



LENTEN DAY RETREAT

Listening To Hunger

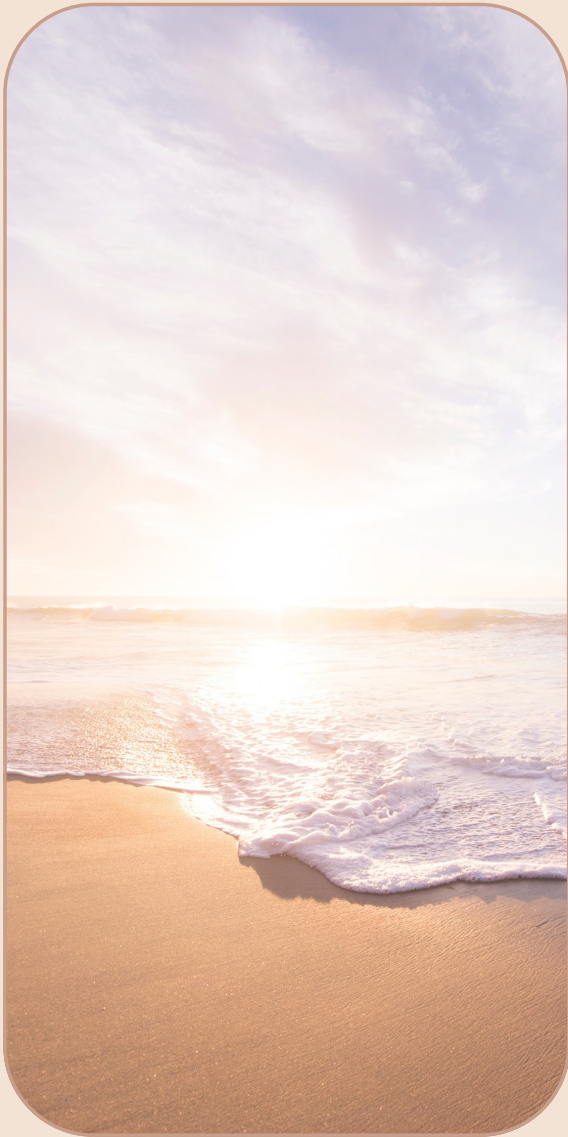
How the word of God sustains you

"BLESSED ARE THOSE WHO HUNGER AND THIRST
FOR RIGHTEOUSNESS FOR THEY WILL BE FILLED."

—MATTHEW 5:6

LENTEN DAY RETREAT

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 Evening Examen



For the bread of God is he who
comes down from heaven and
gives life to the world.”

They said to him, “Sir, give us
this bread always.”

Jesus said to them, “I am the
bread of life; whoever comes to
me shall not hunger, and
whoever believes in me shall
never thirst.

– John 6:33-35 –

01

MORNING — PRAYER & GRACE

PRAYER:

Lord Jesus, my soul aches at the mere mention of Your name. My heart leaps for every rumor of Your coming, and each possibility that You will manifest Your presence. I'm not satisfied with mere spiritual dainties. I'm intensely hungry for You in Your fullness. I'm humbled to feast on the bread of Your presence and quench my thirst with the wine of Your Spirit. This day I ask you to supply me with the bread of heaven, Your word is sustenance to me. I need You more than I need anything else. I believe and help my unbelief. Amen.



The grace you seek today is a deeper awareness of your longing for God's word and how it sustains you.

Eat breakfast or fast.

Read a spiritual book or take a walk in creation.

02

MID MORNING — DAILY EXERCISE

SCRIPTURES:

Deuteronomy 8:3

Psalm 63:1-5

Read the passages above prayerfully and slowly. Notice what word or phrase grabs your attention or that you resist. Read it 2 more times and then spend 2-3 minutes with the word or phrase. (set a timer if you need to)

PRAY:

Search me O God, and know my heart. Open my heart today in truth, lest I deceive myself. Amen.

What is the invitation from God through these words?



03

MID DAY — NOON EXAMEN

Attend Mid Day Eucharist fasted or take a walk in creation. Or have a meal with God.

04

MID AFTERNOON — REFLECTION & JOURNALING



- Look back at your day, seeking to identify the areas and desires that made it difficult to say yes to God. What were they?
- What is their source of power over you?
- Where did your hunger and longings lead you?
- How has the Word of God sustained you?
In the midst of longing, what do you normally do next?

Spend some time in silence as you ponder the questions. Journal the first thing that comes up.

05

EVENING TIME — LIFE APPLICATION



Remain fasted and spend time in creation on a walk or reading a book that satisfies you. Or have dinner with a loved one or spend the dinner in silence with no T.V, social media, or distractions. Notice how the silence or conversation impacts your awareness of God's presence.

06

NIGHT — EXAMEN

Do the evening examen. Additional questions for your review.

Lord, where has my hunger for food led me? Where did my appetite get confused with my hunger for Your presence? God, show me what the fullness of joy means in you.