

SPIRITUAL FORMATION (Part 8) – Silent Retreat

Set aside time to be with God alone, to listen to Him, for renewal and growth. Here is a guide for a half-day retreat.

SILENT RETREAT (A Half-day Retreat)

A. Preparation

- Plan your time.
- Inform your family that you will be on a retreat with Jesus.
- Bring along a Bible and your journal.
- Find a quiet place.
- Turn off your phone.

B. A Half-Day Silent Retreat

- Begin with silence.
- Set aside 45 minutes to an hour for each session of meditation and journal; take a break at the end of each meditative prayer.
- Continue with the next session of meditation.
- End the retreat by reading through your journal, giving thanks and prayer.

C. You may use the Scripture passages and reflection questions provided below or select your own Scripture passages for meditation. Read each passage several times and meditate.

- Theme: God cares for you.
- Meditation 1 – Luke 12:22-31
 - What moves you in this passage?
 - What might God be saying to you about your life?
 - How would you respond to Him?
- Meditation 2 – Psalm 121
 - In what ways do you identify with the psalmist?
 - How is God granting you His assurance?
 - Speak to God about what it means to you to live in confidence of His care.
- Meditation 3 – John 14:15-26
 - As you read this passage, what stirs in your heart?
 - What is God saying to you about His relationship with you?
 - Have a conversation with the Lord about what is on your heart.

Pray with a friend with whom you can share this spiritual journey. Pray and ask God for desire to make this silent retreat a monthly practice.

