



10 Minute Retreat

Use it to refresh your soul during the next week

Your 10 Minute Retreat packet includes:

- 1 black & white worksheet for sharing and quick copying
- 1 colored worksheet to use as a personal reflection
- 4 pocket sized retreat cards highlighting the individual steps to a 10 Minute Retreat

10 Minute Retreat

Prepare ~

- Set aside a space where you will be undisturbed. Silence phones and computers, and eliminate other distractive elements.
- Open a Bible or a favorite inspirational book, light a candle, or set out a flower or plant to help place you in a calming space.
- If desired, set a timer so that you don't worry about checking the clock. Strike a singing bowl or bell to signal that your retreat has begun.

Settle ~

- Be seated in a comfortable chair. Place both feet on the ground and rest your hands in your lap. Close your eyes.
- Take three long, deep breaths. With each one, allow the tension in your body to melt away.
- Breathe normally and allow a word or phrase to "center" you. Rest a moment or two in this space.

Engage ~

- Read a brief passage from the Bible or other meditation. If your drifts read it again, slowly allowing the words and images to take hold of you.
- Sit with your reflection in quiet, or write in a journal. What is God saying to you in this moment? Allow the stillness and peace to enfold you.
- Let your prayer arise naturally. When thoughts or distractions arise, don't chase them away, but let them drift off as you use your centering word or phrase to bring you back to the present.

Emerge ~

- When you are finished, take a moment to breathe deeply again. Consider what you want to carry with you from this time of retreat.
- Strike the bowl or bell to bring an end to your reflection. Savor the sensation of being quiet, if just for a short time!

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Emergence ~

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