

Caprice's Half-Day Retreat

Plan

Find a quiet place
and a journal if that's
your kind of thing

ONE HOUR OF *Silence*

Do whatever you want during this time. Clean. Bake. Sit and stare out the window. Just do it all in silence--no music, podcasts, or conversation. This is to quiet ourselves and prepare to enjoy God's presence.

Journaling can be good during this time. Be sure to write down anything that is persistent in your mind.

IMAGINATIVE Prayer

This is meant to be a slow and thoughtful prayer time--set aside an hour for it

Begin by asking God to be with you during this prayer time. To guide your thoughts and imagination.

Passage: Luke 8:43-48

Read passage through once. Take some time (5-10 mins) to imagine the scene in as much detail as you can. Write things down if you need to, or just sit and imagine. Think through each of your five senses. What do you see? Smell? Taste? Hear? Feel? What stands out to you the most?

Read the passage a second time. Take time after reading to consider Jesus' interactions with the different characters in the story. How was He in the crowd? How was He with the woman? With His disciples? Take note of how you feel about these interactions. Notice the character you feel most drawn to.

Read the passage a third time. Consider what you have in common with the person you're drawn to. What is similar and what is different?

Is there a response God is calling you to from this story? Imagine yourself in the story. How does it feel to interact with Jesus in this way? Is there anything you wish to say to Him or do with Him?

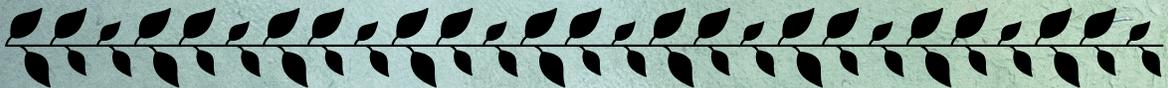
What are you feeling now? Take time to journal about this experience. See if you notice any peace, joy, frustration, or resistance within yourself.

TAKE A

Nap



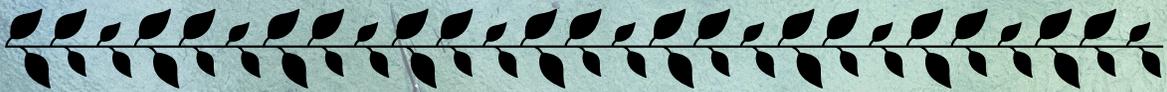
If you want



If not actually sleeping, take about fifteen minutes to just rest in the presence of God. Just be. Don't accomplish anything. See what it feels like for you to rest.

INTERCEDE FOR

Others



Grab a few notecards or pieces of paper and write down the names of five people you want to pray for.

Ask God to guide this time of prayer.

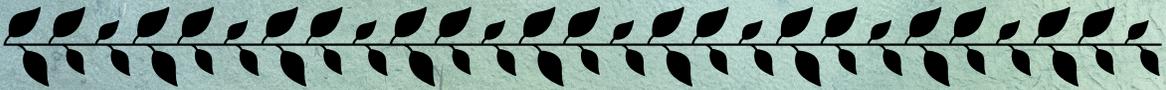
Imagine sitting with this person before God. What would you ask on behalf of them? What are you sensing from God about His position toward them? Write down anything that you pray or that comes to mind with that person's name.

Repeat for each individual, leaving time for silence and listening to God speak to you about them.

If it feels appropriate you can snap pictures of these prayer cards and send them to those individuals as encouragement.

ENDING

Well



Ask yourself if there's anything you wanted to bring before God today that you haven't yet.

If there is, try imagining bringing that thing physically to Him. What does He say about it? How does He look at it?

When you feel done wrapping those things up, end with a time of gratitude. Take time to write or say out loud the things about the Lord that you love and appreciate.