

How to Create a Personal Retreat

By [Ginny Jensen](#)

The following is a guide to creating a personal retreat. Specific times have not been given to accommodate your length of retreat time. However, it would be helpful to allow at least a half a day for your retreat.

Prepare yourself for a time of just you and the Lord. Make your surroundings comfortable, quiet, and without interruption. Plan for the time to be lived in solitude and silence.

“Go away and trust God with what happens in your soul.” ([Spiritual Disciplines Handbook by Adele Ahlberg Calhoun](#), pg 79, IVP, 2015)

Here is additional [information](#) that may be helpful for those retreating at home.



- Begin with quiet preparation of your heart.
 - Slow down and relax.
 - If needed, take a nap.
 - Proceed when you have quieted yourself and feel open to what the Lord has for you in this time.
- Read [1 John 3:1](#) slowly and out loud.
 - If a word or phrase catches your attention, stop and see what God is saying to you. Listen and wait.

“Look with wonder at the depth of the Father’s marvelous love that he has lavished on us! He has called us and made us his very beloved children. The reason the world doesn’t recognize who we are is that they didn’t recognize him. Beloved, we are God’s children right now; however, it is not yet apparent what we will become. But we do know that when it is finally made visible, we will be just like him, for we will see him as he truly is.” [1 John 3:1 TPT](#)

- Meditate on the passage by reading the passage slowly a second time out loud.
 - Is the Lord inviting you to something?
 - Continue reflection on the words that you are drawn to in the passage.
 - How do you respond to such love?
- Read the passage a third time and respond in prayer.
 - Be truthful and vulnerable with the Lord regarding your feelings.
 - Watch for where he is inviting you to go deeper with him.
 - Be aware of any resistance you feel as you read the passage.



- Rest and wait in God’s presence.
 - Let the Word sink in deeper.
 - Consider a reminder from the passage that you can take with you throughout the day.
 - Wait until you feel prompted to leave.
- Take time to do an activity that refreshes you. As you do so, ponder on the passage.
 - You may find a walk, a nap, journaling, etc. as options for this time.
- Come back to the passage one more time.
 - Ask God to show you what it might look like to fully embrace his love.
 - As you move back into your daily life, what would you like to do differently? Try it out.

“The love of the Father to the Son is not a sentiment – it is a divine life, an infinite living power that will work in us all He delights to give us.” - Andrew Murray

- Closing prayer.
 - Use this [song](#) as the basis for your closing prayer, focusing on how you have been impacted by your time today.

Oh, the Deep Deep Love of Jesus

Audrey Assad

*O the deep, deep love of Jesus
 Vast unmeasured, boundless, free
 Rolling as a mighty ocean in its fullness over me
 Underneath me, all around me, is the current
 Of Thy love
 Leading onward, leading homeward to
 Thy glorious rest above*

*O the deep, deep love of Jesus
 Tis a heav'n of heav'ns to me
 And it lifts me up to glory, for it lifts me up to Thee
 O the deep, deep love of Jesus
 Spread His praise from shore to shore
 How He loveth, ever loveth, changeth
 Never, nevermore*

