

MOVEMENT 1: ENCOUNTERING GOD WHO IS LOVE, LOVING

Petitionary Prayer: *I ask for the grace to know beyond doubt of God's love, and personal care for me.*

Prayer 1. Read Jeremiah 1:4-5 and 31:3b-4a (“*I knew you... loved you*”)

For Reflection: What are my thoughts, feelings, and desires as I pray over God's words? How has God's love led me here to this time and place in my life?

Prayer 2. Isaiah 43:1-7 (“*I called you by name*”)

For Reflection: What words of God from this passage resonate within you? What does it mean for you that you are God's beloved, precious in His eyes?

Prayer 3. Isaiah 41:10 (“*I am with you*”)

For Reflection: How has God helped me in the past? What areas in my life have I tried to go it alone? What hesitance am I sensing in my relationship with God? What areas do I need to be strengthened in?

Prayer 4. Psalms 23 (The Lord is my shepherd)

For Reflection: What words or images from David's response to God speak for you? Read this passage again: Where has God guided you, given you rest? What am I sensing God is saying to me now? What am I feeling as I read the passage? What do I want to share with God about His loving care?

Prayer 5. John 3:16 (For God so loved the world)

For Reflection: Imagine how God felt when He gave Himself to us and for us. Spend some time reflecting upon this gift of God's own Self for you. Talk with God, share your response with Him.

Prayer 6. Repetition: Select from the previous scriptures to pray with again. Choose from those that brought movements in prayer. Consolations: being lifted up, felt the presence of God. Desolations: struggle, dryness, uncomfortable, a felt sense of a distance from God.

For Reflection: What has God provided for me? What concerns or fears do I want to let go of as I move through this retreat? Share your concerns, listen for His response.

Prayer Period Gathering the Graces: Review and savor God's gifts to you. Make notes for sharing with your spiritual director or your faith-sharing group.

Additional Scriptures: Romans 8:26-34 (If our God is for us, who can be against us), Luke 12:22-29 (“*do not worry*”), Psalms 131 (Hope in the Lord), Galatians 2:20 (God who has loved me), Jeremiah 31:3 (“*with age-old love, I have loved you*”)