

THIRSTY?

A clear glass filled with water is positioned in the center, partially obscuring the word 'THIRSTY?'. The glass is set on a reflective surface, creating a clear reflection below it. The background is white, and the text 'THIRSTY?' is in a large, bold, black sans-serif font.

PERSONAL SPIRITUAL RETREATS

Refreshing Your Soul Intentionally

 MIKECALHOUN.ORG

The logo features a stylized 'M' and 'C' in orange and red, followed by the text 'MIKECALHOUN.ORG' in a bold, black, sans-serif font.



THIRSTY?

MY PERSONAL SPIRITUAL RETREAT (Ex. #1)

TIME:	TOOLS:
April 20, 2017	Bible
<small>Date Scheduled</small>	Notebook
7:00 p.m.--9:00 p.m.	Pen, Pencil, or Stylus
<small>Time Allotted</small>	Music
PLACE:	
Church Classroom	

Personal Spiritual Retreats as a Practice: Insights to Guide

- Worship Through Meditation
 - Attribute/Characteristic of God: Omnipresence
 - God is everywhere.
 - God is always near.
 - All of my actions are in His presence.
 - Verse/passage: Psalm 139:7
- Worship Through Reading His Word
 - Psalm to pray through: Psalm 139:1-7
 - O Lord, You have searched me and known me. (*Lord, you know me better than anybody else.*)
 - You know my sitting down and my rising up; You understand my thought afar off. (*Lord, you know when I get up and you know what I am thinking, so help me to think correctly.*)
 - You comprehend my path and my lying down, and are acquainted with all my ways. (*Father, the thought of you knowing all of my actions is both comforting and terrifying.*)
 - Etc.
 - Passage to read or review on retreat: Jeremiah 23:23-24



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MY PERSONAL SPIRITUAL RETREAT (Ex. #1—cont'd.)

- **Worship Through Prayer**
 - Confession: Lord, forgive me for the times I am not careful with the words I speak.
 - Commitment (Obedience): I plan to place guards on my mind and my mouth. Lord, please help me follow through on this commitment.

- **Worship Through Personal Evaluation**
 - Review value: My focus was on “Am I doing what really counts?”
 - Review goal: My focus was on personal spiritual goals.

Personal Spiritual Retreats as a Lifestyle: Next Steps

- Realizing God is ever present, I will change my behavior by:
 - Being more selective in the media I consume.
 - Thinking before I speak.
- Realizing God is ever present, I will take comfort by:
 - Reminding myself of His presence when I am fearful.
 - Talking to Him when I feel like I have no one to talk to.



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MY PERSONAL SPIRITUAL RETREAT (Ex. #2)

TIME:	TOOLS:
June 13, 2017	Bible
<small>Date Scheduled</small>	Notebook
7:00 a.m.—8:00 a.m.	Pen, Pencil, or Stylus
<small>Time Allotted</small>	Music Device with Headset
PLACE:	
Coffee Shop	

Personal Spiritual Retreats as a Practice: Insights to Guide

- Worship Through Meditation
 - Attribute/Characteristic of God: **Mercy**
 - God repays evil with good.
 - God is infinitely compassionate.
 - God confronts our guilt.
 - Verse/passage: Psalm 103:11-18
- Worship Through Reading His Word
 - Psalm to pray through: Psalm 103:11-18 (Use if time allows.)
 - Passage to read or review on retreat: Lamentations 3:22-24
- Worship Through Prayer
 - Confession: (Use if time allows.)
 - Commitment (Obedience): (Use if time allows.)

Personal Spiritual Retreats as a Lifestyle: Next Steps

- Today I will show mercy to [Name].
- I will tell [Name] about God's mercy in my life.



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MY PERSONAL SPIRITUAL RETREAT (Ex. #3)

TIME:	September 9, 2017	TOOLS:	Bible
	<small>Date Scheduled</small>		Notebook
	½ Day		Pen, Pencil, or Stylus
	<small>Time Allotted</small>		Book
PLACE:	Local Park		

Personal Spiritual Retreats as a Practice: Insights to Guide

- Worship Through Meditation
 - Attribute/Characteristic of God: Holiness
 - God's holiness is incomprehensible.
 - God does not conform to a standard; He is the standard.
 - God is infinitely perfect.
 - Verse/passage: 1 Peter 1:16
- Worship Through Reading His Word
 - Psalm to pray through: Psalm 99
 - The Lord reigns; let the people's tremble! He dwells between the cherubim; Let the earth be moved! (*Lord, the whole earth trembles because you are such a great God.*)
 - The Lord is great in Zion, and He is high above all the peoples. (*Lord, not only are you great in Zion, you are great in all the earth.*)
 - Let them praise Your great and awesome name—He is holy. (*I agree, Father, that you are awesome and holy.*)
 - Etc.
 - Passage to read or review on retreat: 1 Peter 1:13-16



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MY PERSONAL SPIRITUAL RETREAT (Ex. #3—cont'd.)

- **Worship Through Prayer**
 - Confession: I am not committed to holiness as I should be.
 - Commitment (Obedience): I am making a new commitment to be holy as God is holy.

- **Worship Through Personal Evaluation**
 - Review value: My focus was on “Did I do anything this week that really mattered in light of eternity?”
 - Review goal: My focus was on personal ministry goals.

Personal Spiritual Retreats as a Lifestyle: Next Steps

- In light of God’s holiness, I will adjust my life by . . .
- In light of God’s holiness, I will adjust my prayer life by . . .



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MY PERSONAL SPIRITUAL RETREAT

TIME:

TOOLS:

Date Scheduled

Time Allotted

PLACE:

Personal Spiritual Retreats as a Practice: Insights to Guide

- Worship Through Meditation
 - Attribute/Characteristic of God:

 - Verse/passage:

- Worship Through Reading His Word
 - Psalm to pray through:

 - Passage to read or review on retreat:



MY PERSONAL SPIRITUAL RETREAT (continued)

- **Worship Through Prayer**
 - Confession:

 - Commitment (Obedience):

- **Worship Through Personal Evaluation**
 - Review value:

 - Review goal:

Personal Spiritual Retreats as a Lifestyle: Next Steps

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