

### **Sample Retreat Day**

The following is provided as a sample personal retreat day guide. You are not required to use this plan. It is simply provided as one example of what a retreat day might entail. Be creative! A retreat day with God should be something that you ENJOY!

### **Preparation:**

Determine place and time for retreat (communicating this to anyone else who needs to know so that you will not be interrupted); prepare for any travel (if needed) and prepare any needed food/drink; in addition to food, take along your Bible, notebook and paper, and anything else needed for the day (weather appropriate garments, walking shoes, etc.); get a good night's sleep the night before retreat day.

### **Sample Retreat Day Rhythm:**

- Travel (if needed) to the place you have chosen and get settled in
- Opening Prayer: ask the Lord to order your retreat day and express your desire to be present to him in a special way during this time
- Sabbath Stroll/Prayer walk: take a walk for an hour or so, enjoying the beauty of God's creation; allow your heart to express any gratitude that arises in you as you walk
- Reflection Questions: allow yourself to settle in to a quiet space with paper/journal and pen and spend time gently reflecting on how you find yourself today in God's presence, and any other questions, events, or topics that are on your heart; make notes of your reflections as you go; allow yourself to reflect gently and prayerfully
- Eat & drink: enjoy some healthy food and drink, savoring slowly not only the tastes, smells and textures of the food, but also the very fact that you are able to eat today (that you have food available, and that you are physically able to eat and digest food); thank God for the gift of food today
- Rest/Nap: if so inclined, take a nap for an hour or so (however long you need to feel refreshed), enjoying the fact that God calls us not only to work, but also to rest in his love – or if you are not a napper, allow yourself an hour of another restful/refreshing physical activity (sitting still, walking, biking, etc.)

- Spiritual Reading – enjoy slowly and gently reading some scripture or a Christian devotional/spiritual text, listening for any encouragement in the text (this is not a time for sermon preparation, but is instead a time for you to listen personally for God’s word/encouragement in your life); you may want to write down/journal any insights you discover
- Prayer of Gratitude – express to God how it has been to spend time relaxing for a few hours especially aware of his presence, as well as anything else you want to say