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Be Loved Retreat

A retreat is a deliberate attempt to place your life before God to seek a deeper awareness of the Divine Presence.

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What you will need:

- *A quiet place where you can be undisturbed and comfortable*
- *Bible, pen, journal*
- *Comfortable clothing*
- *A blanket, pillow that you may want to use to lay down with or to sit on*
- *A candle*
- *Your favorite worship music playlist there is a suggested playlist for the first rhythm*
- *A symbol that you can look at that reorients your thoughts towards the Lord*
- *A few example*
 - *A cross...Our salvation*
 - *Water in a glass bowl or glass...The Lord is the living water*
 - *A candle- He is the light*
 - *The Flow of the Retreat*

You will enter the following rhythms on this personal retreat:

*Refrain
Release
Reflect
Respond*

Perfectionism and performance are the enemy of freedom. This retreat is designed to be a guide. You have the freedom to make any adjustments to this retreat guide. Let the Holy Spirit reveal to you when to move to the next rhythm in this retreat.

May you experience a deeper awareness of God's divine presence in your life on this personal retreat. Amen

Refrain (30 min.)

This is a time of stopping and crossing the threshold that will lead you into your time of solitude and silence with the Father, Son & Holy Spirit.

Light a candle and pray a prayer of invitation welcoming the presence of Father Son & Holy Spirit.

Finish the following sentence:

"If I am honest with myself today, I feel _____ (discern two words to describe how you are feeling). "I am longing for _____ (discern two words to describe what you are longing for).

Release (30 min.)

Releasing is a time of letting go of all that will prevent you from being fully present to the moment that you are in. As you enter this time of personal retreat release all that will be a distraction. This is a time of entering the quiet and listening for what those distractions are.

Ways to release: Write those distractions down and release them by saying the following: "Lord I release..." You can put them in the trash at the conclusion of your time of release as a symbol of letting go.

Suggested worship songs for this time of quiet:

1. *Oh Draw Me Lord by Selah*
2. *Peaceful Soak by Joshua Mills*

You do not have to use music during this time, you can enter the stillness of solitude and silence.

What is Pressing? (silence for 10 min.)

Now that you have released all that will be a distraction spend time in the quiet listening to your thoughts. Become aware of what is still lingering in your mind that could hinder you from being present. Become aware of a particular circumstance or person that God may want to speak with you about during your time together. At the conclusion of your time in the silence journal what God revealed about "What is pressing?". Offer a prayer to the Lord regarding what He revealed.



Reflect (90 min.)

Prior to reading the passage below, replace the word LOVE with GOD. Read the following passage 3x slowly and listen for how the Lord is speaking to you through this passage. Perhaps there is a word or phrase that resonates with you. Spend some time listening, reflecting and journaling what God is speaking to you through this passage along with

your response to what He is saying to you.

1 Corinthians 13- 4-13 (NIV)

Love is patient, love is kind. It does not envy, it does not boast, it is not proud. ⁵ It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. ⁶ Love does not delight in evil but rejoices with the truth. ⁷ It always protects, always trusts, always hopes, always perseveres.

⁸ Love never fails. But where there are prophecies, they will cease; where there are tongues, they will be stilled; where there is knowledge, it will pass away. ⁹ For we know in part and we prophesy in part, ¹⁰ but when completeness comes, what is in part disappears. ¹¹ When I was a child, I talked like a child, I thought like a child, I reasoned like a child. When I became a man, I put the ways of childhood behind me. ¹² For now we see only a reflection as in a mirror; then we shall see face to face. Now I know in part; then I shall know fully, even as I am fully known.

¹³ And now these three remain: faith, hope and love. But the greatest of these is love.

Spend some time reflecting on the name Immanuel which means (God is with you). You can use the following questions to jump start your time of reflection.

- 1. Which word or phrase speaks to you about how God is loving you in this season.*
- 2. In what ways are you doubting God's love? What is causing you to doubt?*
- 3. What are practical ways that you can return to God's love? (Ex., nature walk, scripture, rest etc.,)*

Using the letters in the word LOVE write out words that help you to remember that God loves you.

Respond: *How will you respond to what the Lord revealed to you through this passage?*

Conclude with a prayer of response. You can pray it out loud, silently or write it out.