****Outlines for Prayer Journeys****

**Journey #1: Connecting with God**

9:00-9:30 **Preparing to Connect with God**

**Silence Read and Reflect on Scripture:** Mark 6:30-32
*The apostles then rendezvoused with Jesus and reported on all that they had done and taught. Jesus said, "Come off by yourselves; let's take a break and get some rest." For there was constant coming and going. They didn't even have time to eat.*

**Journal Your Thoughts:**
1. In what ways has my life been like that of the people in the passage?
2. What am I hoping to achieve or experience in this retreat?
3. What invitation is God extending to me through the passage?

*God gives power to those who are tired and worn out; he offers strength to the weak. Even youths will become exhausted, and young men will give up. But those who wait on the Lord will find new strength. They will fly high like eagles. They will run and not grow weary. They will walk and not faint. Isaiah 40:29-31.*

9:30-10:30 **Connecting through Scripture**
For the next hour we are going to engage in an ancient practise called *lectio divina*. It is a way of slowly reading, internalising and praying the Scriptures. Reflect on the passages using these four movements:
1. Slowly and repeatedly read the text Enter into the experience.
2. Meditating on words as the text intersects with your hopes and dreams.
3. Turn your reflection into prayer as you speak it out to God.
4. Reflect on what God is saying to your heart through the text.

**Scene 1: Matthew 26:69-75**
*Meanwhile, as Peter was sitting in the courtyard, a girl came over and said to him, "You were with Jesus, for both of you are from Galilee." But Peter denied it loudly. "I don't even know what you are talking about," he angrily declared. Later, out by the gate, another girl noticed him and said to those standing around, "This man was with Jesus--from Nazareth." Again Peter denied it, this time with an oath. "I don't even know the man," he said. But after a while the men who had been standing there came over to him and said, "We know you are one of his disciples, for we can tell by your Galilean accent." Peter began to curse and swear. "I don't even know the man," he said. And immediately the cock crowed. Then Peter remembered what Jesus had said, "Before the cock crows, you will deny me three times." And he went away, crying bitterly.*

**Scene 2: John 21:9-17**
*When they landed, they saw a fire of burning coals there with fish on it, and some bread. Jesus said to them, "Bring some of the fish you have just caught. Come and have breakfast." None of the disciples dared ask him, "Who are you?" They knew it was the Lord. Jesus came, took the bread and gave it to them, and did the same with the fish. When they had finished eating, Jesus said to Simon Peter, "Simon son of John, do you truly love me more than these?" "Yes, Lord," he said, "you know that I love you." Jesus said, "Feed my lambs." Again Jesus said, "Simon son of John, do you truly love me?" He answered, "Yes, Lord, you know that I love you." Jesus said, "Take care of my sheep." The third time he said to him, "Simon son of John, do you love me?" Peter was hurt because Jesus asked him the third time, "Do you love me?" He said, "Lord, you know all things; you know that I love you." Jesus said, "Feed my sheep.*

10:30-11:00 **Tea**

11:00-11:30 **Connecting through Creation**
*The heavens tell of the glory of God. The skies display his marvellous craftsmanship. Day after day they continue to speak; night after night they make him known. They speak without a sound or a word; their voice is silent in the skies.* (Psalm 19:1-3).

11:30-12:00 **Connecting with my Passion**
Spend the next thirty minutes re-connecting with your passion for ministry.
Use the following questions to discern your God-given passion:

**1. What really stirs you?** Imagine we meet together for the first time. We talk about a few things in casual conversation and then you get really excited as you start to talk about a topic that really grips you. What is the topic?

**2. What do you day dream about the most?**

**3. What have been the greatest achievements in your life?** List 5.

**4. What kind of things do you do that make you lose track of time?** When you are operating on things that you are passionate about, you become unaware of time.

**5. In what area are you making, or do you want to make, a difference?** People who fulfil their passion make a purposeful difference around then. They have an inner confidence that they are where God wants them to be - in a place where God is using them to make a difference.

**6. What energises you?** Your passion is something that energises you!

**7. Does your passion pass the following two tests:** Does it glorify God? Does it edify others?

Once you have completed this exercise you should look for key words and phrases that appear through the seven indicators. Take a few minutes to try and write your passion in a statement:

***My Passion is…***

Spend time in prayer - asking God to help you identify and release your passion more fully in the coming weeks, months and years.

12:00-12:15 **Prayer Walk**
Take a short walk and aim to connect with God each step of the way. It may be a chance to reflect on the day and thank God for having met with you or it may be a final chance to put something right with him.

**Journey #2: Meditation**

9:00-9:30 **Preparing to Meditate**

**Prayer**

**Reflection:** Psalm 42:1,2,9
*As the deer pants for streams of water, so my soul pants for you,
O God. My soul thirsts for God, for the living God.
When can I go and meet with God?
Why are you downcast, O my soul? Why so disturbed within me?
Put your hope in God, for I will yet praise him, my Saviour and my God.*

**Journal Thoughts:**
In what way does this passage connect with my heart?
How does it express my desire to connect with God today?
Spend the remained of the time in silent prayer an reflection.

9:30-10:30 **Meditation on Scripture**

1. Read the passage through slowly a couple of time:
*I will exalt you, my God the King; I will praise your name for ever and ever. Every day I will praise you and extol your name for ever and ever. Great is the LORD and most worthy of praise; his greatness no one can fathom. One generation will commend your works to another; they will tell of your mighty acts. They will speak of the glorious splendor of your majesty, and I will meditate on your wonderful works. They will tell of the power of your awesome works, and I will proclaim your great deeds. They will celebrate your abundant goodness and joyfully sing of your righteousness. The LORD is gracious and compassionate, slow to anger and rich in love. The LORD is good to all; he has compassion on all he has made.* (Psalm 145:1-9)

2. Write down any thoughts that come to mind:

3. Select and write out a key phrase or verse for meditation:

4. Rewrite it in your own words:

5. Repeat it until you sense it has become a part of you.

6. Write down some thoughts about how it applies to your life:

10:30-11:00 **Tea**

11:00-11:30 **Meditation on Creation**
Spend 5 minutes looking at each of the following aspects of creation in the garden and write down what God is saying to you or what you learn about God: The Stream; The Waterfall; The Sky; The Mountain; A Tree.

11:30-12:00 **Meditation on Self**
Go and find one or two things that reflect the state of your soul. Spend some time reflecting and then come back and share with the group the things and their meaning to you.

12:00-12:20 **Meditation Walk**
Take a short walk and aim to meditate on one characteristic of God the whole time you are walking.

12:20-12:30 **Share Experiences**

**Extra Reflection:** Psalm 77:12-13
*I will meditate on all your works and consider all your mighty deeds.*
*Your ways, O God, are holy. What god is so great as our God?*
Make a list of God's works and deeds that come to mind and then spend time meditating on them.

 **Journey #: Reflections on Psalms**

**Psalm 77:12-13**

*I will meditate on all your works and consider all your mighty deeds.*

*Your ways, O God, are holy. What god is so great as our God?*

Make a list of God's works and deeds that come to mind and then spend time meditating on them.

**Psalm 63**

*A psalm of David. When he was in the Desert of Judah.*

*O God, you are my God, earnestly I seek you; my soul thirsts for you, my body longs for you, in a dry and weary land where there is no water. I have seen you in the sanctuary and beheld your power and your glory. Because your love is better than life, my lips will glorify you. I will praise you as long as I live, and in your name I will lift up my hands. My soul will be satisfied as with the richest of foods; with singing lips my mouth will praise you. On my bed I remember you; I think of you through the watches of the night. Because you are my help, I sing in the shadow of your wings. My soul clings to you; your right hand upholds me. They who seek my life will be destroyed; they will go down to the depths of the earth. They will be given over to the sword and become food for jackals. But the king will rejoice in God; all who swear by God's name will praise him, while the mouths of liars will be silenced.*

In what way does this passage connect with my heart?

How does it express my desire to connect with God today?

What factors have caused David to thirst after God?

What factors are affecting my thirst, or lack of thirst, for God?

**Journey #4: The Lord’s Prayer**

**Our Father**

My relationship with my early father is…

The qualities I want in a father are…

When I think of God as my father, I think of…

**In heaven**

If I were to describe my idea of heaven, I would say it is like…

My most "heavenly" experience so far has been…

I look forward to being with God in heaven because…

**Hallowed**

To me holiness means…

I think of myself as holy when…

When I consider God's holiness, I think of myself…

**Be your name**

People should not abuse God's name because…

When I hear someone abuse God's name, I feel…

If I abuse God's name, I feel…

**Your kingdom come**

When I picture Jesus as a king, I see…

The idea of Jesus as king helps me to…

**Your will be done**

The best way to discover what God wants me to do is…

The person I know who best understands God's will for them is…

**On earth**

I believe God's will for me now is...

My biggest problem with doing God's will is...

**As it is in heaven**

The person who has best helped me to grow as a Christian is…

This person has helped me to…

Jesus' statement: "You must be perfect" (Matthew 5:48) make me feel…

**Give us today our daily bread**

The one material thing I most desire right now is…

When I see the belongings of my friends, I feel…

The belongings that I own are…

**Forgive us our debts**

One time I experienced forgiveness was…

I need forgiveness now for…

**As we also have forgiven our debtors**

I have difficulty forgiving someone who…

I need to forgive…

For me to forgive this person means that I must…

**And lead us not into temptation**

My most frequent temptation is…

I usually deal with temptation by…

I successfully deal with temptation when I…

**But deliver us from the evil one**

The greatest evil in the world today is…

If I had the power to change this, I would…

Sometimes I wonder why God allows…

**For yours is the kingdom**

I want Jesus to be my king, but…

If Jesus were truly my king, I would…

**And the power**

I sense the power of God at work when…

I question God's power when…

**And the glory**

Christian can glorify God by…

I think I can glorify God when I…

**Forever**

The concept of forever makes me feel…

The statement: "God is eternal" makes me feel…

**Amen**

Spend a short time in silence - thanking God for what you have experienced.