

Retreat Reflection Resources

Scriptures for Meditation

Each of these passages offers a different invitation into rest, trust, and the peace of our Shepherd.

Choose one or two to return to during the retreat, listening for what the Spirit might whisper to your soul.

Scripture	Invitation for Reflection
Isaiah 30:15: <i>"In returning and rest you shall be saved; in quietness and trust shall be your strength."</i>	What am I returning from? What am I returning to?
Jeremiah 6:16: <i>"Stand at the crossroads and look; ask for the ancient paths, ask where the good way is, and walk in it, and you will find rest for your souls."</i>	Where is God asking me to pause and notice the way I am walking?
Psalms 23: <i>"He makes me lie down in green pastures, He leads me beside still waters..."</i>	Where is the Shepherd leading me to stillness? What restores my soul?
Psalms 62:1-2: <i>"My soul finds rest in God alone; my salvation comes from Him."</i>	What would it mean for me to find rest in God alone?
Matthew 11:28-30: <i>"Come to me, all you who are weary..."</i>	What keeps me from coming freely and fully?

Journal Prompts

Let these guide your writing or prayer, either in silence after sessions or during personal time with God.

- What do I notice stirring in my heart as I slow down?
- What burdens or expectations am I being invited to release?
- Where do I sense God restoring something in me?
- What does rest look like in this season of ministry?
- How do I want to lead differently from a place of rest?