

MEDITATIVE RETREAT

WAYS TO ENGAGE WITH GOD & SCRIPTURE

Intentional silence and solitude help us create space for communion with the Lord. We slow down, disconnect from normal rhythms, and move away from others to draw closer to God. Know without a doubt that He is with you. He sees, knows, hears, and loves. Read through the following ideas if you're wondering how to engage with God during your alone time, but avoid seeing any of these suggestions as *to do* lists. Simply use them as springboards to deepening your relationship with Christ. Trust that He will take you where you need to go.

WRITE

Let your pen go. Write without inhibition. This could be a response to Scripture, a prayer, a poem, a letter *to* God, a letter *from* God, simple thoughts, a psalm, a list of praise or gratitude. Just let go and trust the process.

BREATHE

Close your eyes. Take slow, deep breaths, and repeat one of the following phrases/scriptures (or another one of your choice) with every inhale. Do this over and over until the message fills your being.

- "Be still and know that I am God." *Psalm 46:10*
- "I surrender."
- "Behold the works of the Lord." *Psalm 46:8*

WAIT

Simply wait in the stillness without engaging in another activity. Be attuned to the Lord's presence and listen for His prompts.

PRAISE

Spend time praising God for who He is. Tell Him what you love about His character and nature. Praise Him for His faithfulness and recount the ways He's been faithful to you.

GO FOR A WALK

Notice creation and praise God for it. Ask Him to draw your attention to the things He wants you to see. Enjoy it and glory in it.

GIVE THANKS

Sometimes God is the last to hear our gratitude. Note the times God has provided for you, encouraged you, challenged you. Make a list of remembrance in your notebook or journal.

CONFESS

Make things right with God. Read Psalm 51:1-17 or Psalm 19:14 for inspiration from King David. Surrender your wrongdoings, attitude, desires, and heart to Him. Journal a prayer of confession or create a plan for making restitution/asking for forgiveness from others if you need to.

SLEEP

Drift in and out of a holy rest and communion with God. Be open to dreams and visions He might give.

CREATE

Draw, sketch, write a poem using *blackout poetry*, look for articles on a nature walk... Participate in any activity that engages your right brain as you rest in the Lord. Glue whatever you created into your notebook as a reminder of today.

ASK

Seek the Holy Spirit's wisdom for a decision you have to make, for discernment in a situation, or for a particular need/to plead a case. Take time to be still and listen for His response. Remember that God speaks through His living Word, and compare any voices or inklings you might hear against the truth in the Bible. Follow-up by asking Christ-centered friends for insights if you hear/discern anything.

SURRENDER

Open your hands as a symbol of surrender. Let the Lord break your heart to Him and for Him. Give God your cynicism, lack of trust, criticism, pride, selfishness and fears. Ask Him what complete surrender would look like.