



Spiritual Retreat (4 hours)

Dear friends,

We spend a lot of time sharing our faith and practise with the people we serve.

Therefor we also need to be refilled with strenght from the Spirit to be able to share and not being exhausted of our service.

We do believe that we all have our personal devotions with the Lord, but sometimes we need more then that.

That is why we want to offer you a time set apart for a personal spiritual retreat.

May God bless us all !

Mjr. Ardi van Hattem

Here some thoughts which can help us on our Spiritual Retreat:

- Reading scripture can be a real blessing on your retreat. Do it slowly and thoughtfully, calling upon the Holy Spirit to help you read with true understanding. The Psalms are a great place to begin, as are the teachings of Jesus. Or try reading portions of the Bible you've never visited before.
- When was the last time you literally got to your knees on the ground, closed your eyes, and prayed deeply and long? And remember, prayer should be two way, so pause to listen.
- We have all hurt people over the course of our lives. I like to set aside time to think back on each such instance, all the way back to childhood, and pray for the forgiveness of the person hurt and the forgiveness of God, and for the well-being of the person for whom I am praying.
- I love to walk while I pray (or is it pray while I walk?). There is something about the beauty of nature combined with the beauty of prayer that makes for a wonderful experience. If you hold your retreat at a scenic place like a forest or beach, the feeling is intensified.
- Keeping a journal (a small notebook) is a real blessing. Use it to record the

thoughts that come to you as the day unfolds. You will be amazed at how much occurs to you during your personal retreat! A sample of my journal can be found elsewhere on this website.

- The Bible can be the doorway to a wonderful retreat. Bring it along and use it!
- As your day progresses remember this: Jesus said that if you seek you will find, if you ask you will receive, if you knock the door will be opened. Don't be afraid to ask the Lord for what you really want.
- If you find yourself thinking it strange that you are walking around a woods praying, remember that what you are doing is normal; it is not normal to be removed from God!
- Your personal retreat day is a great time to think of ways you can use your talents to serve others. Write down some possibilities in your journal.
- Writing your own prayers is a very satisfying exercise, and where better to try it than on your own personal retreat. You don't need a license or special degree to write a prayer, just a little inspiration.

