

So far...

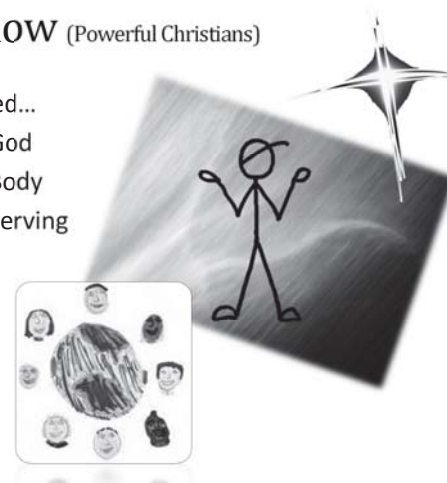
Worship
Identification
Ministry
Peace
Decision
Power
Overflow



Overflow (Powerful Christians)

Connected...

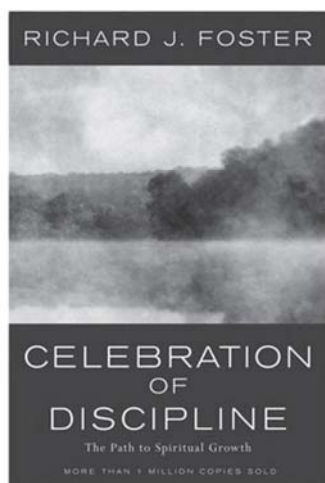
1. God
2. Body
3. Serving



OK, so how do I do
that?

Talks on the Ways of Practical Discipleship

not human talent skillfully used!



- Inward
- Meditation
 - Prayer
 - Fasting
 - Study
- Outward
- Simplicity
 - Solitude
 - Submission
 - Service
- Corporate
- Confession
 - Worship
 - Guidance
 - Celebration

“Spiritual disciplines aren't just enforced time with God, they're rewiring the circuitry of our brains, forming and shaping disciples.”

Rob Moll, *We Are Family*
Books & Culture, Nov/Dec 2011

Retreat



What is it?

A personal retreat is a time of stepping away from our normal everyday activities in order to seek God.

3-4 hours to one day...

once/month

There is a long history of retreat in the Christian church.

Prepares the way for daily devotions?

Retreat

Mark 1:32-39
Psalm 62:5-8
Luke 5:16
Luke 6:12-13



Annette Fergusson

Regent College
Christian Thought and Culture I
The Contemporary Christian and Spirituality



Different Spiritual Needs

Tired
Angry!
Hurting
Temptation
Decision?
Sad
Busy
Restless!
Normal
Longing...
Empty

Starting

(Walk)

1. Find a place to be alone.
2. Be alone for the duration of the retreat... Solitude!
3. Turn off your phone.
4. Have a notebook or pad of paper... write your observations, note distractions
5. Focus. Have your Bible in sight?
6. Begin with prayer: ask for grace, thank God for the time and what He will do.
7. Worship.

Lectio Divina

1. Reading: Choose a passage of the Bible. Content matters more than length. Read slowly. Let the words to speak to you.
2. Meditation: Let God make you a participant in the passage. How do the words to interact with your life?
3. Prayer: Respond to your meditation by sharing your thoughts, feelings, fears with God... whatever has come. Just tell him what you are thinking.
4. Contemplation: Be quiet and enjoy God's presence. Do not rush. Enjoy your surroundings without losing focus on God and the passage and your thoughts.



Finishing

Pray to thank God for whatever you have received. Take it back with you to everyday life.

Suggestion: Work with a prayer partner or coach.

- Talk before your personal retreat.
- Recruit your partner to pray.
- Report back what happened afterwards.
- Share what God is doing in your life.
- Pray together.

Retreat

Mark 1:32-39
Psalm 62:5-8
Luke 5:16
Luke 6:12-13

