



LENTEN DAY RETREAT

Listening To Seasons

How different disciplines impact our seasons of life



FOR EVERYTHING THERE IS A SEASON, A TIME FOR
EVERY ACTIVITY UNDER HEAVEN.
— ECCLESIASTES 3:1 —

GUIDE FOR YOUR ONE DAY RETREAT



The retreat is intended to be incorporated into your daily life, hopefully with less on your agenda than normal. Choose any day of the week that seems fit for you. If you incorporate fasting, on Wednesdays the whole church body is encouraged to fast that day. The retreat is intended for a 16 hour time period with space to practice your daily routines. Choose what activities to engage with or try them all with what your day allows.

PROCESS:

- 01 Morning Prayer & Grace
- 02 Daily Exercise
- 03 Noon Examen
- 04 Journaling & Reflection
- 05 Early Evening Application
- 06 Night Examen

WHAT SEASON ARE YOU IN?



Winter

Confusion and isolation, less resources, desolation, lack of clarity, and disorientation. Uncertain where God is working, season of dryness, and direction-less.

Spring


Sensing a new hope arising within, coming out of a grieving process, the residue of winter is fading. You are starting to dream without a clear vision. You have an excitement that you can't quite articulate.

Summer

Life is full of goodness, you are growing in stride spiritually, or emotionally. You're in a season of plenty. Opportunities, choices, space on the calendar, light obligations and growing sense of freedom. You are oriented to God in more ways than not.

Fall

Gearing up for a transition, deciding on a new rhythm, anticipating the process of change with energy and rejuvenation. Rooted in life and connected to friendships. Vision and priorities are clear.



01

MORNING — PRAYER & GRACE

Prayer:

Brother Jesus,
you have reminded me of my need to
anchor my soul in a place of prayer, a
place where we can come together to
worship the Father. Free me from my
restless activity, my slavery to the clock,
my habit of bobbing along on the open
sea when you have called me to be still.

When I consider how you consented
to enclosure

in Mary's womb,
in a narrow manger,
in a carpenter's home,
on a wooden cross,
in the bread of Eucharist,
my heart is loved to seek enclosure
with you. Amen



The grace you seek today is the ability to discern your current season of life and what spiritual practices to engage in or remove to usher you into the presence of God.



Eat breakfast or fast.

Ponder the activities and overall sense of your life right now. What type of season you are in? busy? transitional? lonely? exciting? empty? stressful? distracted? balanced? Focus on roles you have, empty nester, retired, starting a program, job change, financial change, health changes...etc.

02

MID MORNING — DAILY EXERCISE



Centering Prayer:

After spending some time thinking about what season of life you are in. Spend 10-15 minutes in silent prayer without any words. Here is the guide:

1. Choose one sacred word for God as he relates to you in this season. Maybe you are relating to him as King, Comforter, Prince of Peace, the Holy Spirit seems very present, or you can use the word God, Jesus, Savior, Abba, or whatever name for God that resonates.
2. Sit comfortably with your eyes closed and begin to notice your breath.
3. Silently introduce the sacred word for God into your mind.
4. When you become aware of other thoughts, although maybe good to process later, let them go and come back to your sacred word.
5. End your time in prayer not worrying if something "happened" or "inspired you." You are practicing to become present to the God who is always present to you.



03

MID DAY — NOON EXAMEN

Attend Mid Day Eucharist fasted. Or have a meal with God.

Use the Examen to review how you are responding to the circumstances and season of life you are in?



04

MID AFTERNOON — REFLECTION & JOURNALING



- What have your previous spiritual disciplines been in your weekly or monthly rhythm? Are they bringing you closer to God or have they become dry?
- Compared to the season you are in, is there a different season that you long for? What longings do you have for a different season? Share them with God or write about memories or dreams that come up.
- Is there something else you want to try? Pray for a bit to ask God to show you what practices might need shifting in your life to enable you to open to God more often.

05

EVENING TIME — LIFE APPLICATION



Remain fasted or have dinner with someone.

Eat outside (weather permitting) and notice how the earth is responding to God's season design. How does nature cooperate with God? How is each season important for the other?

06

NIGHT — EXAMEN

- Do the evening Examen

Additional Examen Guide:

Look forward to participating with God in this season, resolve to put into action a new set of practices to try out.

