## **Mark I Retreat of Silence Guide**

*Welcome. Below is a guided retreat of silence. The guide will help you spend time with God and prepare for your week. There are suggested times for each exercise. Don’t feel bound by it. God may be inviting you into other ways of meeting with him and processing things in your heart. If so, feel free to put aside this guide. The goal of your time is simply to be with Jesus with all of who you are.*

**Arrive** 30 min

Take some time to arrive. We are usually very scattered after finals and in different places. Our thoughts and emotions are scattered. Take some time to breathe deeply and simply sit before God. Bring your mind and heart into his presence fully. The Lord loves you and is inviting you into relationship with himself. Be with him and allow him to show you his love. Enjoy this as long as you need.

**Process** 45 min

We think of distractions as something that leads us away from God. However distractions can be things that our soul is preoccupied with. Allow your thoughts and emotions to surface. Write down incidents that come to mind. Next to them write down any emotions you are feeling. Don’t judge or analyze each incident. Simply write them down. At the end of this time; hand over this list to Jesus. Allow him to cover you with his peace. What is God saying to you?

**Read** 45 min

Read through your Mark 1 Manuscript Page 1. We will be using a process called inductive bible study. You may be familiar with this on campus. Below are a few methods we will use in the first step called observation.

1. Break page 1 into logical paragraphs
2. Observe the text (Make marks in your manuscript):
3. Make a list of people (who), places (where), time (when), situation (what) and
4. Connections or “Laws of Composition”: repeated words, contrasts, cause and effect, climax, general ideas becoming specific, specific ideas becoming general, metaphors
5. Imagine yourself in the scene in Mark 1: What do you see, taste, smell?

Overall impressions

1. What questions would you like to write down in your manuscript of page 1?

**Pray** 30 min

What might God be drawing you to? What is he saying to you? Are there any major themes that stand out to you? What would you like Jesus to do for you this week? Ask him. Close with the Lord’s prayer. Spend time as long as you need.

*Blessed Lord, who caused all Holy Scripture to be written for our learning, grant us so to hear them, read, mark, learn, and inwardly digest them, that we may embrace and ever hold fast the blessed hope of everlasting life, which you have given us in our Savior Jesus Christ; who lives and reigns with you and the Holy Spirit, one God, forever and ever. Amen.*

--Proper 28, Book of Common Prayer