

Daily Prayer Retreat Model

This model is adapted from A Guide to Prayer for Minister's and Other Servants and can be done as either a single day or as a weekend retreat. It can also be done as an individual but there is a great benefit to doing this style of retreat as your district/mission area cohort to allow room for reflection and accountability.

Step 1: Arrival - Take a moment to greet one another, share hopes for the day, if alone jot down brief goals or hopes for this time. Send any last needed texts, turn the phone off.

Step 2: Thirty Minutes of Silent Listening - Pause for time for the Spirit to begin to speak. Begin to shift gears from the world's speed and now be ready to receive.

Step 3: The Word - For this Model we will focus on Life as the Gift of the Spirit. Other Scriptures can be focused on but these are for this retreat: Matthew 5: 1 - 14; Matthew 7: 1 - 27; Hebrews 12: 1 - 17; Colossians 3: 5 - 17

Step 4: Readings for Reflection - Take a moment to listen to readings for saints from the ages who have written on the topic of prayer. Allow 25 - 45 minutes here.

Step 5: Reflection - Spend time here for reflection on the Word, the voices of the saints, and how the Spirit is guiding you.

Step 6: Prayer - Please don't rush this time. Listen. Release your ways in all things to His ways and in all your ways acknowledge Him.

Step 7: Journal Writing - Spend some time writing on the items you've prayed and reflected on. Allow these thoughts to be conversation and not forced.

Step 8: Recreation - Take time to play. Go for a walk, a run, fish, something that calls for an encounter between you and God's creation and brings a smile to your face. Remember and embrace the beauty of the creation that God, in Christ, and now in the church, is reconciling back unto Himself.

Step 9: Rest - Rest is not because you need it and certainly not because you have earned it, but because you can take it. God is good, and He is able. You can trust Him and so you can let go the reigns of manipulating your world and just rest. This is a practice in trust.

Step 10: Repeat Cycle of Word, Reading for Reflection, Reflection, Prayer, and Journal Writing.

Step 11: Thirst Minutes of Silent Reflection - Don't rust away from these moments...

Step 12: Break bread together.

Step 13: Benediction