

# BUSY PERSON'S RETREAT

Listening to God  
A Guided Prayer Experience



*St. Mary's Parish*



## Day One

*Jesus came to appreciate how intimately God was involved in his life by reflecting upon and praying over his history. With Jesus, you can prayerfully reflect upon your own personal history.*

## Reminders

When you journey into God's presence, God regards you with constant love and caring. God is with you each moment of your life. It is helpful to take time before going to bed to look over your day and to notice where you have felt God's presence and where you have been unaware of God's presence.

## Scripture Passages – Suggested Texts for Prayer

- Jeremiah 1:1-10 God's call of Jeremiah
- Hosea 11:1-4 God's outpouring of love
- Mark 1:9-11 Jesus is baptized in the Jordan River and experiences God's call in a special way

## Reflection Experience

Jesus came to know the presence of God in his life through his mother's teaching, through Scripture, through his life experiences and prayerful reflection on these experiences. For Jesus, as for you, 'memory' was the sacrament of God's presence.

As Jesus himself must have done, you too can pray over the stuff of your own experience, your personal history:

- ⌘ the events,
- ⌘ the experiences,
- ⌘ the people who have crossed your path,
- ⌘ the jobs you have held,
- ⌘ the gifts you have been given,
- ⌘ your accomplishments,
- ⌘ your failures.

With Jesus as your guide, take some time to go down 'memory lane' and contemplate the events of your own personal history, seeking how God, Jesus and the Spirit have been involved in your life.

### **Prayer of the Day**

Loving God, You offer me so much.  
You give me so many days and years,  
So many strengths and abilities,  
So many rich things and splendid machines,  
And you surround me with so many whom I may love.  
Teach me this one thing above all\_  
How I am to choose.  
Then I hope to return to You  
As many wonders as You have poured out on me.  
Through Christ Jesus  
My friend and brother. Amen.

### **Prayer Jottings:**

## **Day Two**

*God desires to be in an intimate relationship with you. God invites you to experience an abundance of love.*

### **Reminders**

- Find and fix a time when you can pray and not be disturbed.
- Find and fix a place as your prayer place.
- You will need only a Bible, a notebook and the materials distributed by your prayer director.

### **Scripture Passages**

- Psalm 139:1-18 God surrounds you with love and acceptance
- Isaiah 43:1-7 You are precious in my eyes and I love you
- Ephesians 1:3-14 God's overall plan

### **Reflection Questions:**

- What ways of prayer have helped you enter into a relationship with God?
- Where in the past have you experienced God's love and care for you?
- What images do you have of God, self, prayer, or others which might interfere with a deeper relationship with God?

## **Reflection Experience**

Scripture says Jesus turned to prayer throughout his life. Prayer gave him courage, belief in himself, and belief in God's will for his life. Reflect on the patterns of prayer in your life.

## **Prayer for the Day**

O Lord, my God, You called me from the sleep of nothingness  
Merely because of Your tremendous love.

You want to make good and beautiful beings.

You called me by name in my mother's womb.

You have given me breath and light and movement  
and walked with me every moment of my existence.

I am amazed, God of the universe,

That You attend to me and, more, cherish me.

Create in me the faithfulness that moves You,

And I will trust You and yearn for You all of my days. Amen.

## **Prayer Jottings**

## Day Three

*To know Jesus intimately is to know that you are forgiven and constantly need God's forgiveness. Jesus is constantly desiring to save you from the effects of sin which render you helpless. When you allow Jesus to do so, he is in personal relationship with you.*

*You are called beyond yourself, into deeper union with Jesus with your weaknesses and fears in spiritual freedom. You are called to know and experience Jesus in the power flowing from the resurrection.*

## Reminders

You want God to reveal to you the mystery deep within you. Ask God to give you the gift of healing and freedom.

Ask God to help you come to know and love Jesus in a more complete and intimate way.

Write down any words or images that may come from your prayer.

## Scripture passages – Suggested texts for prayer

- Luke 7:36-50 The sinful woman washes the feet of Jesus
- Luke 15:11-32 The return of the lost child
- John 13:1-7 Jesus washes the disciples' feet

## Reflection Questions:

- Where do you need to experience the healing power of Jesus?
- Where do you need to experience the forgiving power of Jesus?
- Where have you experienced these gifts before?

## **Reflection Experience**

Take some time in prayer to review the experience of this past week. Then spend some time, also in prayer, reflecting on the following points.

- What has been the grace, the gift, for you during this time of prayer?
- What were the most significant moments for you during this past week?
- Can you name in a word or an image the moment that you felt most connected with God? With Jesus? With the presence of the Spirit?
- What have you heard God speak to you?
- To what do you hear God calling you as a result of these times of prayer?

## **Prayer for the Day**

Jesus, you always seem to ask: What do you want?

Let me find it in my own spirit

To want to know you as friends know,

To know you knowing me and loving me.

Let my wish to be healed of all

Match your great wish to heal me

As you healed the Gerasene.



Let me find it in my own spirit  
To want to climb trees to see you,  
Too short as I am to make it through the crowd.  
Oh, Jesus, I say with my whole heart:  
Seeing or not, limping or leaping,  
I will come where you are,  
If only you'll call me.

### **Prayer Jottings**

## **Day Four**

### **Focusing Scripture passages**

- Matthew 4:1-11 - Through the temptations in the desert, Jesus responded to his call of total dependence on God.
- Luke 4:16-30 - Jesus responded even though he experienced failure.
- Luke 18:18-30 - Jesus called others to be disciples by leaving all things behind.

### **Reflection Questions**

- How have you grown in spiritual freedom?
- Are you more open now?
- What are you being called to accept now?

### **Scripture Passages – Suggested Texts for Prayer**

John 20:11-18 Jesus appears to Mary Magdalene.

John 21:15-19 Peter, do you love me? ... Feed my lambs.

Colossians 1:15-20 Jesus is the image of the invisible God.

## **Prayer for the Day**

You did a marvel, Jesus Christ,  
And make me feel beside myself in surprise.  
My spirit glistens with your rising.  
I smile and smile with you,  
I am drowning in the laughter of your friends.  
You have won, Jesus, we know you have won.  
You have defeated all the worst that we could do,  
Each alone and all together.  
You crushed the power of darkness and of death  
To walk peacefully again in our flesh,  
Now and forever.  
Come to me, great Lord of Life,  
As you come to all your friends.  
Send me to console those around me who hurt.  
Come and send your friends into this daily world  
To labor full of hope for the Reign of God.

## **`Prayer Jottings**

