

# Quiet Day

## First movement – Refocus

Begin your retreat by choosing a path to walk or a place to sit. As you walk or sit, what do you see around you that speaks to you of God, his character and his ways? Adopt an inward posture of waiting, watching and listening for the Lord.

Use this psalm to focus your heart and mind:

*Do good to your servant, and I will live;  
I will obey your word.  
Open my eyes that I may see wonderful things in your law.  
I am a stranger on earth;  
do not hide your commands from me.  
My soul is consumed with longing for your laws at all times.  
You rebuke the arrogant, who are cursed  
and who stray from your commands.  
Remove from me scorn and contempt,  
for I keep your statutes.  
Though rulers sit together and slander me,  
your servant will meditate on your decrees.  
Your statutes are my delight; they are my counsellors.*

Psalm 119:17-24

Ask the Lord to bring a passage of scripture to your mind for you to think about today. Don't force it—let it come to you.

Work slowly through the Lord's prayer, meditating on each part and developing each theme with your own words.

<i>God's glory</i>	<i>Our Father in heaven, hallowed be your name.</i>
<i>God's agenda</i>	<i>Your kingdom come; your will be done on earth as it is in heaven.</i>
<i>My needs</i>	<i>Give us this day our daily bread,</i>
<i>Forgiveness</i>	<i>and forgive us our sins as we forgive those who sin against us.</i>
<i>Guidance</i>	<i>And lead us not into temptation, but deliver us from evil.</i>

**Take a break to get a drink or change position.**

## Second movement – Reflect

If the Lord has put a particular passage of scripture on your heart, read it aloud now. Write here the words that especially capture your attention.

Come before God the Father, God the Son and God the Holy Spirit. Pray carefully using the following headings. Depending on how much time you have and how God is leading you, more time might be spent in one area than another.

### 1. Thanksgiving

Ask God to remind you of all the many things that have come to you as gifts. Your very life is a gift to you from God.

### 2. Enlightenment

Ask God to enlighten you to see where God was present in recent events. Where was he working for your good?

### 3. Review

Where has God been working through you and for you through the fruits of the Spirit? Where have you experienced love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control?

### 4. Sorrow and gratitude

Look again at the fruit of the Spirit and ask, have you stopped God working in any of these areas? If so, ask God for forgiveness. Can you see where you have allowed God to work in these areas? If so, allow joy to well up as an expression of gratitude.

**Take a break to get a drink or change position.**

### Third movement – Request

In Mark 10 Jesus twice asks the question, “What do you want me to do for you?”, first to James and John (v36) then to Bartimaeus (v51).

Read what they asked and what Jesus answered.

Write your observations here.

Now imagine that Jesus is asking you this question:

***“What do you want me to do for you?”***

What will you ask of the Lord for the next period of your life?

Write your prayer here.

Did you identify some particular words from a passage of scripture the Lord gave to you earlier today? If so, ask the Lord to clarify their application to your life.

***Take a break to get a drink or change position.***

### Fourth movement – Re-engage

*Then their eyes were opened and they recognised him, and he disappeared from their sight. They asked each other, “Were not our hearts burning within s while he talked with us on the road and opened the scriptures to us?” They got up and returned at once to Jerusalem. There they found the Eleven and those with them, assembled together and saying, “It is true! The Lord has risen and has appeared to Simon!” Then the two told what had happened on the way, and how Jesus was recognised by them when he broke the bread. While they were still talking about this, Jesus himself stood among them and said to them, “Peace be with you.”*

Luke 24:31-34

How have your eyes been opened in this retreat?

What scripture has set your heart alight?

What is the nature of the place to which you will return?

What message will you take to those who await you there?

How does knowing that Jesus will meet you there make a difference to you?

Write a short prayer of consecration as you re-engage with your calling.