

 **One-Day Retreat outline**

**Dr. David Sherbino**

**“Renew ~ A Basic Guide for a Personal Retreat”**



8:30 a.m. Arrive at the Retreat Center/hotel

Get settled into your environment, take time to be quiet, allow body to relax

8:35 a.m. Begin by offering your day to God, give over everything you’ve left behind.

Praise and worship. Read Psalm 46 slowly (see next page). Other suggested psalms to read are: 9, 24, 33, 34, 81, 84, 96, 98, 145, 149, 150

 Sing a song or chorus of praise

10:00 a.m. Break, go for a silent walk, enjoy a cup of refreshment, or simply gaze out window

10:15 a.m. Thanksgiving: Read Psalm 136:1-9; 23-26. Cultivate thanksgiving to God for:

* His goodness
* His creation
* His saving grace
* His daily provision
* His enduring love

Journal if need be: Write out names of people for whom you are thankful – pray for them.

**Psalm 46**

**For the director of music. Of the Sons of Korah. According to *alamoth.* A song.**

**1**God is our refuge and strength,
    an ever-present help in trouble.
**2**Therefore we will not fear, though the earth give way
    and the mountains fall into the heart of the sea,
**3**though its waters roar and foam
    and the mountains quake with their surging.

**4**There is a river whose streams make glad the city of God,
    the holy place where the Most High dwells.
**5**God is within her, she will not fall;
    God will help her at break of day.
**6**Nations are in uproar, kingdoms fall;
    he lifts his voice, the earth melts.

**7**The Lord Almighty is with us;

the God of Jacob is our fortress.

**8**Come and see what the Lord has done,
    the desolations he has brought on the earth.
**9**He makes wars cease
    to the ends of the earth.
He breaks the bow and shatters the spear;
    he burns the shield with fire.
**10**He says, “Be still, and know that I am God;
    I will be exalted among the nations,
    I will be exalted in the earth.”

**11**The Lord Almighty is with us;
    the God of Jacob is our fortress.



11:15 a.m. Take a short break

 Confession – and examining of conscience

 OR Read a psalm eg.32, 51

 OR pray a prayer of examen

Conclude with 1 Thess. 5:11 and/or Psalm 103:11,12

12:30 p.m. Lunch

Take your time – savour – after lunch take a nap or a walk – it’s all good

1:30 p.m. Pray for others. One of four templates can assist in this:

* Ephesians 1:17-23
* Ephesians 3:16-21
* Philippians 1:3-6;9-11
* Colossians 1:9-14

2:30 p.m. Break – go for a walk or enjoy a light snack – reflect on prayer time

3:00 p.m. Pray for self – plans, hopes, dreams,

 Perhaps a need for discernment.

4:00 p.m. Prepare to go home. Take a few minutes to review the day. Discoveries? Changes to be made? Offer this to God.