



REFLECTION

&

prayer cards

personal reflection & prayer | 10:00 - 11:30am

During this time you are invited to reflect on the prompts below and enter into prayer as you feel led. Please take freedom in utilizing the questions below. You may find exploring that one of the prompts is adequate for reflection or that entering into prayer is most helpful. However you utilize this next stretch of time -- whether it's a walk on the beach, prayer with another, or time being still -- enjoy and reflect.

prompts

- Take a pulse on your life right now:
 - Friends
 - Family
 - Job
 - Time
 - Inner sense of purpose/fulfillment
- Where do you find a sense of feeling fully alive, at peace, joyful, happy, comforted, connected, your best self in your life?
- Where are you experiencing a sense of being drained of energy, frustrated, irritated, angry, sad, sorrowful, alone, isolated, unaccepted, less than your best self?
- How has your own sense of vocation changed throughout life? To the degree that you know, what is it today?
- You are invited to utilize various forms of prayer to press into these spaces in your life, from exactly where you are.

prayer cards

Please feel free to visit the middle ballroom to enter into various experiences of prayer and/or use a Prayer Card from the following pages to direct your own self-guided prayer: Contemplative Prayer. Breath Prayer. The Examen. Walking Meditation. Immanuel Prayer. Soaking Prayer. Art Prayer. Prophetic Prayer. One-on-One Prayer.

At 11:30, we will gather back in this space as small groups:

- How did reflection & prayer go for you?
- What struck you about the time? (Regardless of whether or not you chose to reflect or pray).
- Where did you perceive God?

contemplative prayer



Contemplative Prayer practice incorporates some degree of **solitude, silence** and **stillness**.

The text of this simple prayer comes from Psalm 46:10 of the Hebrew Scriptures:

“Be still and know that I am God.”

Invitation:

- Find a quiet place, gently close your eyes and take a few deep breaths. Prepare to pray the verse in 5 consecutively diminishing phrases.
- Either aloud or quietly to yourself, say the words, “Be still and know that I am God.”
- After a couple deep breaths, pray, “Be still and know that I am.”
- After a couple deep breaths, pray “Be still and know.”
- After a couple deep breaths, pray, “Be still.”
- After a couple deep breaths, pray, “Be.”
- When ready, pray, “Amen.”

breath prayer



Breath prayer is an ancient Christian prayer practice dating back to at least the sixth century. Known as the “Prayer of the Heart,” breath prayer is a good example of “praying without ceasing,” as St. Paul encouraged us to do, and has the potential to become as natural as breathing.

- The breath prayer is usually said silently within. But some people sing it; others chant it. It is intended to be a very short prayer of praise or petition. The words of the prayer can be easily adjusted to your heart’s desire. Praise is expressed by calling on one of the Divine names such as God, Jesus, Lord, Father/Mother, Christ, or Spirit.
- Simply repeat the prayer over and over keeping your attention on the prayer. If your attention wanders, gently return to the prayer. Begin with 5 minutes and gradually increase the time to 15 or 20 minutes as you become disciplined with the prayer. Some find it useful to write in a journal about their experience with the prayer.

Invitation

- Close your eyes and recall the line “Be still and know that I am God” (Psalm 46:10). Be still, calm, peaceful, open to the presence of God.
- With your eyes closed, imagine that God is calling you by name and asking, “what do you want?”
- Give God a simple and direct answer that comes honestly from your heart. Write down the answer. If you have more than one answer, write them down. Your answer may be one word such as peace or love or help. It may be several words or a phrase such as “feel your presence” or “lead me into life.” Whatever your answers, they are the foundation of your breath prayer.
- Select the name that you are most comfortable using to speak with God. Combine it with your written answer to the question God asked you. This is your prayer.
- Breathe in the first phrase/word (generally your invocation of God’s name) and breathe out the second phrase/word (request or need).

Sample Breath Prayers: “Jesus, let me feel your love” | “O Lord, show me your way” | “Holy one, heal me” | “Jesus Alleluia, have mercy” | “Holy Wisdom, Guide me” | “Father/Mother (Abba/Amma), let me feel your presence.”

examen



The Ignatian Examen, or the Daily Examen is a contemplative prayer led by memory. During an Examen, one reflects on the current day, focusing on memories from the events of the day as a way of recognizing the Divine Presence.

Often, the Examen awakens God in our lives through routine or ordinary moments to illustrate the subtle and surprising ways God speaks. This prayer practice helps cultivate and refine discernment as well as an awareness of God's presence.

The following five steps outlined below are adapted from the technique outlined in the *Spiritual Exercises* developed by Ignatius Loyola in the 16th century. St. Ignatius required his companions, the Jesuits, to practice the Examen daily at noon and before turning in for sleep.

Invitation

- Acknowledge an awareness of the Divine.
- Review the day in a posture of gratitude.
- Recognize a “Consolation” and a “Desolation” from the day.
- Choose a “Desolation” to pray into.
- Look with hope for new tomorrow.

*A **consolation** is an experience that causes you to feel fully alive, at peace, joyful, happy, comforted, whole, connected, your best self, etc. and could be understood as an experience in which you feel close God.

* A **desolation** is an experience that causes you to feel drained of energy, frustrated, irritated, angry, sad, sorrowful, alone, isolated, unaccepted, fragmented, less than your best self, etc. and could be understood as an experience in which you feel far away from God. The gift is praying with the desolation, telling God about your experience and asking for God's grace in the experience. (It is also good to give God thanks for the consolation experiences.) God shows up in desolations AND consolations. It's just that it's easier to “experience” God in consolations and we often move away from God in desolations.

walking meditation



Walking meditation is often a helpful option for those who find sitting meditation hard. This meditation allows people to spend pent-up energy. We are made to move this way. We see and listen differently when we move with others and ourselves at a walking pace and out in the real, open and unpredictable world. This is a great way to practice presence, connection and reverence wherever you are!

Invitation:

- Leave alone and in silence. Return alone and in silence.
- Holy goal-lessness is your goal. The journey is the total destination.
- Place one foot lovingly and intentionally in front of the other, and honestly trust in God's guidance.
- Take no books or journals. "Don't think, just look" is your motto.
- Profundity is not the goal.
- It is what it is, and that is your teacher
- You are now living life at "2-3 miles an hour" - the way you are designed to.
- You have a very good chance of experiencing the pure flow and love of the Trinity through your body.

immanuel prayer

with Chuck Snekvik & Jen Kloss



Immanuel means “God with us,” and this promise is the foundation for all that follows.

Immanuel prayer shifts the primary objective from “resolve trauma and relieve symptoms” to “help the person connect more intimately with Jesus by removing barriers between her heart and Him.” We gratefully accept the resolution of psychological trauma and the associated symptom relief as side benefits, but the more important priority is to remove blockages that stand between our hearts and Jesus.

It starts with recall of positive memories and deliberate appreciation, to prepare our brain-mind-spirit systems for connecting with the Lord; and then establishes a living, interactive connection with Jesus as the foundation for the session.

Immanuel prayer is organized around turning to Jesus, focusing on Jesus, and engaging directly with Jesus at every point in the session.

Invitation:

- Greet your prayer partner by looking them in the eye, with a smile and “hi.”
- Pray a simple prayer like “Come Holy Spirit” or “Jesus, thanks that you are here with us during this time.”
- Ask them to go to a positive memory: one that they know for sure Jesus was present in or just a wonderful memory.
- Ask them to close their eyes and relive the experience.
- Have them tell you everything they see, feel, smell, sense, etc.
 - You, the coach, listen and give responses that encourage them to continue.
- Have them show appreciation for everything they just described
 - "Thank you Jesus for..."
- Ask "Where is Jesus?" He is always with us. "Where do you perceive him, see him or sense him?"
- Pause a bit, until they perceive Him.
- Now say, "Jesus, what do you want them to know?" or "Jesus, what do you want to show them?"
- Pause/wait.
- Keep asking one of those questions until you feel the time is done.

more prayer options



Soaking Prayer

Visit the soaking prayer corner to spend time with yourself and the Holy Spirit. Invite the Holy Spirit to come and soak you in His presence - surrender your mind, body and soul in prayer to the Holy Spirit. Humble yourself before Him. Focus on the Lord's presence - open your heart to God.

Art Prayer

with Dorothy Hanna

An interactive collective art. Please utilize the materials and resources provided to add your own voice to this collective piece. This art corner will remain open throughout the entire retreat.

Prophetic Prayer

with Michaiah Healy & Amanda Proctor

Conveying a message of love from God to another person. Some ways this message is told are through a picture, image, or a scripture verse.

One-on-One Prayer

with Kristi Eckardt and Ellen Mitchell

A place to come with your hopes and hurts and desires and find a compassionate listener who will pray to God with you, for you, and on your behalf.