.

- **Be still.** Let both mind and body become quiet. Get seated comfortably. Relax. Take a few deep breaths.
- Remind yourself, ***I am on retreat to meet God. No other appointment competes in importance.***
- **Adoration.** Think on the greatness of God. How incredible it is that God knows you and desires to have fellowship with you. God is eager to encounter you. Adore God.
- **Thanksgiving.** Name the things that God has given you for which you are grateful: family, friends, health, work, the church, fun, food, etc. Picture these gracious gifts and thank God for each one.
- **Dedication.** Review the vows you have taken as a Christian, a church member, a spouse, an employee or employer. Reaffirm these, but also focus intently on what God has brought to your mind this day. Offer your life to God without reserve.
- **Guidance.** Envision the remainder of your day. Foresee God in each moment, each relationship, each opportunity, each member of your family, and in unscheduled events and encounters. Ask for God's guidance in each aspect of your life.
- **Intercession.** Make a list of persons who need your prayer. Pray for them by name. Also, include in your prayers those whom you love and those who suffer. In addition, pray for your country, that the reign of Christ may come in all of our national affairs.
- **Petition.** Tell God what you most deeply desire in your life. "Whatever you ask for in prayer with faith, you will receive" (Matt. 21:22). As you spend time in God's presence, your desires change; the Spirit crystallizes your true wants. It has been said that our desires are the most true thing about us. It is God that plants in us our desires in the first place. Psalm 37:3-5.
- **Act of trust.** Intentionally release your prayers to God and trust God to answer them. "And without faith living within us it would be impossible to please God. For we come to God in faith knowing that he is real and that he rewards the faith of those who give all their passion and strength into seeking him. Heb. 11:6 TPT
- **Wait.** In the silence, wait to hear what God wishes to say to you. "Speak, Lord, your child listens." Repeat the passage for the day and reflect on it. Write it on a slip of paper and carry it with you throughout the day.

A half day retreat may end at this point. If you do end here, write a short summary of what happened to you during these three hours of solitude, reflection and prayer.

Third Hour: \_\_\_\_\_

## Full-Day Continuation

### Fourth Hour

- Take your meal in silence. Think of yourself as sitting at the table of the Lord; you are eating and drinking in his presence.
- After eating, talk a half-hour walk. Use the walk to practice mindfulness. Attend to everything around you: scenery, the earth under your feet, hot sun, or chilly wind. Notice what is going on within you. What are you thinking? What are you feeling?

### Fifth Hour

- Look at the books you brought or use one of the topic guides in Lighthouse/Resources.
- Browse through these until a passage gets your attention.
- Pause and reflect on the aspect of your life the passage touches.
- Spend the remainder of the hour meditation on each word in the reading. Note in your journal the insights, challenges, and direction that come to you through this reading.

### Sixth Hour

- Spend a half-hour doing whatever you like. Have no agenda—Let thoughts come as they do. Allow your thoughts to flow into your journal in words or color.
- Transition to departure. Gather your things.
- Keep your journal available. Return to the place, such as the chair in which you sat or amidst the scenery where you walked, where you have spent most of the day. Make a list of what you are taking home from the retreat.

Fourth Hour: \_\_\_\_\_

Fifth Hour: \_\_\_\_\_

Sixth Hour: \_\_\_\_\_