



**“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.” Mt 11**

## Practical ideas

- **Journal** – consider writing your reflections—a journal or 3X5 cards. Jot down thoughts, prayers, and insights that come to mind. Recording distractions may be revealing as well.
- **Relax** - Don't worry about coherence or “making sense.” At the end of your retreat a meaningful theme may have emerged. Your goal is authenticity—trust God for the rest. Resist seeking to be in control or focus on productive results.
- **Open-hearted Attention** - Allow yourself to be attentive to the subtle, or not so subtle, nudges of the Spirit of God. Be open to how God leads you in prayer and in Scripture. You may find it helpful to choose a scripture story or passage to focus on throughout your time. God is delighted when we seek Him wholeheartedly—He will guide you but probably not as you expect.

# RETREAT

*“Withdraw to Advance”*

**Consecration:** You have chosen to set aside time to be with God—this is your gift to Him and His to you. Slow down, be still, and offer this time to God. Ask Him to receive all that you offer—ask Him to reveal Himself to you and to protect this time together. Allow yourself to be open to His leading and to let go of your own agenda. (Hebrews 12:1-2)

### **Let us strip off every weight that slows us down, hinders us:**

Ask God to reveal to you that which may be weighing you down or hindering your relationship with Him.

What feels weighty to you (i.e. relationships, attitudes, hurt, wounds, expectations, judgments, fears, work, ministry, entertainment, etc.)? Ask God about those things that come to mind. There is no right or wrong. This is between you and God.

### **Let us throw off the sin that so easily entangles us:**

Ask God to reveal to you any sin that entangles you. Remember that it is God's kindness that leads us to repentance (Romans 2:4).

What feels tangled (attitudes, relationships, unforgiveness, unlove, addictions, etc.)?

Allow yourself to be open and undefended before the One who loves you most. God desires freedom for you.

### **Let us run the race marked out for us:**

Ask God to reveal to you the desires that find their source in Him. What is the path He has for you? Are you on the right path?

Are you facing decisions? Is God inviting you to something new or to maintaining your current direction (i.e. a relationship, an activity, letting go or embracing something)?

### **Fixing our eyes on Jesus:**

Ask God to reveal Himself to you. What does He want to share of Himself with you?

Allow yourself to rest in this place of gazing on Him.

***As your retreat comes to a close give yourself space to worship and give thanks. You may want to take communion, sing, write or create. Allow yourself to offer your heart to God in gratitude.***