

# ONE WORD RETREAT

## INSTRUCTIONS

RESOLUTIONS ARE HARD BUT ANCHORING YOUR YEAR OR A INTENTIONAL TIME PERIOD IN ONE WORD IS VERY POWERFUL TO CENTER OUR LIVES IN WAYS THAT ARE CONNECTED TO THE HOLY SPIRIT THAT GUIDES US. IF YOU DON'T HAVE A WORD FOR THE YEAR YET, HERE IS A CHRISTIAN TRADITION BASED ONE WORD SELF-RETREAT TO DO BEFORE YOU BEGIN YOUR JOURNALING JOURNEY. THIS IS BASED ON [WWW.MYONEWORD.ORG](http://WWW.MYONEWORD.ORG) BUT IS SHIFTED TO FOCUS MORE ON THE MOVEMENT OF THE HOLY SPIRIT'S GUIDANCE FOR OUR CENTERING. BY THE END YOU WILL HAVE A WORD FOR THE YEAR TO HOLD ON TO.

WRITE IT IN THE FRONT OF THIS BOOK, PUT IT ON A POST-IT NOTE, PUT IT IN YOUR PHONE, HOLD IT IN YOUR HEART, AND GET READY FOR TRANSFORMATION! NOTE: ALL SCRIPTURES ARE FROM THE NEW REVISED STANDARD VERSION UPDATED EDITION TRANSLATION OF THE BIBLE.

## ACKNOWLEDGMENT

What made you buy this journal specifically?

What were the 3-4 biggest headlines of your past 3 months (examples: birth of a child, getting into college, losing your job or a loved one)?

  
  
  

## CLEANSE

If nothing changes, what dominant emotion(s) would you be bringing into the year or current time period?

What burdens are you holding right now at this very moment? Are you feeling any disappointment about the year so far? If so, over what expectations? Is there anything you have avoided? Is there something you are doing that you know you shouldn't be doing?

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KEEPING YOUR BURDEN'S IN MIND. READ THROUGH EACH OF THESE SCRIPTURES THREE TIMES. CIRCLING WHAT STANDS OUT TO YOU.

### PSALM 51:1-2

**1** HAVE MERCY ON ME, O GOD,  
ACCORDING TO YOUR STEADFAST LOVE;  
ACCORDING TO YOUR ABUNDANT MERCY,  
BLOT OUT MY TRANSGRESSIONS.  
**2** WASH ME THOROUGHLY FROM MY INIQUITY,  
AND CLEANSE ME FROM MY SIN.

### MATTHEW 11:28-30

**28** "COME TO ME, ALL YOU WHO ARE WEARY  
AND ARE CARRYING HEAVY BURDENS, AND I  
WILL GIVE YOU REST. **29** TAKE MY YOKE UPON  
YOU, AND LEARN FROM ME, FOR I AM GENTLE  
AND HUMBLE IN HEART, AND YOU WILL FIND  
REST FOR YOUR SOULS. **30** FOR MY YOKE IS  
EASY, AND MY BURDEN IS LIGHT."

### 1 JOHN 1:5-9

**5** THIS IS THE MESSAGE WE HAVE HEARD  
FROM HIM AND PROCLAIM TO YOU, THAT GOD  
IS LIGHT AND IN HIM THERE IS NO DARKNESS  
AT ALL. **6** IF WE SAY THAT WE HAVE  
FELLOWSHIP WITH HIM WHILE WE ARE  
WALKING IN DARKNESS, WE LIE AND DO NOT  
DO WHAT IS TRUE; **7** BUT IF WE WALK IN THE  
LIGHT AS HE HIMSELF IS IN THE LIGHT, WE  
HAVE FELLOWSHIP WITH ONE ANOTHER, AND  
THE BLOOD OF JESUS HIS SON CLEANSSES US  
FROM ALL SIN. **8** IF WE SAY THAT WE HAVE NO  
SIN, WE DECEIVE OURSELVES, AND THE  
TRUTH IS NOT IN US. **9** IF WE CONFESS OUR  
SINS, HE WHO IS FAITHFUL AND JUST WILL  
FORGIVE US OUR SINS AND CLEANSE US  
FROM ALL UNRIGHTEOUSNESS.

PONDER AND TAKE IN THIS AMAZING TRUTH:

IN THE NAME OF JESUS CHRIST, **YOU** ARE FORGIVEN.  
YES, YOU.  
YOU ARE A BELOVED CHILD OF GOD.

YOU HAVE AGENCY THROUGH THE HOLY SPIRIT TO OVERCOME AND CAST ON JESUS ALL BURDENS SO THAT YOU CAN LEARN FROM HIM. IT IS NEVER TOO LATE, AND YOU ARE SUPPORTED BY YOUR SPIRITUAL TEAM. WE DON'T TAKE FORGIVENESS FOR GRANTED BUT PROMISE TO HONOR GOD'S CREATION BY SHARING GOD'S GRACE AND LOVE. CREATION INCLUDES OURSELVES, SO REMEMBER SELF-LOVE, IN ADDITION TO LOVING OTHERS AND LOVING GOD.

## CLARIFY

If you could get God on the phone and ask just one question, what would you ask and why?

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### AWARENESS

Our hearts shrink or expand to the size of our greatest concern. How would you describe the current state of your heart? Where is it expanding, and what is causing it to grow? On the other hand, if you feel your soul is shrinking, where is your concern focused?

Where have you felt a nudge or a prompting to get involved? Instead of turning away, what would it look like to "lean in" and seek ways you can help in these areas?

### LISTENING

TAKE A MOMENT TO ASK GOD TO SPEAK TO YOU THROUGH THESE SCRIPTURES. **CHOOSE 4-5 SCRIPTURES** TO FOCUS ON OVER THESE NEXT FEW PAGES. I HAVE INCLUDED 11 HERE FOR YOU.

**FIRST READING:** READ THE SCRIPTURE VERY SLOWLY. TAKE YOUR TIME.

**PAUSE:** TAKE 3 LONG, DEEP BREATHS AS YOU CONNECT TO THE SCRIPTURE.

**SECOND READING:** TAKE A HIGHLIGHTER OR A PEN AND CIRCLE THE WORDS THAT STAND OUT TO YOU

**PAUSE:** TAKE 3 LONG, DEEP BREATHS AGAIN. CONNECT WITH YOUR BODY.

**THIRD READING:** WRITE DOWN THE WORDS (CAN BE THE CIRCLED ONES AND/OR NEW ONES THAT STAND OUT) IN THE SPACE PROVIDED.

#### GENESIS 1:1-2

1 WHEN GOD BEGAN TO CREATE THE HEAVENS AND THE EARTH, 2 THE EARTH WAS COMPLETE CHAOS, AND DARKNESS COVERED THE FACE OF THE DEEP, WHILE A WIND FROM GOD SWEEPED OVER THE FACE OF THE WATERS.

#### WORDS THAT STAND OUT

INSTRUCTIONS

LISTENING (CON'T)

EXODUS 31:1-5

**1** THE LORD SPOKE TO MOSES, **2** "SEE, I HAVE CALLED BY NAME BEZALEL SON OF URI SON OF HUR, OF THE TRIBE OF JUDAH, **3** AND I HAVE FILLED HIM WITH A DIVINE SPIRIT,<sup>[A]</sup> WITH ABILITY, INTELLIGENCE, AND KNOWLEDGE, AND EVERY KIND OF SKILL, **4** TO DEVISE ARTISTIC DESIGNS, TO WORK IN GOLD, SILVER, AND BRONZE, **5** IN CUTTING STONES FOR SETTING, AND IN CARVING WOOD, TO WORK IN EVERY KIND OF CRAFT.

WORDS THAT STAND OUT

NUMBERS 11:16-17

**16** SO THE LORD SAID TO MOSES, "GATHER FOR ME SEVENTY OF THE ELDERS OF ISRAEL, WHOM YOU KNOW TO BE THE ELDERS OF THE PEOPLE AND OFFICERS OVER THEM; BRING THEM TO THE TENT OF MEETING AND HAVE THEM TAKE THEIR PLACE THERE WITH YOU. **17** I WILL COME DOWN AND SPEAK WITH YOU THERE, AND I WILL TAKE SOME OF THE SPIRIT THAT IS ON YOU AND PUT IT ON THEM, AND THEY SHALL BEAR THE BURDEN OF THE PEOPLE ALONG WITH YOU SO THAT YOU WILL NOT BEAR IT ALL BY YOURSELF.

WORDS THAT STAND OUT

JOEL 2:28-29

**28** THEN AFTERWARD I WILL POUR OUT MY SPIRIT ON ALL FLESH; YOUR SONS AND YOUR DAUGHTERS SHALL PROPHESY,  
YOUR OLD MEN SHALL DREAM DREAMS,  
AND YOUR YOUNG MEN SHALL SEE VISIONS.  
**29** EVEN ON THE MALE AND FEMALE SLAVES, IN THOSE DAYS I WILL POUR OUT MY SPIRIT.

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LUKE 4:16-21

16 WHEN HE CAME TO NAZARETH, WHERE HE HAD BEEN BROUGHT UP, HE WENT TO THE SYNAGOGUE ON THE SABBATH DAY, AS WAS HIS CUSTOM. HE STOOD UP TO READ, 17 AND THE SCROLL OF THE PROPHET ISAIAH WAS GIVEN TO HIM. HE UNROLLED THE SCROLL AND FOUND THE PLACE WHERE IT WAS WRITTEN:

18 "THE SPIRIT OF THE LORD IS UPON ME,  
BECAUSE HE HAS ANOINTED ME  
TO BRING GOOD NEWS TO THE POOR.  
HE HAS SENT ME TO PROCLAIM RELEASE TO THE  
CAPTIVES

AND RECOVERY OF SIGHT TO THE BLIND,  
TO SET FREE THOSE WHO ARE OPPRESSED,  
19 TO PROCLAIM THE YEAR OF THE LORD'S FAVOR."  
20 AND HE ROLLED UP THE SCROLL, GAVE IT BACK TO  
THE ATTENDANT, AND SAT DOWN. THE EYES OF ALL  
IN THE SYNAGOGUE WERE FIXED ON HIM. 21 THEN HE  
BEGAN TO SAY TO THEM, "TODAY THIS SCRIPTURE  
HAS BEEN FULFILLED IN YOUR HEARING."

WORDS THAT STAND OUT

WORDS THAT STAND OUT

LUKE 11:9-13

9 "SO I SAY TO YOU, ASK, AND IT WILL BE GIVEN TO YOU; SEARCH, AND YOU WILL FIND; KNOCK, AND THE DOOR WILL BE OPENED FOR YOU. 10 FOR EVERYONE WHO ASKS RECEIVES, AND EVERYONE WHO SEARCHES FINDS, AND FOR EVERYONE WHO KNOCKS, THE DOOR WILL BE OPENED. 11 IS THERE ANYONE AMONG YOU WHO, IF YOUR CHILD ASKED FOR [A] A FISH, WOULD GIVE A SNAKE INSTEAD OF A FISH? 12 OR IF THE CHILD ASKED FOR AN EGG, WOULD GIVE A SCORPION? 13 IF YOU, THEN, WHO ARE EVIL, KNOW HOW TO GIVE GOOD GIFTS TO YOUR CHILDREN, HOW MUCH MORE WILL THE HEAVENLY FATHER GIVE THE HOLY SPIRIT TO THOSE WHO ASK HIM!

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### 1 KINGS 19:11-13

11 HE SAID, "GO OUT AND STAND ON THE MOUNTAIN BEFORE THE LORD, FOR THE LORD IS ABOUT TO PASS BY." NOW THERE WAS A GREAT WIND, SO STRONG THAT IT WAS SPLITTING MOUNTAINS AND BREAKING ROCKS IN PIECES BEFORE THE LORD, BUT THE LORD WAS NOT IN THE WIND, AND AFTER THE WIND AN EARTHQUAKE, BUT THE LORD WAS NOT IN THE EARTHQUAKE, 12 AND AFTER THE EARTHQUAKE A FIRE, BUT THE LORD WAS NOT IN THE FIRE, AND AFTER THE FIRE A SOUND OF SHEER SILENCE. 13 WHEN ELIJAH HEARD IT, HE WRAPPED HIS FACE IN HIS MANTLE AND WENT OUT AND STOOD AT THE ENTRANCE OF THE CAVE. THEN THERE CAME A VOICE TO HIM THAT SAID, "WHAT ARE YOU DOING HERE, ELIJAH?"

### WORDS THAT STAND OUT

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### ISAIAH 11:1-4

1 A SHOOT SHALL COME OUT FROM THE STUMP OF JESSE, AND A BRANCH SHALL GROW[A] OUT OF HIS ROOTS.

2 THE SPIRIT OF THE LORD SHALL REST ON HIM, THE SPIRIT OF WISDOM AND UNDERSTANDING, THE SPIRIT OF COUNSEL AND MIGHT,

THE SPIRIT OF KNOWLEDGE AND THE FEAR OF THE LORD.

3 HIS DELIGHT SHALL BE IN THE FEAR OF THE LORD.

HE SHALL NOT JUDGE BY WHAT HIS EYES SEE OR DECIDE BY WHAT HIS EARS HEAR,

4 BUT WITH RIGHTEOUSNESS HE SHALL JUDGE FOR THE POOR AND DECIDE WITH EQUITY FOR THE OPPRESSED OF THE EARTH;

HE SHALL STRIKE THE EARTH WITH THE ROD OF HIS MOUTH, AND WITH THE BREATH OF HIS LIPS HE SHALL KILL THE WICKED.

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### LISTENING (CON'T)

#### JOHN 14:16-17

**16** AND I WILL ASK THE FATHER, AND HE WILL GIVE YOU ANOTHER ADVOCATE, TO BE WITH YOU FOREVER. **17** THIS IS THE SPIRIT OF TRUTH, WHOM THE WORLD CANNOT RECEIVE BECAUSE IT NEITHER SEES HIM NOR KNOWS HIM. YOU KNOW HIM BECAUSE HE ABIDES WITH YOU, AND HE WILL BE IN YOU.

#### WORDS THAT STAND OUT

#### ACTS 2:1-8

**1** WHEN THE DAY OF PENTECOST HAD COME, THEY WERE ALL TOGETHER IN ONE PLACE. **2** AND SUDDENLY FROM HEAVEN THERE CAME A SOUND LIKE THE RUSH OF A VIOLENT WIND, AND IT FILLED THE ENTIRE HOUSE WHERE THEY WERE SITTING. **3** DIVIDED TONGUES, AS OF FIRE, APPEARED AMONG THEM, AND A TONGUE RESTED ON EACH OF THEM. **4** ALL OF THEM WERE FILLED WITH THE HOLY SPIRIT AND BEGAN TO SPEAK IN OTHER LANGUAGES, AS THE SPIRIT GAVE THEM ABILITY. **5** NOW THERE WERE DEVOUT JEWS FROM EVERY PEOPLE UNDER HEAVEN LIVING IN JERUSALEM. **6** AND AT THIS SOUND THE CROWD GATHERED AND WAS BEWILDERED, BECAUSE EACH ONE HEARD THEM SPEAKING IN THE NATIVE LANGUAGE OF EACH. **7** AMAZED AND ASTONISHED, THEY ASKED, "ARE NOT ALL THESE WHO ARE SPEAKING GALILEANS? **8** AND HOW IS IT THAT WE HEAR, EACH OF US, IN OUR OWN NATIVE LANGUAGE?"

#### WORDS THAT STAND OUT

#### GALATIANS 5:22-23

**22** BY CONTRAST, THE FRUIT OF THE SPIRIT IS LOVE, JOY, PEACE, PATIENCE, KINDNESS, GENEROSITY, FAITHFULNESS, **23** GENTLENESS, AND SELF-CONTROL. THERE IS NO LAW AGAINST SUCH THINGS.

#### WORDS THAT STAND OUT

### DISCERN YOUR ONE WORD

What theme(s) is emerging so far from your time in reflection with God today?

Personally ask God for guidance in discerning what word you should focus on this year or for this 8-week spiritual journey. **What will your one word be to anchor you?**