

Retreat of Silence

This is an opportunity to pay attention to what God has said and how it's impacting you. Slowing down and let things soak in will help us receive more from God - and each other.

First, take a few minutes to settle and focus. Here are some suggestions:

- **Walk:** As you do notice the breeze on your face, the sun on your shoulders, the sand beneath your feet. What do you enjoy? Savor it. Thank God for the day, the sun, the water, birds, etc.
- **Breathe:** Pay attention to your body as you breathe. Feel the air expand your lungs, stretch your back muscles, notice your shoulders, your stomach. Picture breathing in something good: e.g. God's Spirit, peace, hope. Let it fill you. Hold it. Then imagine breathing out something less good: tension, anxiety, fear, etc. Push every bit of air (and anxiety, etc.) out of your lungs. Do this slowly several times. What do you notice happening in your body?

Next reflect on your Emmaus Walk

What was lovely? Why? Take a moment to savor that, and be grateful.

What was awkward? Why? How did you respond to the awkward? What fruit did your response bear? Do you wish you'd done or said something else?

What was it like to be asked deep questions and listened to well? Did you feel "seen"? How did it impact you? What did the other person do to make you feel this?

If you didn't feel "seen," why not? What do you wish would have happened?

How could you appropriate this lesson the next time you're listening?

What was it like to listen carefully to your partner? What did you learn about them? Take a minute to be grateful for their trust.

What did you learn about yourself as a listener? What came easily? Were there times you had to work at it? Where there parts of you resisted truly "seeing" the other? (e.g. assumptions you had to overcome? Thought patterns you had to discipline?) What did you see happen as a result of pressing past these barriers?

Focus on Jesus

Now shift your focus Jesus himself. It's okay to imagine him next to you (he is there after all ☺). What do want him to see? What do you want to tell him? What does he want to tell you? Take some time to talk or to simply be with him.