

RETREAT TO ADVANCE



DAY

MAKING  
DISCIPLES

**BEFORE WE EVER ADVANCE IN LIFE WE FIRST MUST RETREAT INTO THE WISDOM AND LOVE OF GOD.**

**BEFORE JESUS SAW BREAKTHROUGH HE ALWAYS RETREATED INTO THE HILLS TO PRAY AND BE WITH HIS FATHER.**

**IF WE DO THE SAME, ANCHORING OUR LIVES IN GOD THEN WE TOO MIGHT SEE BREAKTHROUGH.**

**IF YOU PRACTISE THIS EVERYDAY YOU WILL BE SURPRISED BY THE OUTCOME.**

**WELCOME TO YOUR 3. 2. 1.**

**(START WITH 3 MINUTES BUT ALLOW THIS TO GROW.)**

DAILY RETREAT

3

FEED

2

SPEAK

1

ENCOUNTER

# 3

## 3 MINS FEED

**TAKE OUT THE BIBLE – EITHER PAPER OR DIGITAL.  
YOU CAN CHOOSE TO READ THROUGH ONE BOOK OR GOSPEL.  
MARK IS A GREAT GOSPEL TO START.  
WE WOULD SAY GO SHORT AT FIRST,  
BIT BY BIT AND ALLOW YOURSELF TO TAKE IT IN.**

**TAKE A SMALL CHUNK, READ IT AND ASK YOURSELF...**



### **WHAT JUMPS OUT TO ME?**

This should be something in the passage that grabs your attention, maybe challenge, inspiration or something weird.



### **ANY BURNING QUESTIONS?**

This is anything you find hard to understand, or wish you could ask the writer. There's no question too silly.



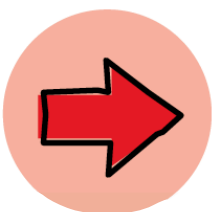
### **WHAT ABOUT GOD?**

God is not made up of our imagination but made us to be friends with him. What does this show about his nature and intentions?



### **WHAT ABOUT PEOPLE?**

We were made in his image but have been distorted by ego, fear and pain. What does this show of who we were made to be?



### **WHAT AM I GOING TO DO?**

We are invited by Jesus to live life to the full and we learn by doing. What are you going to do about what you've read?

2

## 2 MINS SPEAK

GOD LOVES YOUR VOICE. HE LOVES TO HEAR WHAT YOU HAVE TO SAY. HE LOVES TO HEAR YOU CRY, LAUGH AND COMPLAIN. YOUR PRAYERS DON'T NEED TO BE CLEVER, SIMPLY SAY EITHER IN YOUR MIND OR OUT LOUD WHAT'S GOING ON FOR YOU. SHARE THANKSGIVING AS WELL AS YOUR NEEDS. SIMPLY START BY SAYING SOMETHING LIKE, HELLO GOD, DEAR FATHER OR GOD COME FIND ME. THEN JUST GO FOR IT.

P.

PAUSE

Life never seems to take a breath. Everyday there is something to deal with. Take a moment to pause and say hello to God. Breath deeply and focus on how your body feels. Allows yourself to relax and become aware of God's presence.

R.

REJOICE

Take sometime to rejoice and be thankful for what God is done for you and those you love. Rejoice in Jesus and his death for you. Tell God how grateful you are for Him and all He has done. Specifically name the things that you appreciate from the day or week. Having a 'grateful heart' is about having a 'great full heart'.

A.

ASK

Once you have been grateful take time to tell God how you are doing. What do you need at present. Pray for issues that affect you and your loved ones. Take time to pray for wisdom, peace, breakthrough, political issues, global issues, community groups, other christians who maybe persecuted. No thing is off the table or too small or big.

Y.

YIELD

Yielding is simply about saying yes to Jesus. God knows best and knows what is the best response to your prayers. Tell God that you are willing to yield to his works and wisdom. Yielding is about recognising that he is king and that we are servants of His.

**1**

## **1 MINS ENCOUNTER**

**GOD WANTS TO TALK AS WELL AS LISTEN.  
SO TAKE A MOMENT TO LISTEN TO HIM.**

**SOMETIMES YOU MIGHT GET A SENSE OF WHAT HE IS SAYING.  
SOME PEOPLE TALK ABOUT A FEELING.  
YOU MIGHT JUST FEEL HIS PRESENCE.  
ALL OF THIS IS GOOD STUFF.**

**IF YOU 'HEAR' NOTHING, DON'T GET STRESSED.  
YOU ARE STILL SAT WITH HIM.**

**FATHER, SEND US OUT IN THE POWER OF YOUR HOLY SPIRIT  
TO BE YOUR PEOPLE. PEOPLE THAT WILL ACT LIKE  
JESUS, THINK LIKE JESUS AND LOVE LIKE JESUS.  
AMEN\***

\*AMEN: This means 'so be it'. We say so be it to say God is in control. He knows best and we agree to the prayer prayed. It can be expressed in endless ways. From a soft whisper to a joyous shout.

# NIGHT PRAYER

*To be prayed at the end of the day.*

Before the ending of the day,

Creator of the world, we pray

That you, with steadfast love, would keep

Your watch around us while we sleep.

From evil dreams defend our sight,

From fears and terrors of the night;

Tread underfoot our deadly foe

That we no sinful thought may know.

O Father, that we ask be done

Through Jesus Christ, your only Son;

And Holy Spirit, by whose breath

Our souls are raised to life from death.

(Pause)

Visit this place, O Lord, we pray,

and drive far from it the snares of the enemy;

may your holy angels dwell with us and guard

us in peace,

and may your blessing be always upon us;

through Jesus Christ our Lord.

Amen.

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NIGHT