



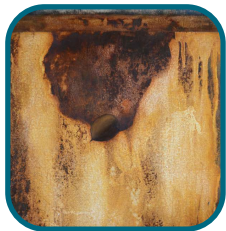
# *Seeds of Hope*

RETREAT OF SILENCE GUIDE III:  
WAITING

# Welcome to the Seeds of Hope Retreat of Silence Guide 3!

The last few months, we have been journeying with Jesus through His words about death and resurrection embodied in the metaphor of a seed. In these Seeds of Hope Guides, we have reflected on how we follow Jesus to the Cross through seasons of suffering and loss.

If you missed them, you can get caught up on the following guides:



[Seeds of Hope  
ROS I: Sowing](#)



[Seeds of Hope  
ROS II: Opening](#)



[Seeds of Hope Retreat Guide  
for Individuals and Teams](#)

includes videos and individual reflection guides. Get the accompanying [Leader's Guide](#) for plug-n-play retreats and small group discussion

In this guide, we will shift our attention to active waiting under the soil. We will consider together how God has been illuminating the darkness within us and growing our roots as we petition Him for new life in the world.

This guide comes with 4 audio guides to help you engage your mind, body, and soul in contemplation and connection with God through various multi-sensory experiences. You can listen to them in sequence on a playlist below or click each individual link in the guide under the headphone icon.



## [Seeds of Hope Audio Guide Playlist](#)

We hope and pray this experience will help you more deeply center on Jesus and connect with him through the multi-sensory audio guides provided!

Bette Dickinson

Assistant Director of Spiritual Formation

\*For additional resources that will be released in tandem with these guides, follow [@Bette Dickinson](#) on Instagram or on her blog [www.bettedickinson.com/blog](http://www.bettedickinson.com/blog).

# Introduction

\*This guide will lead you through a Retreat of Silence from one to three hours long. But it can also be used for longer periods. It is intended to work within the parameters of social distancing currently in place.

## **Getting Ready:**

Before sitting down to pray:

- Minimize distractions as much as possible.
- Consider putting your phone in airplane mode.
- Make sure you have some paper, a pen, and your Bible.
- Divide the time you have set aside into four equal periods
  - For example, if you have set aside two hours, each period will be 40 minutes long.
  - Feel free to be flexible and change the time allocated for each period as you go.

## **Settling In:**

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.

- Reflect on the last few weeks. How have they affected your spiritual life? Take some minutes to talk with the Holy Spirit about how the recent events have impacted you.
- 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.

# Unfolding



## Visio Divina

Breathe in and out and let your body and mind slow down as you meditate on the piece. Invite the Lord to speak to you about what you see.

What feelings does this work evoke?

What kind of prayer rises from within you as you ponder it? Consider freely journaling your response.



10 min

[Visio Divina](#)  
[Audio Guide](#)



Click for audio file

# Unfolding

## Reflection Questions

- Is there something you need to let go of or surrender as God leads you into this next season? What has served its purpose for a time, but is hindering you from becoming the person He made you to be?
- How has this season of hiddenness in the soil of suffering started to strip away the shell (the false self)? Pause now for a moment to ask the Lord: God, "What is within me that you want me to leave behind and discard?"
- How is your soul unfolding even in these dark days? Are there new parts of you that are showing themselves? New dreams? New gifts?
- How is your heart growing in its longing for God and His Kingdom? Pause to ask the Lord about this.

# Rooted

## Contemplative Prayer Walk

A contemplative walk is an opportunity to slow down and connect with God while walking. As we engage and pay attention to through our senses, we anchor ourselves in the present moment and can become more aware of what God is doing all around us and within us.

For this walk, I encourage you to go somewhere where there is ample plant life as we will be meditating on this during our reflection.



27 min

### Contemplative Walk Audio Guide



# Rooted

## Reflection Questions:

- What are you waiting for? What new life do you long to see grow in you or in the world?
- How has God been maturing you in this season of trial? How are you different now than you were a year ago?
- What does God want to show you about how He has been completing you?

In the film, Lord of the Rings, Frodo asks Sam, "What are we holding onto Sam?" and Sam replies, "That there's some good in this world, Master Frodo, and it's worth fighting for."

- What are you holding onto right now?
- What is worth fighting for?

## Breath Prayer

Inhale: Jesus, you are my hope

Exhale: I trust in you alone

# Illumination

## Illumination Experience

For this exercise, we are going to spend some time meditating on light in the darkness. You'll need a candle, lighter or match, and to find a space that is dimly lit or if you prefer, completely dark.

You could also wait and do this exercise in the evening after the sun has gone down.



15 min

### Illumination Experience Audio Guide



# Illumination

## Confession

Ask God, "What needs to be illuminated in me?" Write down what comes up.

What has been hidden within your heart that God is bringing to light? Take a moment now to confess the truth of what God has revealed in you.

What is He illuminating that He is inviting you to pay attention to and mourn, lament, or repent for on behalf of your church, your ethnic group, your gender? On behalf of our country? InterVarsity?

Take a minute to do that now.

## Closing Prayer

*"Lord,  
Thank you that you know what lies in darkness and light dwells within you. Thank you that the truth that you expose ultimately leads to freedom. Help me and others to walk in the truth and be set free from what binds us to the darkness of sin. May what You have illuminated in this time become a light. Help us to wake up. Shine on us, your people, O Lord, that we might be your light in the world.*

*Amen*

## Breath Prayer

Inhale: Light of the World  
Exhale: Illuminate the Darkness in \_\_\_\_\_

# Lectio Divina & Guided Imagery

## Daniel 2:19-22

"19 During the night the mystery was revealed to Daniel in a vision. Then Daniel praised the God of heaven 20 and said:

"Praise be to the name of God for ever and ever;  
wisdom and power are his.

21 He changes times and seasons;  
he deposes kings and raises up others.  
He gives wisdom to the wise and knowledge to the discerning.

22 He reveals deep and hidden things;  
he knows what lies in darkness,  
and light dwells with him."



16 min

## Lectio Divina & Guided Imagery Audio Guide



# Lectio Divina & Guided Imagery

“Your helplessness is your best prayer. It calls from your heart to the heart of God with greater effect than all your uttered pleas.

He hears it from the very moment that you are seized with helplessness, and He becomes actively engaged at once in hearing and answering the prayer of your helplessness.”

OLE HALLESBY

## Lectio Divina Questions:

- Where do you see power and wisdom being abused like King Nebuchadnezzar did?
- What are some ways you have felt helpless like Daniel for wisdom? Bring your helplessness and need for wisdom to God in free prayer.

## Guided Imagery:

Take some time to journal what was coming up for you during guided imagery. What did Jesus want you to see and know? What additional questions do you want to ask Him about what you saw or heard?



# Thank you

for trusting me with your journey into the soil.  
For additional material on this content or to view  
the Seeds of Hope painting series,  
go to [www.bettedickinson.com](http://www.bettedickinson.com)  
or follow on IG [@Bette Dickinson](https://www.instagram.com/Bette_Dickinson)



## Bette Dickinson

### About the Artist & Author

Bette Dickinson serves with InterVarsity as the Assistant Director of Spiritual Formation. As a prophetic artist, author, and speaker, Bette invites audiences to connect with God through metaphors and images of the spiritual journey.

Whatever subject matter she chooses, she seeks to unveil the eternal realm, allowing the viewer to ponder the unseen through her work. Her desire is to connect spiritual formation and mission by awakening the soul to beauty and wonder.

Dickinson received her Bachelor of Arts degree in 2008 from Western Michigan University and her Master of Divinity in 2011 from Grand Rapids Theological Seminary. She is also an ordained minister in the Reformed Church in America.  
[www.bettedickinson.com](http://www.bettedickinson.com)