



PRAYER RETREAT:

A guided day of Silent Prayer, Reflection & Meditation

Saturday 6th June

**East Taieri Church,
12a Cemetery Rd, Mosgiel**

9am to 4pm

Facing Our Giants

Prayer is primarily about connecting and communicating with God. This is a day set aside just to do that, personally in quiet and silence but also times together.

This day will particularly focus on facing up to the things that we might perceive as ‘giants’ or barriers, challenges to our spiritual journey.

‘Contemplative or silent prayer can free us from our addiction to words,’ said Richard Foster in his book on prayer.

‘For God alone my souls waits in silence.’ (Psalm 62 v 1)

C. S. Lewis wrote, *‘I still think the prayer without words is the best...’*

Finding a sense of silence within ourselves can allow us time and room to hear from God and receive His strength and refreshment, in a world that is busy and always wanting our attention and response. It is an opportunity to **rest our bodies and minds, deal with the clutter in our heads and clear the way for our spirit to connect with the Holy Spirit in a fresh way.**

Time in silence, meditation and prayer is one way to re-connect with God, hear His voice for our life and situations and receive from Him and others, as we in Christ, are part of His body together.

What will happen?

- There will be a rhythm to the day and will include, corporate prayer and times of corporate silence, periods of personal silence and prayer, sharing reflections on what God might be saying and sharing communion at the end of the day.
- Personal prayer is available on request.
- There will be some tips and ideas given in how to use this time throughout the day. Resources will be available to use and take away.

Time: The day starts at 9am and finishes at 4pm.

Where: The whole ET church building has been booked out for this day. We will gather in Oak Lounge.

What to bring: Yourself, with things you are wanting to seek God about or that are on your heart or no agenda at all. A bible and a notebook and anything else that helps you as you pray.

Refreshments: Morning and afternoon tea is available and we ask you to bring your own lunch. **We break for lunch at 12:30.**

Attitude: Come to hear with an open heart, being respectful of other people’s silence.

Coming for part of the day: If you are keen to come but only can come for part of the day, the morning time is best as it sets the rhythm for the day and doesn’t interrupt other people’s prayer. You can then slip away when you wish.

There is no cost to the day and is offered to all who wish to have time with God together. If you wish to make a koha/donation there is an offerings box in the church building.

Any more information please contact Paul and Mary Reet on 0274065959 email: qpm.reet@gmail.com

Please let Paul and Mary know you are coming by FRIDAY 29th May, as numbers are limited to 40 and we need to prepare enough resources.

Please note- there appears to be a demand/hunger for these days and we have operated a waiting list in the past because of being over-subscribed.

