



**How to take a spiritual
retreat without leaving
your front door.**

"He makes me lie down in green pastures, he leads me beside quiet waters, he restores my soul." Psalm 23:2,3

Usually we go away for a spiritual retreat. We get together with a group of women and we have a weekend of encouragement, rest and meeting God. We go home rejuvenated and ready for what the world may throw at us. But what do you do when going outside is no longer possible? When the country you live in is on lock down.

The very time you need to connect with others and especially with God you can't go anywhere. Well don't despair. You can have a retreat without leaving your front door.

What a spiritual retreat does is gives us a place without distraction and a place where we can be spiritually refreshed. It helps us to enter into God's presence. And that my friends can be done from your own home.

Now I hear a lot of you saying but where can I be alone with God in my house? A place where I won't be interrupted.

After having seen the movie War Room I decided that this was not a problem anymore. In the movie a lady had a room for praying and that room was her closet. The only place she could get peace and quiet and spend time with God. It is not about the space it is about connecting with God and letting him connect with you. Taking time, listening, reading, discovering the wonderful promises God has for us.

Here are some things you need to think about and prepare. A good plan is very important because without it, it won't happen.

1. Find a time and place to hold your retreat. How long do you want your retreat to be? Where does this retreat fit into your daily schedule? For a lot of us when we went on a retreat it could be a full day or a weekend. But being at home means you can fit it into your schedule. It's not about the number of hours, it's about quality time with God. Try to find a space where you won't be interrupted all the time.



2. Getting ready for your retreat. One of the things that is so much fun at a retreat that is organised is you come into the space and there are all sorts of goodies and the room usually looks very inviting. You can still do this at home as well. Just a few candles can make the space feel inviting. Having a vase of flowers, perhaps picked from your own garden, can really set a scene. Have drinks, snacks and anything else you might need at hand so you don't need to keep leaving your space. Have a notebook, pen and paper handy for those moments when you feel God speaking to you and want to jot something down. My advice to you is have everything you need in a basket or bag ready to go. Then there will be no need to look everywhere for supplies. Also having two different translations of the Bible is also advisable. Another thing which can help set the mood is music. If you love music in the

background or you like to listen to the words of a song have that ready to go as well.



3. Remember to plan well and also think about why you need this retreat. This could be different things for each of us. Are you struggling with anything in your life right now? Are you hurt? Discouraged? Need a boost? Do some research into what you need. There is so much out there on the web. Maybe as part of your retreat you will take time to watch a sermon online or any other device you may have. For some of us it might be doing something creative. Painting! Crafting! Remember it is your retreat. Only you know what you need and how you best connect with God.

One thing to remember is that you need to minimize distraction. This means turning your phone off. Turn your computer off. If you have kids at home let them know this is your time with God. Have some special activities ready for them to do. Believe me kids will understand and respect this time with God. You are actually setting a wonderful example for them.



When you spend time with God it is not lost time. Believe me friends this time is time well spent. I pray that each of you will find time to connect with God and that his Holy Spirit will nourish and fulfil you.

On Pinterest recently I saw this quote:

“come apart, before you come apart”.

It is a play on words but is oh so true.

Blessings to each of you. May God’s presence fill your life.

