

Personal Prayer

**Hanging
Out
With
Jesus
Podcast**



Retreats

Other Supports:

- [Hanging Out With Jesus Podcast](#) episode # 22
- This sheet is downloaded from lyvitabrooks.com

Hanging Out With Jesus Podcast

Scheduling Your Personal Retreats

Set aside an hour to commune with God about your Personal Retreats, alone with Him. Yearly, schedule in your appointed time with God. Remember don't try to do them all in one year, progress to steps 4 and up. Below are a few calendared events to schedule with your Savior:

- 1. Daily – one hour – for quiet time
- 2. Weekly – 2 to 4 hours – for fasting and prayer
- 3. Monthly – 8 or more hours – for getting away from your routine
- 4. Quarterly – 3 consecutive days – for putting life in order
- 5. Yearly – 5 to 7 days – for fasting and prayer
- 6. Fasting & Prayer - 21 days or 40 days consecutively – for something specific
- 7. Sabbatical Retreat – 30 days – for spiritual refreshing and rest

I'll start with _____.

Next, set aside an hour to commune with God about the focus of one or each Personal Retreat you are going to do this year. Here are some ideas:

1. Daily – Examples: AM QT or Morning Quiet Time; PM QT Evening Quiet Time; Midday QT Noon day Quiet Time – Purpose: daily devotionals, reading scriptures and reflecting and/or journaling. Start with one and work your way up to the other two. Pray about what devotional to use.

Purpose:

Morning Quiet Times: _____

Midday Quiet Times: _____

Evening Quiet Times: _____

Name of Devotional: _____

Some Devotionals to checkout:

* [Psalm 91 Challenge- Audio Only – Lyvitabrooks.com/Psalm 91 Challenge](https://Lyvitabrooks.com/Psalm%2091%20Challenge)

* [Me Project: 21 Day Ejournal for Practicing Silent Meditations](#) by Lyvita Brooks – on kindle

* [40 Days of Prayer for my Business](#) by Becky A. Davis

* Men of the Bible Devotional and Blessings for a Woman’s Heart Devotional Journal by Barbour Books

* [DaySpring has devotionals for children and teens](#)

* 100 Days of Right Believing by Joseph Prince

* [30 Day Challenge calendar and videos on Lyvitabrooks.com/30 Day Challenge](https://Lyvitabrooks.com/30%20Day%20Challenge)

* [YouVersion on your Bible App has reading plans](#)

* My Daily Scripture Devotional God’s Wisdom for Today by Thomas Nelson

* [Bible Gateway Reading Plans](#)

* Rick Warren and others, can send daily devotionals to your email

2. Weekly – Examples: Fasting and/or Prayer Time – Purpose: with family, friends, church members, Bible Study class for the purpose of interceding for love ones as a group. Select rather it’s fasting and prayer or one or the other. Remember that there are different ways of fasting, so decide which one you will do. Length of time 2 to 4 hours.

Type of Fast and My Purpose:

Week Day and Time: _____

3. Monthly – Examples: First Saturday or Third Wednesday of each month – Purpose: listening, reading, journaling and worshipping away from your regular schedule. Evaluate your life, ministry, or schedule according to a set pattern. Also for retreating and solitude.

My Purpose:

Day(s): _____

Time(s): _____

4. Quarterly – Examples: Prayer Summit; Lord & Me Time; Refocus Time – Purpose: spend time away to listen, pray, no schedule except to put your life in order, evaluate your life or ministry, revise your calendar (if needed) and talk to God. Unhurried, uninterrupted and of course, napping is included. Preferably 3 consecutive days.

My Purpose:

Months with Weekdays:

5. Yearly – Examples: Visionary Planning; Missionary Planning; Bathing a project in Prayer; Spiritual Direction or clarity; Daydreaming – Purpose: it's a time away to be quiet. Daydream about the vision God's placed on your heart. The less talking the better. Listen for the voice of God to answer the question on your heart. The reason you are there. 5-7 days

My Purpose:

Month: _____

Days: _____

6. Fasting & Prayer- Examples: Daniel Fast, The Disciple’s Fast, Devotional Challenge, Esther Fast – Purpose: select a fasting plan that is best for you. Know the purpose of the fast and the results you seek. Realizing that God’s purpose will be greater than yours. Length of time: 21 days, 40 days, or 3 days

My Purpose:

Name of Fast & Prayer: _____

Length of Time: _____

When: _____

7. Sabbatical Retreat – Example: A Month Away, writing a book, developing sermon ideas, outlining new business idea, living in silence- Purpose: this takes planning and being away for a long period of time from your family. It must be focused with an idea of what the end project might be. You are allowing Holy Spirit to speak uninterrupted.

My Purpose:

Month: _____

Take some time to read about Personal Retreats, Fasting and Prayer, and spending time in God's presence. Here are a list of books and materials that helped me:

*Fasting by Jentezen Franklin

*Fasting Journal by Jentezen Franklin

*Participating in a 21 day Fast with JentezenFranklin.org church

*The Daniel Plan by Rick Warren & The Daniel Plan Team

*The Daniel Fast by Susan Gregory

*The Ultimate Guide to the Daniel Fast by Kristen Feola

*7 Basic Steps to Successful Fasting & Prayer by Bill Bright

* God Chasers by Tommy Tenny

*Authority of the Believer by J.A. MacMillian

Now let's get started:

1. **Schedule** your appointment with God by writing it on your calendar. Notify all that need to know that you are taking uninterrupted time and contact you only in case of emergency. Set up babysitters and/or adult care.
2. **Find a secluded place** where you can be alone with God, your thoughts and feel safe.
3. **Make a schedule** of spiritual disciplines that you will use to create space to commune with God, alone.
4. **Make it an overnight experience** to give yourself plenty of time to relax and not feel rushed.

What to take:

This depends on the type of retreat but your basics are:

*Bible

*Pen, Pencil and/or Highlighter

*Journal or Notebook

*Comfortable clothing and shoes

List of Spiritual Disciplines to Explore & Things to Do:

- Silence – listening to God
- Confession & Self- Examination – examining your life and/or ministry through God’s eyes
- Worship & Praise – Singing to God; play an instrument
- Prayer Walking or biking
- Intercessory Prayer
- Journaling
- Bible Study – listening to a sermon, do a word study, read an entire book
- Devotional Reading or reading a book on specific spiritual disciplines
- Meditation – on names of God; God’s promises; the cross
- Gratitude
- Thanksgiving – eating a good meal and being thankful
- Examine God’s goodness in your life
- Spiritual Direction – scheduling your life or month, looking for guidance about a specific concern, plan future goals being led by Holy Spirit
- Ways to share my life with others through: Witnessing, Mentoring, Discipleship, Hospitality, Accountability Partner, Unity in body of Christ
- Fasting
- Memorization- a particular chapter or Scriptural Promises
- Praying – read prayers of the Bible, writing out your prayers
- Submission
- Celebration
- Slowing – watching & listening to the birds or trees, staring at what is around you without judging or questioning
- Mentoring or Discipleship – where you have prayer together with friends and love ones for one hour or less with singing and then split up into separate locations for the rest of the time

List of Do Nots:

- Don’t bring gadgets (computer, phones, iPad, etc.) because they will distract you. Cellphones should be on silence in you have to have it.
- Don’t get stuck until you get off focused on your reason for this retreat.

- Don't hang around people. Limit time to under 30 minutes you are here to be alone with God.
- Don't bring a lot of food where you are focused on eating more than spending alone time with God.
- Don't bring a novel, work from the job, magazines, etc.
- Don't bring children.
- Don't bring play games or video games.
- Don't watch television or movies.
- Don't do anything that would distract you from being alone and focused on your God.
- Don't go with other people. This is not fellowship time. Spouses are included depending on the type of retreat. Remember God is a jealous God so be mindful.

Retreat Areas:

- **Retreat & Convention sites**
- **Parks**
- **Hotelsbyday.com**
- **Staycation**
- **Monasteries and Convents**
- **Church Camp Sites**
- **Cottages, Cabins, Condos and Bed and Breakfasts**
- **RV or trailers**
- **Tents**

Family Retreats:

This is best done when everyone knows the purpose of the trip. Plan it with a purpose, such as:

1. **Strictly rest.** No gadgets. Train your young ones, first by practicing a couple months so they will get the hang of it. Start small! Baby Steps.

2. **Training up a Child.** Training your children how to practice the spiritual discipline of retreats, solitude, and meditation, memorizing scripture, studying the Bible, praying and intercessory prayer, etc. You do while they watch, they do guided by you especially on how to remove distractions, then do it separately. Again, baby steps. Start with 5 or 10 minutes, depending on the age group.
3. **Relationships.** Time to reflect and seek God's direction as a couple, family, friends, or ministry. Also, it can be a time to talk about receiving the Holy Spirit. Check out Acts 19: 1-7, 1 Corinthians 12, Luke 11:13, & Ephesians 1:13.

Sample Retreat Schedules

Think about block scheduling, which is setting a block of time to do a particular task. For example: 4 hours for fasting and prayer; 30 minutes for meditation; 45 minutes for Prayer Walking. I have two samples below but remember times and activities are adjustable. See page 7 for Things To Do and Not To Do.

Using pages 1 to 5 to identify your type of retreat, times and location. Also what type of fasting, if any.

Notes:

2 to 4-Hour Retreat Schedule

Location:

Times:

Example	My Plans with Times
15 minutes – for sitting in silence and getting yourself settled to be in the presence of God. Remember yourself why you are doing this.	
30 minutes – with Scriptures designed to cleanse the heart and make certain no uncontested sin or hindrances are in your life	
30 minutes – Praise, Worship, Singing and exalting the Lord	
25 minutes to 3 hours – focused on intercession, but please, allow the Holy Spirit to guide you	
20 minutes – thanksgiving and sitting in silence	

One-Day Retreat Schedule

Example	My Plans with Times
7:30 am – Being still, listening	
8:30 am – Journaling to God about your expectations for today	
9:30 am – Prayer Walk or Silently walking enjoying the beauty of God’s earth	
10:30 am – Water, enjoying its texture like it was your first time tasting it	
11:00 am – Count your blessings, Name them one-by-one; being thankful, grateful, and appreciative	
12:00 pm – Light lunch, slowing down and enjoying every bite by chewing it longer than usual	
12:30 pm – Confession, Self-Examination; allow God to reveal whatever needs correcting; listen to episode 23 on Hanging Out With Jesus Podcast about confession; walk or jog; listen to a sermon	
2:30 pm – Put on the whole armor of God; read Ephesians 6: 10 – 18 or Colossians 3	
3:30 pm – Take a drink with your eyes closed and enjoy	
3: 45 pm – Cast any remaining cares on the Lord; nap; listen to the sounds around you	
4: 45 pm – Plan your next one-day Prayer Retreat	

5 to 7- Day Retreat Schedule

Example	My Plans with Times
<p>Day 1: Depends on arrival time: 60 minutes – Sit or walk in silence 60 minutes – Worship and Praise 60 minutes – Journaling to God on why you came on this retreat Just chill with God!</p>	
<p>Day 2 to 6 7:30 am – Wake up 8 am – Breakfast 9 am – Be still; Worship; Thanksgiving 10 am – Confession; Clothe; Water 11:00 am – Cast Burdens for Ministry & people 12:30 am – Light Lunch 1 pm – Good old fashion nap 2 pm – Bathing Ministry in prayer; Reading about prayer 3 pm – Dreaming and journaling 4 pm – Actual planning & strategizing 5 pm – Dinner; Fellowshiping 6 pm – Walk & Prayer 7 pm – Music & Instrument Time 8 pm – Read book that focus on why You are there, ex. Vision 9 pm – Chill Time! Or Pack up 10 pm - Bed</p>	
<p>Day 7 7:30 am – Awake 8:30 am – Breakfast 9:30 am – Worship, Praise & Gratitude 10:30 am – Review & Reflect; Pray over Ministry, people, Goals, family, & plans 11:30 am – Prepare to leave</p>	

