

Personal Retreat

Carve out a few hours to rest with Jesus

**“You will be delivered by returning and resting;
your strength will lie in quiet confidence.” Isaiah 30:15**

Unhurried time alone with God is the practice of solitude and silence, not as empty withdrawal, but as being quietly present with God. It's not about productivity or checking off spiritual tasks; it's more like a Sabbath, a time of rest and renewal. To grow in relationship with God, we must simply make time to be with Him. This personal retreat will hopefully allow you to be attentive, quiet, and open to His presence.

Find a space to settle in and quiet your heart. Spend some time in solitude and silence to reflect with the Lord. If this is new to you, set a timer and practice with a smaller amount of silence. This is your time to be quiet and to be comforted by God's presence.

Praying, journaling, worshipping, and resting are some natural responses to unhurried time

Here are a few prompts to guide your time:

Where have you felt closest to God over the past 24 hours?

What is one simple and gracious next step you sense God calling you to?

When in your schedule could you make space for time alone with Jesus?

be.