

# DAILY RETREAT

**Each day we need to stop and remind ourselves what is important. We can get so focused on the now that we forget to focus on the eternal. A daily six-minute retreat will help build the relationship with God that will sustain us today and tomorrow.**

## THREE MINUTES: BIBLE

Take out your Bible – either paper or digital.

We suggest you read brief passages, bit by bit, and allow yourself to take it in. If this is your first time reading the Bible, we recommend starting with a Gospel and then the book of Acts. You could use a study guide to provide passages to read if you wish or check out an annual Bible (for example, The Bible in One Year – NIV).

Take a short passage, read it, and ask yourself three questions.

1. What does this tell me about me?
2. What does this tell me about God?
3. What do I need to do to take the passage and live it?

## TWO MINUTES: PRAY

God loves your voice. He loves to hear what you have to say. He loves to hear you cry, laugh and complain. Your prayers do not need to be clever. Simply say either in your mind or out loud what is happening in your life.

Share thanksgiving as well as your needs. Simply start by saying something like, hello God, Dear Father or God come and find me. Then just go for it.

## ONE MINUTE: LISTEN

God wants to talk to you as well as listen. Take a moment to listen to Him. Sometimes you might get a sense of what he is saying. Some people talk about a feeling; you might just feel His presence. This is all positive and part of knowing God. If you hear nothing, don't get stressed. Sit still with God. When you are ready, end by saying Amen (means 'so be it').

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