

Take this time with expectation, curiosity, and trust. Even the smallest seed of intentional time with God has the potential to grow into lasting spiritual fruit by the help of the Holy Spirit.

If You're New to Silence

- Start small: a short retreat of a few hours is a great beginning.
- It's okay to feel awkward or restless.
- Focus on presence; You're simply showing up and letting Jesus be near.
- Rest is part of the retreat. If you fall asleep, that's not failure—it's often the most faithful you can do.

4 HOUR TIME FRAME	ACTIVITY	EXPLANATION
0:00-0:20	Arrive & Settle In	Consider lighting a candle or creating a small ritual to mark the start. Make your space ready, turn off devices, and prepare your heart.
0:20-0:50	Scripture Reading	Pick a passage and read it slowly, prayerfully. Consider reading it out loud and/or in multiple translations.
0:50-1:20	Reading	Begin (or continue) reading a book of Christian living as a way to see how to allow the Holy Spirit to transform your life into looking more like Jesus. See suggestions at the end of this packet.
1:20-1:50	Silence & Prayer	Center your heart before God, using simple prayers, written prayers, or breath prayers to help focus on God.
1:50-2:30	Prayer Walk (or other activity)	Walk outside (if the weather does not permit, walk inside your home), focusing on God's presence, praying, or practicing silence. Or consider doing something fun or creative that allows your attention to focus on Christ, such as crocheting, a jigsaw puzzle, or drawing. (If you are prevented from being able to walk for any reason, consider sitting in prayerful silence.)
2:30-2:55	Brief Nap	Give yourself permission to rest, sleep, or just be in God's presence.
2:55-3:25	Scripture Meditation	Choose a passage and go through reading it slowly, carefully, and worshipfully. Then spend time in meditation on the passage. Scriptural meditation is like a dog chewing on a bone; go back to the passage often, trying to get every single thing out of it that you can.
3:25-3:50	Journaling & Prayer	After spending a few hours with God, write down thoughts, reflections, prayers, or even confess boredom or frustration. Use this time to process how you have enjoyed and encountered God.
3:50-4:00	Closing Prayer & Reentry Ritual	Blow out the candle, offer thanksgiving, and prepare to transition slowly back into daily life.