

#### P ~ Prayer of Approach

#### R ~ Rejoice and Reflect

A ~ Ask

#### Y ~ Yield

## **Reflection Day 1**

## **Virtual Retreat 2021**

## **P.R.A.Y.**



#### P ~ Prayer of Approach

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## **Reflection Day 3**

## **Virtual Retreat 2021**

## **P.R.A.Y.**



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**

## **P = Prayer of Approach**



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?

## **R = Rejoice and Reflect**



**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.*



**Y – 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.*



**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](https://www.youtube.com/watch?v=kDYjn-YdnD4)

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](https://www.bing.com/videos/search?q=nt+wright+most+popular+sermons&&view=detail&mid=A38194357E5B68D69409A38194357E5B68D69409&&FORM=VRDGAR&ru=%2Fvideos%2Fsearch%3Fq%3Dnt%2Bwright%2Bmost%2Bpopular%2Bsermons%26FORM%3DHDRSC4)

Please have a listen and be encouraged.