056: The Power of a Christian Retreat

With Chris Conrad

He who is always available, is rarely transformational.

***Three different types of retreat:***

* *Personal retreat or with others (retreat center)*
* Times when you are alone
* Quiet
* The angst is to “do” in the quiet.

“Sometimes the most spiritual thing that we can do is take a nap.”

* Rick Warren
* Getting away but still having some community time.
* You will most often feel like you do not have the time to go.
* *Retreat with other leaders (Staff or Lay Leaders)*
* Where is it that God is directing and guiding us?
* What are some areas of growth that we can move in?
* Listening and honoring the promptings of Holy Spirit
* It is not ALL about content.
* Make sure you save time to spend time in discernment.
* *Retreat with your board or governance body*
* For those in the discerning process of the church and spending time with them.
* Questions to ask:

‘Tell me about your spiritual journey?’

‘When are some times that you have really seen God show up in your life?’

‘What is a time that is really difficult – your dark night of the soul?’

* An optimal time would be in the late summer/early fall when your new board comes together
* Go through a book together
* Leave time for Holy Spirit to speak to you.

***Retreat helps you reset the rhythm of life.***

***Questions to ask yourself:***

* What do you need to do on a **weekly** basis to keep your soul healthy?
* What do you need to do on a **monthly** basis?
* What do you need to do on a **quarterly** basis?
* What do you need to do on an **annual** basis?

There are reasons why Jesus said to get away.

If we take the time to ‘retreat’, so often Holy Spirit will meet with us and it will be transformative; not only our lives, but also the lives of our ministries.

**Resources:**

**Retreat Centers:**

[Transforming Center – Ruth Haley Barton](https://transformingcenter.org/)

[The Oaks – Bob Goff](https://www.oakscenter.com/)

[Soul Care](https://www.soulcare.com/)

[The Hermitage Retreat Center](https://linkprotect.cudasvc.com/url?a=https%3a%2f%2fwww.hermitagecommunity.org&c=E,1,qtcZbWn2pUE3E4kyz9M7Dqxii6o8yOIayUP9swFwEb2wpQ6sXfA7mS2wj_bskJPABLan55t3skHpTql9qkMKWDZ47nRmlDb602x4WCuE&typo=1)

**Books:**

[Invitation to Solitude and Silence by Ruth Haley Barton](https://www.amazon.com/Invitation-Solitude-Silence-Experiencing-Transforming/dp/0830835458/ref%3Dsr_1_5?crid=1JSEIBWT45H5C&keywords=ruth+haley+barton&qid=1681925861&s=books&sprefix=ruth+haley+barton%2Cstripbooks%2C136&sr=1-5)

[Embracing Rhythms of Work and Rest by Ruth Haley Barton](https://www.amazon.com/Embracing-Rhythms-Work-Rest-Sabbatical/dp/1514002639/ref%3Dsr_1_2?crid=1JSEIBWT45H5C&keywords=ruth+haley+barton&qid=1681925861&s=books&sprefix=ruth+haley+barton%2Cstripbooks%2C136&sr=1-2)

[Sacred Rhymths by Ruth Haley Barton](https://www.amazon.com/Sacred-Rhythms-Arranging-Transformation-Collection/dp/0830848754/ref%3Dsr_1_3?crid=1JSEIBWT45H5C&keywords=ruth+haley+barton&qid=1681925861&s=books&sprefix=ruth+haley+barton%2Cstripbooks%2C136&sr=1-3)

[Pursuing God’s Will Together by Ruth Haley Barton](https://www.amazon.com/Pursuing-Gods-Will-Together-Transforming/dp/0830835660/ref%3Dsxts_b2b_sx_reorder_acb_customer?content-id=amzn1.sym.44ecadb3-1930-4ae5-8e7f-c0670e7d86ce%3Aamzn1.sym.44ecadb3-1930-4ae5-8e7f-c0670e7d86ce&cv_ct_cx=pursuing+god%27s+will+together+by+ruth+haley+barton&keywords=pursuing+god%27s+will+together+by+ruth+haley+barton&pd_rd_i=0830835660&pd_rd_r=b35243a0-8983-4c33-9343-6c1f7a704925&pd_rd_w=kHF9o&pd_rd_wg=XkjOW&pf_rd_p=44ecadb3-1930-4ae5-8e7f-c0670e7d86ce&pf_rd_r=HFE85Y5GNXVYRGR7ZNYK&qid=1681925526&sbo=RZvfv%2F%2FHxDF%2BO5021pAnSA%3D%3D&sprefix=pursuing+God%2Caps%2C185&sr=1-1-62d64017-76a9-4f2a-8002-d7ec97456eea)