



Enjoy Your Personal Flourish Retreat

Welcome. Thank you for taking this time to be together, receiving renewal and refreshing in the Presence of the Lord and with one another. Building your faith to grow and mature, be strengthened and sustained with resilience to endure hardships.

How to prepare

As you come to this time, prepare your heart and mind expecting to receive rest, restoration and rejuvenation from the Lord. Prepare a comfortable, quiet space where you can sit, relax and enjoy the retreat.

What you will need

- A prepared place with a candle or other meaningful symbols to create a sacred space.
- The *Flourish Retreat* handout resources.
- A notebook or journal. And any other meaningful resources you would like to use.
- Turn your phone on silent. Minimize other possible disruptions.

Rest

Jesus invites us to true rest, deeply resting in His presence. Breathe deeply. Relax.

Restore

Expect soul restoration and spiritual refreshment from this retreat time together.

Rejuvenate

The Lord says he will renew, revive, refresh and rejuvenate us when we come to Him in prayer, the Word and with one another.

Receive

As we join together, seeking the Lord and listening, may you open your heart and mind to receive what the Lord has for you - and His rest, restoration and rejuvenation.

We pray this retreat will be an encouraging, strengthening and enriching time for you. Please continue reflecting and journaling on the themes we have introduced.

May the Lord bless you and keep you, *Catherine and Sylvia.*

How to Flourish in the Current Challenging Times

CENTERING AND CALMING SPIRITUAL PRACTICES

During this time of adversity, allow God the opportunity to do a deeper inner work of formation in the core of your heart and mind.

BREATHE DEEPLY

When you feel stress, anxiety, fear in your body, that is an invitation to breathe deeply and be with God in silence and stillness. Become aware of your breath. Take a few deep, cleansing breaths. Breathe in and out slowly and deeply. Do this several times throughout the day.

SCRIPTURE

Anchor yourself in the truth and stability of Scripture. Renew your mind. Brain wash and encourage yourself. Preach the gospel to yourself daily. Be in the Word. First thing in the morning, last thing at night. *Lectio Divina* What are your 'shelter' verses, anchoring you with stability in the storm?

PRAYER

Go deeper in your union with God. Explore what is meaningful to you now. *Centering Breath Prayer Serenity Prayer Unite 714 Lectio365 Prayasyougo* Practice the Presence of God, a few minutes throughout the day to 'abide'. *How is the Shepherd leading me through the 'valley of the virus'?*

SILENCE and STILLNESS

Be still and know that I am God. Abide in His presence. Listen. Surrender your life to God. Let His love and life flow in you. Be with Him in union.

MINDFULNESS

Deal with uncertainty by practicing being present in the moment.

BE AWARE OF AND CULTIVATE BEAUTY AND GOODNESS

Spring is all around us. Stop and smell the roses. Be creative. Do kind gestures.

CHRISTIAN MEDITATION

The main purpose of meditation is communication with God. Seriously thinking about God's Word. Being present in the Presence of God.

Christian Meditations on the Mount - Letting Go of Anxiety and Fear

<https://www.youtube.com/watch?v=qHYWMrH16Tk>

Mindfulness Meditation: Being Still in The Presence of God (20 Minutes)

Mindful Christian

https://www.youtube.com/watch?v=rZb5fN_YEbQ

Christian Mindfulness – Calm Me Lord (extended version)

<https://www.youtube.com/watch?v=cVrgTIBafGM>

GRATITUDE AND GRIEF JOURNAL **Emotional Awareness**

What am I grateful for? What gifts are coming to me at this time?

What / who am I missing? What am I longing for?

What is my loss? What am I lamenting?

What else am I feeling? *Sad. Mad. Anxious. Fearful. Frustrated. Disappointed*

Where and how do I feel this in my body? *Pain. Tension. Tightness. Discomfort.*

What am I looking forward to and hoping for?

See Jesus ahead of you in the future



“My sheep hear my voice. I know them and they follow me.”

Imagine all the possible different voices or events
that might clamor for your attention in the day to come - or the future.
Allow the day or future to unfold before you, picking out the events that are
most likely to occur or concern you.

Choose an event or voice that stands out the most.
It may be the most challenging, or exciting, or mundane.

Whatever stands out for you.

Now, picture Jesus being there ahead of you, waiting for you.

Imagine the scene unfolding with Christ being present.

As you see Christ there, ahead of you, waiting for you, what does he look like?
Is he frowning? Smiling? What does he do? What does he have to say to you?

And what do you want to say to him?

Whatever that is, say it now.

Goodness of God

I love You Lord
Oh Your mercy never fails me
All my days
I've been held in Your hands
From the moment that I wake up
Until I lay my head
I will sing of the goodness of God

Chorus

All my life You have been faithful
All my life You have been so, so good
With every breath that I am able
I will sing of the goodness of God

Verse 2

I love Your voice
You have led me through the fire
In darkest nights

You are close like no other
I've known You as a father

I've known You as a friend
I have lived in the goodness of God

Bridge

Your goodness is running after, it's running after me
Your goodness is running after, it's running after me
With my life laid down, I'm surrendered now, I give You everything
Your goodness is running after, it's running after me

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LET YOURSELF REST

If you're exhausted, rest.

If you don't feel like starting a new project, don't.

**If you don't feel the urge to make something new,
just rest in the beauty of the old, the familiar, the known.**

If you don't feel like talking, stay silent.

If you're fed up with the news, turn it off.

If you want to postpone something until tomorrow, do it.

If you want to do nothing, let yourself do nothing today.

**Feel the fullness of the emptiness, the vastness of the
silence, the sheer life in your unproductive moments.**

Time does not always need to be filled.

You are enough, simply in your being.

Jeff Foster



"God grant me the serenity to accept the things I cannot change; courage to change the things I can; and wisdom to know the difference. Living one day at a time; Enjoying one moment at a time; Accepting hardships as the pathway to peace; Taking, as He did, this sinful world as it is, not as I would have it; Trusting that He will make all things right if I surrender to His Will; That I may be reasonably happy in this life and supremely happy with Him Forever in the next. Amen.."