



## Invitation to Retreat

*"If we don't come apart for a while, we will come apart after awhile."*

— DALLAS WILLARD

*"Solitude is not turning one's back on the world: it is turning our face toward God."*

— THOMAS MERTON

*"Turn your loneliness into solitude and your solitude into prayer."*

*In solitude you learn to nourish in your heart the lively longing for God."*

— ELISABETH ELLIOT

### INVITATION

Retreats are extended, intentionally planned, set-apart time spent with God. We pull away from the busyness and doing to just be with our Father for a time of rest, reframing, refreshment, realignment.

*"Come with me by yourselves to a quiet place and get some rest."*

— MARK 6:31

*"Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest."*

— MATTHEW 11:28

*"Be still, be calm, see, and understand I am the True God."*

— PSALM 46:10

### ROADBLOCKS

- Busyness, over-scheduled lives crowded with relationships, commitments and obligations.
- My strong desire to be productive, efficient, effective.
- Fear of being alone, silent, not hearing from God.
- Not scheduling ahead, making it a priority.
- My life is full, but my soul is feeling empty and I don't know what to do.

### AWARENESS

- *"Time will come when we yearn for more of God than our schedules will allow."* EMILIE GRIFFIN.
- When I don't retreat I become tired, burned out, dependent on myself and others for my soul care and satisfaction.
- Retreat is not about information but transformation.
- In retreat, we discover a multitude of freedoms: to let go of busyness and hurry; from a spirit of drivenness; to experience the companionship of God; to hear God; to be ourselves with others; and to do those things you are called to do with the right motives.

### PRACTICES

- Make a plan for an intentional day or two of retreat.
- Arrive and go through withdrawal.
- Take in surroundings and come to a sense of rest.
- Move mindfully: Engage your body, mind and heart.
- Become aware of the silence around you.
- Become aware of God's presence and engage with Him.
- Become aware of yourself – thoughts, feelings, questions, creative expressions.
- Be still and listen to God's voice in the silence.
- Give yourself grace. Be gentle with yourself.
- Prepare for reentry.

### PRAYER

FATHER help me cultivate a spirit of retreat, an intentional plan and the courage to create space in my life to just be with You. Give me the perseverance and longing to seek You alone. Out of this space, broaden my perspective of the world and of You. Amen

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