



Reflection Day 3

Virtual Retreat

2021

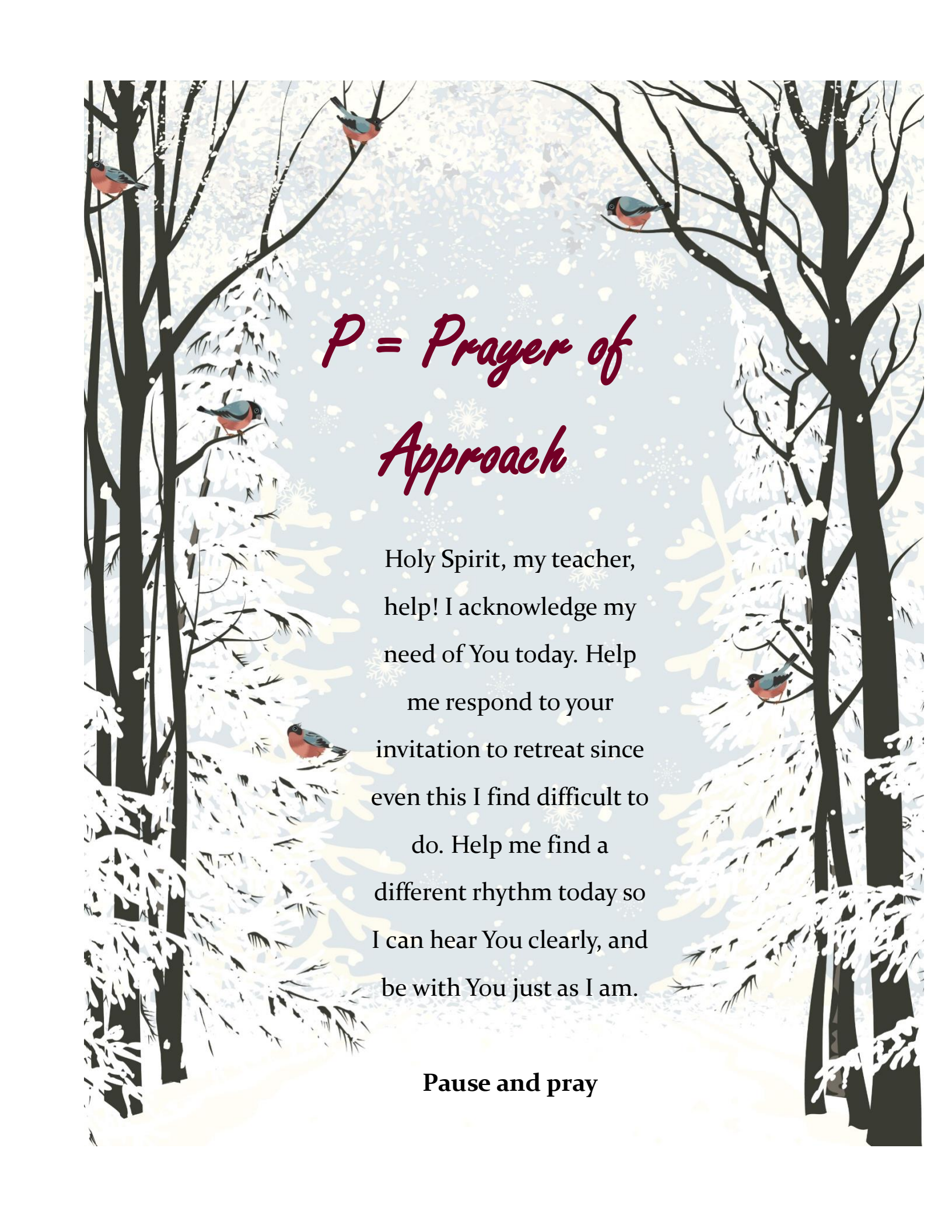
P.R.A.Y.

P ~ Prayer of Approach

R ~ Rejoice and Reflect

A ~ Ask

Y ~ Yield

A winter scene with snow-covered trees and birds. The background is a light blue sky with falling snow. In the foreground, there are several dark, bare trees with snow on their branches. There are also some evergreen trees covered in snow. Several small birds with blue heads and red chests are perched on the branches. The text is centered in the middle of the image.

P = Prayer of Approach

Holy Spirit, my teacher,
help! I acknowledge my
need of You today. Help
me respond to your
invitation to retreat since
even this I find difficult to
do. Help me find a
different rhythm today so
I can hear You clearly, and
be with You just as I am.

Pause and pray



*R = Rejoice
and Reflect*

I choose to rejoice today in the
wisdom of Your ways.

Psalm 61: 1-4(NRSV)

*Hear my cry, O God; listen to my
prayer. From the end of the earth I call
to you, when my heart is faint. Lead
me to the rock that is higher than I;
for You are my refuge, a strong tower
against the enemy. Let me abide in
your tent forever, find refuge under
the shelter of Your wings.*

Pause and pray.

There are many word pictures here:
rock, tower, tent, shelter? Which one
of these resonates with you today?
What part of God's provision are you
most in need of, and most thankful
for?



A = Ask

God of my journey: You are promising to be my peace as I face the struggles of distance from friends (and family)....

Renew in me a deep trust in you. Calm my anxiousness. As I reflect on my life I can clearly see how you have been there in all my leavings, You have been there in all of my comings. You will always be with me in everything. Encircle my heart with your Peace. May your powerful presence run like a strong thread through the fibers of my being.

Amen.

'Praying our Goodbyes', Joyce Rupp. Pg.145

What part of the journey is most difficult for you right now? Name it now. (personally, professionally, extended family, ministry demands) Ask for God's presence to enter that specific situation.



4 - Yield

As we return to this scripture passage.

“I open my ears to hear Your word and my heart to yield to Your will once again.”

Psalm 61: 1-4(NRSV)

Hear my cry, O God; listen to my prayer.

From the end of the earth I call to you, when my heart is faint. Lead me to the rock that is higher than I; for You are my refuge, a strong tower against the enemy.

Let me abide in your tent forever, find refuge under the shelter of Your wings.

Pause and pray.

Yielding prayer:

.Lord, I long to see you move in my life. I am often torn between the regret of the past and fear of the future. And yet, you are in all of it, my past and my future. Help me find the spaces/places in Scripture/Song/Creation that remind me of your presence . And when I find You there, let me rest in the shadow of Your wings.

A winter scene with snow-covered trees and birds. The background is a light blue sky with falling snow. In the foreground, there are several evergreen trees covered in snow. Several small birds with red chests and blue heads are perched on the branches of the trees. The overall mood is peaceful and serene.

Closing Prayer

Father- God, in Jesus and His way of life you have given us an example to replicate – an example that is in sharp contrast to the ways of the world.

In the grace and power of your Spirit, may we be that community that refuses anxiety because of its sure confidence in you and so is empowered to reach out in compassion and love. Amen. (“A Way

Other Than Our Own”, W. Brueggemann, pg.89)



*If you'd like to continue
this time of meditation:*

Music for Meditation: [Holy Spirit Living Breath of God \(Official Lyric Video\) - Keith & Kristyn Getty - YouTube](#)

If you'd like to hear an inspiring
message to encourage your preaching:
[An Evening with N. T. Wright at the Rock Church - Bing video](#)

Please have a listen and be encouraged.