



## *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.

## Flourish In Challenging Times

- COLLECTIVE human condition and crisis

*"We are all in this together"* – disoriented - finding treasures in the mystery of a 'Dark night of the soul'. Trusting God's Divine 'Awakening' plan – for our revival.

- CONSIDER *your* CIRCUMSTANCES

*We are all going through this differently.* Don't compare and contrast. Make adjustments according to God's invitation, guidance, provision for your situation.

- COMPASSION and KINDNESS – for yourself and others

Don't feel pressure to make the most of 'extra time'. Be gentle with yourself and others. Allow for mixed emotions and lament. Be aware and present to the day.

- CUSTOMIZE *your* plan

Discern and make adjustments, accommodations that are best for you and your family. Be flexible and open to what is necessary for your wellbeing now.

- CARE for yourself

There may be extra stress, demands and distractions. But caring for your own health, and resilience positively impacts your wellbeing and those around you.

- CREATE healthy lifestyle rhythms

Regular life rhythms are disrupted by quarantine. Adjust to these changes. Create a 'new normal' of daily rhythms and wellbeing in each area of your life.

- CONNECT in CONVERSATIONS - with God and others

Although we are fearful and 'distancing', stay emotionally connected. Receive and give emotional support through prayer, cards, phone, email, text, zoom etc.

- CONTEMPLATIVE Prayer Practices

During stress, go deeper in union with God in prayer, the Word, silence - practices that help relax the body, calm the mind, keep our focus on God.

- COURAGE, COMFORT and CALM

In difficulty, we call upon the Lord as our refuge, strength, courage, comfort to sustain us. He is our Shepherd. So we can relax in His peace, hope and plan.

“And the people stayed home. And read books,  
and listened, and rested, and exercised,  
and made art, and played games,  
and learned new ways of being, and were still.

And listened more deeply.  
Some meditated, some prayed, some danced.  
Some met their shadows.

And the people began to think differently.

And the people healed.

And, in the absence of people living in ignorant,  
dangerous, mindless, and heartless ways,  
the earth began to heal.

And when the danger passed, and the people joined  
together again, they grieved their losses,  
and made new choices, and dreamed new images,  
and created new ways to live and heal the earth fully,  
as they had been healed.”

- Kitty O'Meara



**Faith**

How am I connecting with God? How can I quiet myself to rest, trust, surrender, listen more deeply? What is God revealing to me? Treasures in mystery? How can I join Him?

**Purpose**

What is God's invitation as I re-evaluate priorities, purpose, clarifying His call? Who do I want to be, surrendering to God's Divine plan to mature, be a healthier, better person?

**Lifestyle**

How am I taking care of myself? What healthy rhythms can I keep? What can I explore, creating a 'new normal'? What 'normal', 'expectations', old 'habits' - must I let go of?

**Mind**

What is the story I am telling myself? How am I calming fears, anxiety, concerns? What am I learning and discovering? What Scriptures am I meditating on?

**Emotions**

What am I grateful for today? What are the gifts coming from this time? What do I miss? What am I sad, mad, anxious, fearful about? How am I coping?

**Food**

Eat well. Plan meals. What healthy, real food am I eating to build my immune system?

**Fitness**

Move more. How am I moving my body each day, for wellbeing and stress resilience?

**Sleep Rest**

How much sleep, rest, recovery, restoration and I getting? How am I being refreshed in this season? How am I resting in the love of God, His promises, assurance of His plan?

**Stress Mastery**

Stress Less. How am I relaxing my body and calming my mind to master fears, anxieties, concerns? How am I setting boundaries? Using my strengths to be resilient?

**Play**

What beauty am I creating, cultivating or inviting in? Am I getting outside to enjoy nature? What hobbies and interests are bringing me joy and reprieve?

**Relationships**

Who am I connecting with for support and encouragement?

Who am I checking in on to support and encourage? Who am I reaching out to?

**Work**

How is my work being disrupted? What is the loss? What is the added stress?  
How am I making adjustments? Setting boundaries? Discovering opportunities?

**Finances**

How am I impacted financially? How can I be more frugal and resourceful?

**Faith**

**Purpose**

**Lifestyle**

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## BREATH PRAYERS \* SENTENCE PRAYERS \* PRAYERS OF THE HEART

In times of severe testing people often do not need further teaching, but rather 'endurance' – *hupomone* – 'remaining' by the Divine Presence while being tested.

Suffering people do not need moral platitudes from others, but only the will to believe, the resolution to stay constant, [*to be sustained*] and the ability to breathe out simple prayers for help from the Lord. – *John Parsons*

**Hesychasm** – *Stillness, rest, quiet, silence.*

– The practice of inner prayer, aiming at union with God through  
**the Jesus prayer**

### Silence Stillness Mindfulness Meditation

Sit down in a comfortable position and take a few deep cleansing breaths.  
Settle into the silence and stillness within.

Become aware of your 5 senses.

*What do I need to be more comfortable?*

Become aware of God's Presence with you here and now.

Choose a simple prayer to express your openness and desire for God.  
(*See below*) (*Breath Prayer of the heart to - Surrender. Trust. For Endurance*)

Close your eyes. Offer this prayer of your heart to Father God, Jesus the Son and the Holy Spirit, allowing His Love and will full access to your life.

Open yourself to hear God speak.

*Rest. Listen. Receive.*

When you become distracted, simply come back to offering this prayer to God.

After about 5, 10 or 20 mins - when ready - continue in prayer with **Gratitude**.  
Visualize. Imagine Receiving.

Imagine Manifesting and living into answered prayer.

Continue in silence with further prayer of Praise.  
Read the Word. Pray with Intercession. However the Spirit leads you.

Close with listening prayer.



**What longing, desire, need is stirring in your heart  
- your deep inner spiritual core? What prayer of the heart arises for you?**

- **The Jesus Prayer.** *Lord Jesus Christ, Son of God, have mercy on me.  
Lord have mercy - I seek Your face and Presence God  
- I want to know You and love You more*

- Be With Me
- All is well. And All shall be well
- Holy Spirit help me. I need You
- Calm my fearful, anxious mind and heart
- Help me be strong. Uphold me
- I love You Lord. Thank you
- Come Lord Jesus. Come Holy Spirit
- Renew the Spirit of Christ living in me
- Show me your thoughts and perspective
- The Lord is my shepherd
- I have all I need
- I surrender. I trust You. I receive
- I am still. I know that You Are God
- Your Will be done - Your Kingdom come...
- Heal me Lord, and I will be healed
- Save me Lord, and I shall be saved
- Create in me a clean and renewed heart
- May the Light of Your Presence shine on me
- Lord bless me and keep me
- Anoint me and fill me with Your Holy Spirit
- Fill me with your Love, Joy, Peace, Hope
- Lord, lead, guide and show me the way
- Help me believe, obey, live in Your ways
- Think on things above, the mind of Christ
- Here I am Lord *What do you want me to do for you?*

**When you receive grace to be still, to rest, to trust - listen for the Spirit of  
God whispering back to you:**

*You are loved, accepted, safe, secure.  
Be still. I am God. I love you. I've got this Rest. Trust Me.  
Live in Me with joy and peace  
Live in the Light of My Beauty. Goodness. Truth.  
Don't be afraid. Be strong and courageous.  
I am with you always.  
You are not alone.*



For this reason I kneel before the Father, from whom every family in heaven and on earth derives its name. I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, may have power, together with all the LORD's holy people, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God. - *Ephesians 3:14-19*

Trust in the LORD with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.  
- *Proverbs 3:5-6*

In all these things we are more than conquerors through him who loved us. For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our LORD. - *Romans 8: 37-39*

The LORD is a refuge for the oppressed, a stronghold in times of trouble. Those who know your name trust in you, for you, LORD, have never forsaken those who seek you. - *Psalms 9: 9-10*

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and minds in Christ Jesus.  
- *Philippians 4:6-7*

Do not fear [anything], for I am with you; Do not be afraid, for I am your God. I will strengthen you, be assured I will help you; I will certainly take hold of you with my righteous right hand [a have of justice, of power, of victory, of salvation]. - *Isaiah 41:10*

But I trust in you, Lord; I say, "You are my God." My times are in your hands; deliver me from the hands of my enemies , from those who pursue me. Let your face shine on your servant; save me in your unfailing love.  
- *Psalms 31: 14-16*



#### **Lectio Divina**

For he will be [nourished] like a tree planted by the waters,  
That spreads out its roots by the river;  
And will not fear the heat when it comes;  
But its leaves will be green *and* moist.  
And it will not be anxious *and* concerned in a year of drought  
Nor stop bearing fruit.  
Jeremiah 17:8 AMP

*Every moment and every event of every [person's] life on earth  
plants something in [their] soul.*

- Thomas Merton

What is being planted in your soul during this time? *How is this impacting you?*

What do you want to plant in your soul? *Who do you want to become?*

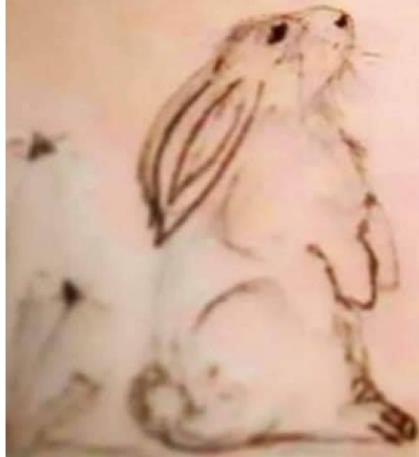
What ways can you plan to flourish and grow during this difficult season?

"I'm afraid." said Rabbit.

"What are you afraid of?"  
asked Bear.

"I don't know." replied Rabbit.  
"I just am."

"Then, I will sit with  
you until you're not  
afraid anymore."  
said Bear.  
"We will face it  
together."



**Blessed are You, Lord our God  
Who watches over us in times of trial and danger**

Thanksgiving fills our hearts,  
as we rejoice in You,  
our Lord and Holy Protector.  
We who live in the midst of storm and sickness,  
of war and danger,  
who are daily exposed to evil of every sort,  
rejoice in Your constant  
and parental love for us.  
Surrounded by darkness and the shadow of fear,  
we do not falter,  
for we trust that Your constant care  
cradles us and keeps us safe.

With angelic attention,  
You watch over our home  
and each of our bodily temples.  
Your holy spirits surround us  
and, in winged wonder, call us to prayer  
and to confidence.

Guard us in this time of danger,  
as Your Holy Presence  
fills the darkness of this moment  
with the splendor of Your shelter.

Blessed are You, Lord our God,  
who watches over us in times of  
trial and danger.

Amen+

*Edward Hays  
Prayers for the Domestic Church*