



## RETREAT OF SILENCE GUIDE

### POST NSO 2021

# INTRODUCTION

## INTIMACY – CHARACTER -- MISSION

### IN CHRIST --LIKE CHRIST--WITH CHRIST

Leaning into the 2030 Calling requires us to serve from our belovedness, not from our ego or solely from our past experiences. A life aroma of intimacy with Jesus tempers the ego, refreshes experience and produces beauty – the fruit of the Spirit, the character of Christ. The more we recognize Christ in us, the more we see him and want him with us in mission.

Our discipleship with Jesus leads us into greater intimacy with Him and others, Christlikeness in character, and into greater empowerment for mission.

\*This guide will lead you some prayer exercises that will help you lean into these three different areas of our formation. This PDF is prepared for a Retreat of Silence that could last between 2 hours or a full day.

#### **Suggested Schedule for 2 Hour Retreat:**

10 Min Settling In

15 Min Listening and Responding to Your Body

*Ex: Welcoming prayer, deep breathing and Body Worship (pg. 16)*

40 Min NSO Examen

*10 min IN Christ, 20 Min WITH Christ, 10 min LIKE Christ*

45 Min Replenishing Your Roots (pg. 11-16)

*Imaginative Prayer | Posture Prayer | Lectio Divina*

OR

*Imaginative Prayer | Body Worship | Labyrinth*

#### **Suggested Schedule for a Day Retreat:**

30 Min Settling In

30 Min Listening and Responding to Your Body

*Ex: Welcoming prayer, Deep breathing, and a Short Walk*

1 Hour NSO Examen

*20 min IN Christ, 20 min WITH Christ, 20 min LIKE Christ*

1 hour contemplative walk - seek beauty!

1 hour lunch - eat slowly!

3 hours Replenishing Your Roots (pg. 11-16)

*Choose your own adventure based on what you need!*

# Settling In

## Getting Ready:

- Minimize distractions as much as possible.
- Consider putting your phone in airplane mode.
- Make sure you have some paper, a pen, and your Bible.

Begin the retreat by finding a place to settle. Take several deep breaths. As you exhale, try and release any tension you are carrying in your body. Relax. Breathe in the peace of Christ.

- Write down all the things that are on your mind. What are you concerned will be forgotten if you spend this time in prayer? Write them down, make a list. You can return to these items after we are done.
- What do you come seeking today? Before moving on in the retreat, sit quietly with Jesus, listening for God's voice and being aware of God's presence.

# Listen & Respond to Your Body

Take a few deep breaths as you listen:

## The Welcoming Prayer



1 min

Click [here](#) for the Audio Guide

*"Start listening to your body and allow your body to lead you toward healing. Let your brain chill and let your body speak to you. What is your body saying? Allow your body to lead you towards Jesus. Listen to your body. If you need to dance it out, dance it out. If you need to eat - eat! Let this translate into the ways you engage your spiritual practices with God."*

- Jazzy Johnson

### **Pause for a moment and listen to your body.**

Are you feeling tense? Is your heart rate increased?

Are you excited? Tired? Frustrated?

Hopeful? Hopeless?

Where do you feel these feelings in your body?

### **Pause, take a few deep breaths and ask God:**

Lord, what does my body need right now?

How can I honor you with the body you have given me in this moment?

Invite Jesus to help you identify what next step you need to care for your body and take a next step towards healing.

### **How is God inviting you to respond with your body in this moment?**

On page 8, there are some ideas on how to engage your body with God in restorative ways.

Feel free to do this now or revisit them later

# NSO Examen

## IN CHRIST - WITH CHRIST - LIKE CHRIST

The Spiritual Discipline of "Examen," often done at dinner or at bedtime, offers a way of noticing God's presence with us during the day past. It can also be used to reflect on a season. Take some time today to converse with the Lord as you reflect over the past few weeks of NSO.

The following pages will lead you through your reflection in the categories IN CHRIST - WITH CHRIST - LIKE CHRIST.

As you reflect on these questions, the purpose is not to wallow in guilt over where we failed, but to walk with the Lord through the remembrance process, learning from Him what He wants to show you.

Start by inviting Jesus into a time of reflecting over the past month (you could also review your photos or journal as a way of reflecting). Thank Jesus for the ways that He was present to you and providing for you.



Think through the various activities and experiences of the day and reflect on the questions on the following pages.

# Examen: In Christ

## INTIMACY

When did I have the greatest sense of belonging to myself, others, God and the universe?

When did I have the least sense of belonging?

### How Full is Your Tank?

NSO can be a time of pouring out in ministry. Intimacy with Jesus is like the fuel in the tank that propels us into God's mission. Take a heart check and create a marker on the fuel tank below indicating how full your intimacy tank is.



Talk to Jesus about this and ask Him to help you re-fuel. For some ideas from your staff colleagues on how they re-fuel, see page 8.

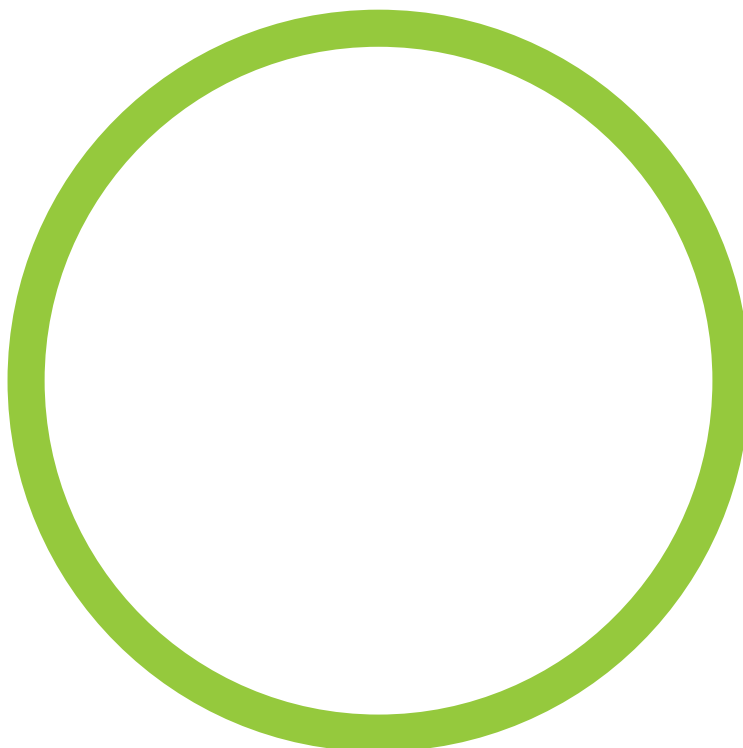
# Examen: With Christ

## ON MISSION

- Where did I see God at work the most on mission? For what moment am I most grateful?
- When did I feel the most alive? When did I feel life draining out of me?

## Circling Prayer

Think about those under your care. Put your name and the names of those you serve and lead in the center of the circle below. Or draw an imaginary circle clockwise around yourself and those on your heart as you standing up. Allow God to call to mind the names of new students, staff, and non-Christians. Put their names in the center of the circle and follow the prayer prompts [here](#) or pray your own prayers of protection. Circling Prayer can also be done in an intercessory way around your house, campus, neighborhood community, church, city, etc.



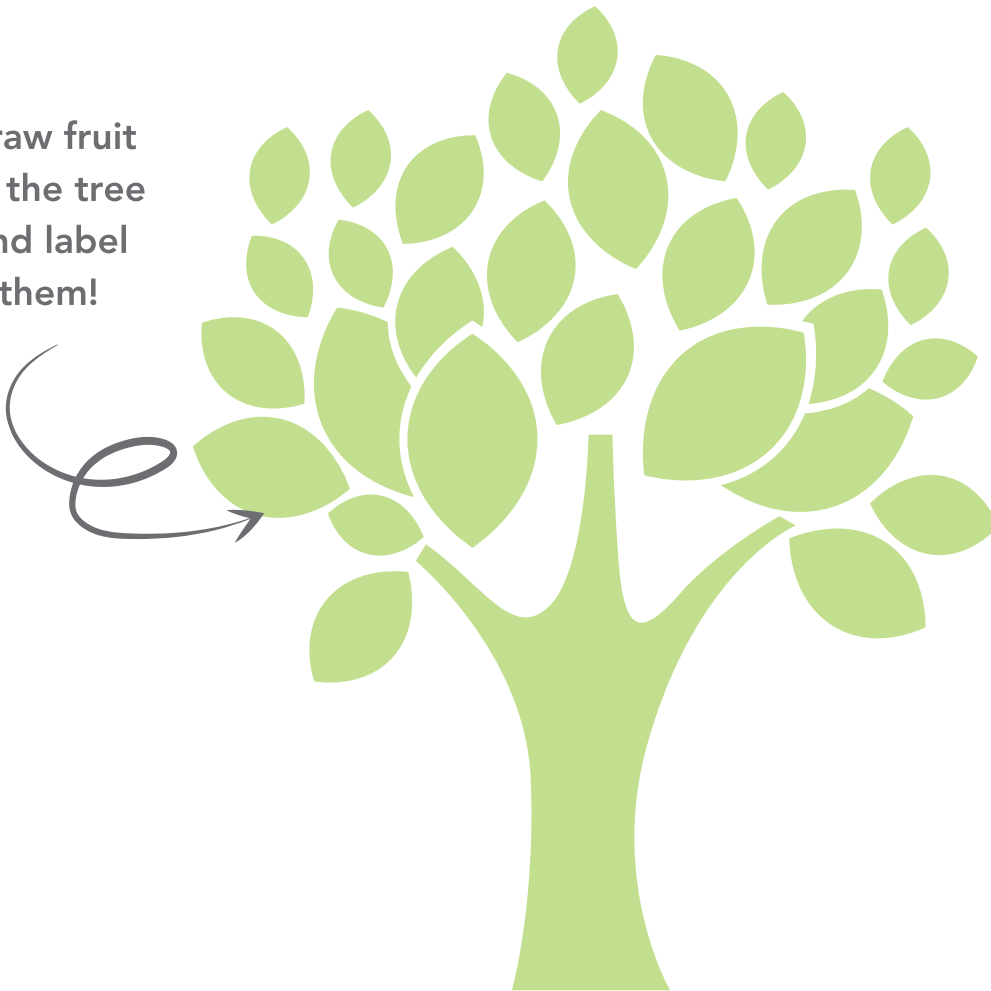
# Like Christ

## FRUITS OF THE SPIRIT

One way we grow in Christ-likeness is by demonstrating the fruits of the Spirit. Look at the list below, notice what fruit seemed to be evidence of the Spirit's work in your life in the last few weeks. It doesn't matter how much fruit is there or isn't there. What matters is an openness to the Spirit's work in your life.

*"The fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law"*  
-Galatians 5:22-23

**Draw fruit  
on the tree  
and label  
them!**



## Gratitude Prayer

Pause now and thank God for the fruits of the Spirit demonstrated in your life. Celebrate with Him and receive His "Well done good and faithful servant." Ask Him for what you need in the areas you need His help to bear the fruits of the Spirit in the coming weeks.



# Replenishing the Roots

*"When you're picking grapes, you're picking the best part of the plant, then you need to be thinking about how to replenish it. You can do this through cover crops, animals, and compost. We want our soils more vital - awake and open vs. closed and shut down."*

*- Dave Bos, Vinedresser*

If you've just come off an intense ministry season like NSO, chances are you have been harvesting. As Dave Bos says above, after a harvest, you have picked the best part of the plant. Now it's time to replenish the soil of your soul with what the nutrients your roots need.

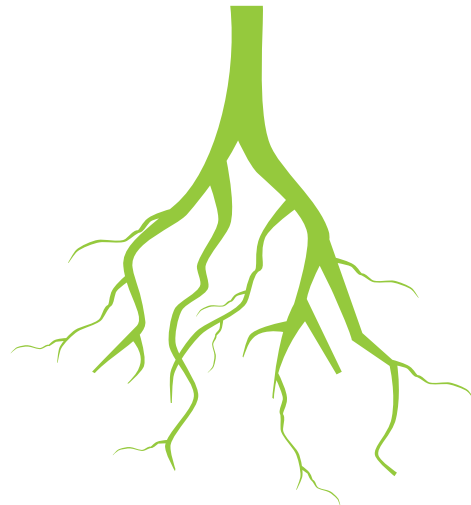
What helps you replenish your roots?

What might adding fertilizer and composting look like?

## Choose Your Own Fertilizer

*Below are some exercises that can help you allow Jesus to replenish your roots. Choose 2-3 of these based on what your soul needs. Click the links to be guided by audio!*

- Body Worship to [Come Tear Down the Walls](#) by Common Hymnal
- [Pray the Psalms with Your Body to Psalm 32](#)
- [Infinitum Posture Prayer](#)
- [Lectio Divina on Psalm 78:23-29](#)
- [Prayer Labyrinth](#)
- Ask for Prayer from a Friend
- Spiritual Direction
- Read for Pleasure
- Take a Contemplative Walk
- Take a Nap
- Eat Good Food
- Exercise
- Create



# IMAGINATIVE PRAYER

MARK10:46-52



Click the [Link](#) for the audio guide  
by [Bethany Givens Blankespoor](#)

As you read this story, invite the Holy Spirit to come alongside and help you to actively imagine that you were there at the scene. Notice what catches your attention and who you identify with as the story unfolds.

*46 Then they came to Jericho. As Jesus and his disciples, together with a large crowd, were leaving the city, a blind man, Bartimaeus (which means "son of Timaeus"), was sitting by the roadside begging. 47 When he heard that it was Jesus of Nazareth, he began to shout, "Jesus, Son of David, have mercy on me!"*

*48 Many rebuked him and told him to be quiet, but he shouted all the more, "Son of David, have mercy on me!"*

*49 Jesus stopped and said, "Call him."*

*So they called to the blind man, "Cheer up! On your feet! He's calling you." 50 Throwing his cloak aside, he jumped to his feet and came to Jesus.*

*51 "What do you want me to do for you?" Jesus asked him.*

*The blind man said, "Rabbi, I want to see."*

*52 "Go," said Jesus, "your faith has healed you." Immediately he received his sight and followed Jesus along the road.*

Imagine yourself as Bartimaeus.

What do you hear sitting on the road as the crowd gathers?  
What might you smell? Imagine the posture of your body?  
What sensations do you feel?

Imagine learning that Jesus of Nazareth is present. Can you feel the desperation and deep need that compels you to cry out to him, louder and louder?

Imagine yourself now as Bartimaeus before Jesus.

What do you hear? Has the noise of the crowd shifted? What are the people around you saying? What is the posture of your body? What emotions do you feel as you stand before Jesus.

"What do you want me to do for you?" Jesus asks. What do you want? Standing here before Jesus, what is your deep longing?

As you step out of the scene of this story in Mark 10, consider where you have been the past few weeks. In what ways have you felt most aware of your needs and limitations? When have you felt tired, worn, or desperate?

Are there times when Jesus has felt near and yet also hard to reach? Imagine Jesus calling you to rise up and come stand before him.

Bring yourself to Jesus here and now, completely as you are. You have Jesus' full attention as he asks: What do you want me to do for you?

Notice what comes up for you when you consider that question. After everything that has filled the spaces of the world and ministry and your life these past weeks: What do you want from Jesus?

Spend some time being fully present to Jesus as he is fully present to you and telling Jesus what you want him to do for you.

Listen for what Jesus will say to you or do in response...