

LENTEN DAY RETREAT

Listening To God's Voice

How God speaks to us in multiple ways



Guard your steps when you go to the house of God.
To draw near to listen is better than to offer the sacrifice of fools, for they
do not know that they are doing evil. Be not rash with your mouth, nor
let your heart be hasty to utter a word before God, for God is in heaven
and you are on earth. Therefore let your words be few.

— ECCLESIASTES 5:1-2 —



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

01

MORNING — PRAYER & GRACE

Prayer:

God to enfold me,
God to surround me,
God in my speaking,
God in my thinking.

God in my sleeping,
God in my waking,
God in my watching,
God in my hoping.

God in my life,
God in my lips,
God in my soul,
God in my heart.

God in my suffering,
God in my slumber,
God in mine ever-living soul,
God in mine eternity.

-Carmina Galdelica, III



The grace you seek today is to hear God more clearly and learn to seek his presence more closely.

Eat breakfast or fast.

When was the last time it was clear God spoke to you?

02

MID MORNING — DAILY EXERCISE

HOW HAS GOD SPOKEN TO YOU?

Take some time to explore your own experience and ask yourself how God has spoken. Ask God to help you recall the times you felt or "heard" from God and what form that took.

This exercise will help you to become more aware of the ways God has and is communicating to you, so you are better equipped to recognize the expected and unexpected communications of God.

On the next page, use the words below for a list of ways God communicates.

Circle the ones that are most comfortable and which ones are most challenging for you.

**PROCESS OR JOURNAL YOUR ANSWERS AND TRY TO RECALL
THE EXPERIENCES OF GOD SPEAKING AND HOW YOU RESPONDED.
OR WHERE YOU NEED HIM TO SPEAK TO YOU NOW.**



Ways God Speaks

What ways has God spoken to you?

What ways are more reliable?

What ways are most unreliable?

The Bible

Reason

Books

Stories

Audibly

Sermons

Feelings or Emotions

Circumstances

Your Body

Internal Voice of God

Inner Thoughts

Music

Community

Special Revelation

Dreams

Wise Counsel

Creation

Intuition

Desires

Silence

Visions

Inner sense of the Holy Spirit

Smells

Mouth of Babies or others

Memories

03

MID DAY — NOON EXAMEN



Attend Mid Day Eucharist, fast,
or have a meal with God.

Use the Examen to review your experience
with God's voice.

During this season, how has he been making himself
known to you? Think about a theme what God has
been doing in a broad sense of the word.





REASONS WHY WE DON'T HEAR GOD

You might find it difficult to hear from God. Below are some ways some of the reasons why we might not be able to hear from him. Spend some time with each phrase and with boldness journal your thoughts. Remember there is no condemnation in Christ Jesus (Romans 8:1)

1. I find it difficult to hear God because I have a limited view of that "hearing God" means.
2. I don't trust myself when it comes to hearing from God or determining if it was God doing the communicating, I dismiss the possibility.
3. I don't want to hear from God. I want to do what I want, when I want, and have control.
4. I have too much noise, internal and external, in my life to be able to hear God.
5. I am always in a hurry and I cannot be present to God. I just don't have space in my heart, life, and thoughts.
6. I doubt God will speak to me so I haven't invested in discerning ways he could be.
7. I have not spent time cultivating a sensitivity to the Spirit. I have only learned a few ways God communicates and I don't trust inner promptings. They are too ambiguous.
8. I don't expect God to speak to me.
9. I am not familiar enough with Jesus and how God has communicated in various ways through scripture to be able to decipher other voices.

05

EVENING TIME — LIFE APPLICATION



Remain fasted Or have dinner with a loved one or spend the dinner with no T.V, social media, or distractions.

Think about the ways you want to start looking and listening for God's voice. Where in your life do you need to hear from him?

06

NIGHT — EXAMEN

Do the evening Examen.

Additional notes for your Examen:

Go back through your day asking God when he was speaking to you. If there are ways you missed him, ask God to show you those moments. Think of ways to look for God's communication tomorrow.