



MAKE A RETREAT

MARK 6:30-32

"Retreating...is not about gaining more information. It is not getting away to get things done. It is not a way to catch up on our reading or e-mail. Retreats are ways we pull back from the battle and rest."

Adele Ahlberg Calhoun, *Spiritual Disciplines Handbook*
(Downers Grove, IL: InterVarsity Press, 2005): 67.

The spiritual discipline of retreat is "the deliberate, intentional act of _____ to a quiet place to be _____ with God." While the spiritual discipline of rest is focused on slowing down from life's busyness in order to give your body and spirit time to recuperate, the spiritual discipline of retreat is about removing yourself from life's _____ and _____ to give yourself time to focus on and interact with God.

You will not find the word "retreat" in the Bible, outside the concept of a military withdrawal. But you will find the concept, particularly in the life of Jesus, who "would withdraw to desolate places and pray" (Luke 5:16).

- Jesus retreated when needing _____ and _____ (Luke 4:1-2).
- Jesus retreated when needing to renew His _____ (Mark 1:35).
- Jesus retreated when dealing with major _____ (Luke 6:12-13).
- Jesus retreated when experiencing _____ (Matthew 14:13; Mark 6:31).
- Jesus retreated when escaping worldly _____ (John 6:15).
- Jesus retreated when dealing with _____ (Luke 22:41).

PRACTICAL OBSERVATIONS ABOUT RETREAT:

1. Retreat requires _____.
2. Retreat may require _____.
3. Retreat does not require _____.
4. Retreat does not require a lengthy _____.



MY WORSHIP NOTES

Listen and write down notes from today's singing and sermon!

Name: _____ Date: _____

Circle One: **Sunday** **Wednesday** Circle One: **Morning** **Evening**

**LIST THE SONGS
THAT WE SANG:**



WHAT SCRIPTURE WAS READ? _____

WHAT WAS THE SERMON TITLE? _____



MAKE A MARK FOR EACH TIME YOU HEAR THESE WORDS IN THE SERMON:

GOD	JESUS	BIBLE	RETREAT
WITHDRAW OR WITHDRAWING	ELIJAH	DISCIPLINE	

**WRITE DOWN THE BIBLE
VERSES THAT WERE
USED IN THE SERMON:**

DRAW A PICTURE BASED ON TODAY'S LESSON