

Spiritual Formation Sample Retreat

Spiritual Formation, by its very nature, invites God to change us from the inside out. We invite you to set aside a block of time to engage in our Spiritual Formation Sample Retreat. This is not a task, it is an experience, so grab a cup of coffee, relax, and prepare your heart to meet the Lord.

Please read the entire exercise before beginning. This is not a task, it is an experience. Allow God to direct the amount of time you spend on each element, He will take you where He wants you to go.

Preparation:

Practical

- Seek as much privacy as you can, and put your current routine (and calls) on hold.
- Mentally, travel away from your work place to a favorite rest place
- Take a Bible and leave your pastor persona outside the door
- Have available a favorite beverage or snack
- Allow as much time for each element as necessary

Prayerful

- Ask God to blend his Spirit into the wholeness of your character
- Anticipate Him

Spiritual Discipline: *Intimacy with the Lord*

Scripture: 1 Corinthians 13:1-13

Read – slowly several times to master the obvious intellectual meaning

Purpose – to inform your mind.

Meditate – allow each scriptural element to speak to you through your imagination

Purpose – to form your heart.

Pray – give the scripture back to Jesus as if he were in the room with you: adore, affirm, confess, intercede, petition or thank him for what he is revealing to you

Purpose – enter into personal intimacy with Christ.

Contemplate – place yourself in the spirit of the scripture as little children intuitively seek the protective care of parents. With childlike curiosity and no expectations, linger in the discomfort of silence and receive what your natural self cannot discern. Return to the scripture whenever your mind wanders.

Purpose – Childlike openness to Christ's care and purposes.

Application – life application goal from what has been learned/discovered

Purpose – to identify and agree with God's Spiritual Formation in your life.

For a very short time, you did what Christ did by “retreating” from the world’s busyness. You received what God wants to generously give you, Himself in Word and Spirit. You also gave your love to someone.

Before returning to your daily routine, begin making plans for an extended, uninterrupted retreat experience by yourself or with your spouse and the Lord. **Imagine what will happen! Don't wait.**