

# Planning Your At-Home Spiritual Retreat

*This is a sample agenda for a 2-hour at-home spiritual retreat.*

**When:** Saturday, from 2-4pm

**Where:** My bathroom and guest room

**What I'll do:**

**How long:**

Opening meditation

10 minutes

Sea salt bath with spa music

20 minutes

Restorative yoga

30 minutes

Guided meditation

20 minutes

Journaling

10 minutes

Reading and herbal tea

15 minutes

Visualization and intention-setting

15 minutes

*Quiet the mind and the soul will speak.*

# One Day For God A Guide To Your Own Retreat

**Rochelle Melander, Harold Eppley**



## **One Day For God A Guide To Your Own Retreat:**

One Day for God Anthea Dove,1996 Perhaps you feel that you are too busy to take time out for prayer and reflection Or perhaps you would like to make a retreat but are unable to find one that is located or scheduled conveniently for you This book encourages and reassures anyone who wants to embark on the adventure of setting aside one day for God The clear structure offers gentle guidance through the day beginning at dawn and ending before bedtime The one day for God includes silence and Scripture reading reflection and prayer exercise and relaxation Besides being a guide to retreat One Day For God offers inspiration and practical suggestions to all who find prayer hard work and spiritual life in need of guidance The

Living Church ,1956

**One Day for God** Anthea Dove,1995 A guide to setting aside one day for God a day of silence and Scripture reading reflection and prayer exercise and relaxation The book also offers inspiration and practical suggestions to all who find their praying hard work

**A Field Guide to Nature as Spiritual Practice** Steven Chase,2011-05-17 Steven Chase s innovative On Earth As it Is uses a compelling blend of theological scriptural historical and cultural discussions to reclaim the role of nature in the formation of Christian spiritual and moral identity His thought provoking creation practices will lead readers into more profound knowledge of themselves and their Creator guide them to greater compassion for their neighbors instill in them reverence for and companionship with nature and awaken in them a greater commitment to creation care Encourages Christians to read the Bible pray and worship out of doors Demonstrates the power of nature to soothe and heal the soul Advocates befriending God s creation as a crucial element in Christian growth Show how the Bible is full of natural images and how nature itself can function as a holy text testifying to the glory of God Offers stories anecdotes research scriptural tie ins practical advice and contemplative exercises to help readers experience God in nature Mary

and the Interior Life Jeremiah Myriam Shryock,2023-11-07 Did you know that the whole world needs your yes to God In this book Fr Jeremiah Shryock shares how he learned this humbling truth from his personal relationship with Mary and how we too can learn from her how to follow Christ with all our hearts Fr Jeremiah Shryock CFR has written a truly beautiful book Frankly it is a must read for everyone aspiring to enter more deeply into the life of holiness and Mary s role in leading souls to a total self offering and surrender to God Inspired passages and uniquely contemplative insights fill the pages of this book as Fr Jeremiah ponders the mysteries of the Rosary and Mary s presence in the gospel accounts with a great heart of love Fr Jeremiah calls himself now a Marian hermit taught by Mary clearly he has been a very fine student and son in placing himself receptively before the profound instructions of his Virgin Mother Fr Donald Haggerty author of St John of the Cross Master of Contemplation The Contemplative Hunger Contemplative Provocations **The Spiritual Leader's Guide to Self-Care**

Rochelle Melander,Harold Eppley,2002-02-01 As spiritual guides clergy and lay leaders alike often find themselves in need of direction about how to make changes in their personal life and ministry Rarely however do they find a book that presents self care as an integral part of being a spiritual leaders The Spiritual Leader s Guide to Self Care gives readers the tools to

discern God's intention for their lives and to be faithful to that vision through proper self care. Arranged in 52 chapters one for each week of the year the guide addresses seven themes: Creating a Life Vision, Caring for Yourself at Work, Nurturing Your Relationships, Caring for Your Spirit and Body, Caring for Your Finances, Caring for Your Intellect, and Sustaining a Life Vision. Included are journal writing suggestions, personal reflection questions, and activities, guidance for sharing the discovery process with another person, an activity for the coming week, and suggested further resources such as novels, videos, and Web sites.

**One-Day Retreats for Junior High Youth** Geri Braden-Whartenby, Joan Finn Connelly, 1997. The themes of the retreats offered in *One Day Retreats for Junior High Youth* are Christian community, freshman survival, peacemaking, peer pressure, self esteem, and sexuality.

Getaway with God Letitia Suk, 2016-11-27. What if a simple day away could transform your life? Does spending time with God sound like just one more thing to check off an ever increasing to do list? How are you supposed to fit in anything that threatens to be more time consuming? Too often there's simply no room to experience the intimacy, grace, and peace that God offers us. *Getaway with God* does more than invite you to step away from life's pressures to take a personal retreat. It shows you exactly why you must for your sake and for your family's. With grace and warmth Letitia Suk provides step by step guidance and the necessary tools to enable any woman on any budget to plan time away, whether it's a quick half day break or a weeklong time of restoration. You'll find detailed steps for preparation including descriptions of different kinds of retreats and how to choose the best one for you, and you'll learn ways to bring the renewal you experience home with you. Practical appendixes identify retreat centers nationwide and provide exercises and prayers to kick start your getaway with God. No matter what your season in life the time for retreat is now. *Getaway with God* is a gem.

Karen Burton Mains, author of *Open Heart Open Home*, director of *Hungry Souls*. *God is My Success* Larry Julian, 2009-05-30. Widely respected leadership expert and bestselling author Larry Julian identifies five built in roadblocks to success and shows that by partnering with God they can be overcome.

*Living Faith Day by Day* Debra K. Farrington, 2006-09. Drawn from ancient traditions including the rule of St Augustine and the widely known St Benedict's rule, this enlightening practical book takes ancient monastic rules and applies them to modern day life, providing concrete guidance for those who wish to experience God more fully day by day.

*20-Minute Retreats* Rachel Harris, 2000-06. Offers a collection of guided meditations exploring forgiveness, gratitude, intuition, healing, patience, relaxation, and self acceptance.

The Covenant Retreat Steven McGlaun, 2005-08. The Covenant Retreat affirms that each of us is called into a covenant with God. Through this retreat experience high school seniors begin to identify their unique relationship with God as an individual and as part of the larger Church. The leader's guide includes material to help teachers and leaders bring the experience into the classroom for weeks before and after the retreat. Leaders will find detailed directions for implementing the retreat, lesson plans, prayers, and handouts, material to help use the student component, Answering God's Call to Covenant after the retreat, and suggested models for liturgical celebrations to bring the retreat to a close. It also includes suggestions

on how to celebrate the retreat with the entire school through graduation and other activities Answering God's Call to Covenant helps older adolescents consider where they want to go in life before they encounter the crossroads of young adulthood Students address seven key questions and write their own covenant statements which will help guide them through life's many challenges The student text also helps seniors reflect pray and discern on their own after graduation

*Finding God Day by Day: A Year of Meditations*, 2010      **Epworth Review**, 1995      One Day I Wrote Back Jane Herring, 2015-03-01 Do you struggle to relate the Bible to your daily life Jane Herring wrestled with the contradictions puzzling stories and difficult sayings in scripture until she discovered the power of interacting with them Herring guides you to talk back to those scripture passages you don't understand Ask questions explore your life plead praise and ponder She provides simple practical tools for beginning and experienced writers A perfect resource for individuals small groups and retreats Length of study 6 weeks Includes Leader's Guide      *One Good Word a Day* Kristin Demery, Kendra Roehl, Julie Fisk, 2021-11-09 If you were to pick one word for the year what would it be Invite Abide Balance Simplify Every January many of us proclaim our word for the year choosing something inspiring that will help us set our intention for the coming months But what would happen if rather than choosing one word for an entire year because let's face it some of us forget by March we focused on one good word each day one thought provoking spiritually relevant and encouraging word that reveals the many lovely and delightful truths of who Jesus is in our lives One Good Word a Day by the creators of the online community The Ruth Experience offers simple but deeply spiritual meditations that will help readers linger on one word each day so they can identify and reflect on how Jesus as the Word influences their daily lives Jesus is more than one word He offers us abundance hope peace kindness courage mercy and so much more One Good Word a Day reminds readers that in Christ we find all we need to live encouraged and uplifted every day      **A Place for God** Timothy Jones, 2000-02-15 These days more and more people are scheduling getaways to retreat centers for their spiritual well being over 1.2 million Catholics alone during 1997 Located throughout the United States and Canada these centers cater to the needs of people seeking quiet time regardless of religious affiliation Retreat possibilities range from one day of solitude surrounded by nature to a few days of quiet time under the guidance of a resident spiritual director to a week experiencing the rigorous rhythms of community monastery life In A PLACE FOR GOD Timothy Jones shares the wisdom of his pilgrimages to retreat centers as diverse as a mountaintop hermitage overlooking the Pacific and a monastic oasis on Chicago's South Side First he explains everything about retreats what they are why people go how to prepare what to pack and what to do while there Then he provides an extensive directory of over 250 retreat centers in all fifty states and Canada complete with all the information readers need to contact the retreat center that is right for them A PLACE FOR GOD is the perfect resource for anyone who wants to find spiritual fulfillment or simply a place to get away      *Disciplined for Life* John Loftness, C. J. Mahaney, 1992 As you study and apply the spiritual disciplines you will find fresh power and enthusiasm to live like Christ Leave the treadmill of spiritual

drudgery behind as you discover how you can be Disciplined for Life      The Ignatian Workout Tim Muldoon, 2009-01-26 Get Fit Spiritually We look at the world and at God in drastically different ways than our ancestors did and yet the wisdom of a sixteenth century Catholic saint perfectly suits our doubtful antiauthoritarian pluralistic age St Ignatius of Loyola believed that we could know God better by paying attention to his work in our lives our experiences our imagination and our feelings His Spiritual Exercises an enduring masterpiece of spiritual insight teaches us to grow spiritually by learning to respond in concrete practical ways to this divine presence The Ignatian Workout presents St Ignatius's wisdom in today's language as a daily program of workouts to achieve spiritual fitness tailored to people with busy schedules It is a program that shows us how to recognize and respond to a God who is already at work in us inviting us into a deeper relationship and into richer lives of love and service A thoughtful clever and very practical introduction to Ignatian spirituality J A Appleyard S J vice president for University Mission and Ministry Boston College The Ignatian Workout is a valuable contribution to contemporary writing on Ignatian spirituality Muldoon does a fine job of illustrating just how relevant this spirituality is for today's young adults J Michael Sparough S J director of Charis Ministries Ignatian Spirituality for Young Adults      **A Deeper Look at the Fruit of the Spirit** Hazel Offner, 2025-06-23 A deep look at Scripture God's very words is never wasted In fact not only is it never wasted it's richly rewarded The more deeply we dive into the riches of the Bible the more deeply we can experience and serve God the giver of all truth wisdom love and understanding The LifeGuide in Depth Bible Studies help you do just that taking you further into themes and books of Scripture than you might have gone before As you see new connections between the Old and New Testament gain an understanding of the historical and cultural background of passages engage in creative exercises and concretely apply what you've learned you'll be amazed at the breadth of the knowledge and wisdom you gain and the transformation God can work in you as you meet him in his Word Each session provides enough material for a week's worth of Scripture study along with a weekly group discussion guide that pulls all of the elements together This guide is based on and includes the inductive Bible study Fruit of the Spirit from the bestselling LifeGuide Bible Study Series only now it has been expanded for a new kind of study experience In A Deeper Look at the Fruit of the Spirit specifically you'll discover what your biggest barriers to joy might be what biblical writers meant by peace hint it's more than an absence of fighting what to do when you realize you're not as nice a person as you thought you were what the Old Testament teaches us about God's gentleness and much more If you're longing to go deeper in your understanding of God and his Word LifeGuide in Depth Bible Studies are for you These studies will meet your need for both rich solidly researched content and personal application They'll meet your need for Bible study that challenges your head and your heart Most of all we pray you'll meet God in them

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