

“Resting in the Love of God”



Come to a guided silent retreat September 11~13 at Luther Park Bible Camp near Danbury, WI: (30376 Lakes Drive). It starts Friday evening at 7:30 pm and ends early Sunday afternoon. The camp web site is www.lutherpark.com.

Enjoy blocks of time (at least 3 - ranging from 2 to 3 hours each) for silent reflection by walking the labyrinth, journaling, reading, doodling, walking the Trail of Grace: 10 crosses placed throughout the property, pondering at prayer benches. There is also some group time.

A retreat provides you the environment to rest your body, mind and soul. It is a unique spiritual experience.

To register, email kking913@gmail.com.

\$100 covers 2 nights of lodging with private room and shared bathroom; 3 meals on Saturday and Sunday brunch. Please let us know of any dietary needs.

Payment can be sent to:
Nativity Lutheran Church
Attn: Vicki Elliot
3312 Silver Lake Road
St. Anthony, MN 55418-1698

Space is limited, so sign up no later than August 21st.

You can also pay on line, but it may be a little more work navigating the site

<http://www.nativitychurch.org/>



If this is the first time you have considered a silent retreat ... read further for some of the benefits (see below).

BENEFITS OF SILENT RETREAT

There are so many benefits of retreating before God in silent contemplation. Here are some of them:

- **We have the opportunity to receive God's guidance, direction, affirmations, and challenges** – *“Trust in the LORD with all your heart and do not lean on your own understanding. In all your ways acknowledge God, and God will make your paths straight”* – (**Proverbs 3:5-6**).
- **We find God in a deeper dimension** - In silent prayer, we develop the art of looking at God. *“‘You will seek me and find me when you seek for me with all your heart. I will be found by you,’ declares the Lord”* - (**Jeremiah 29:13-14**).
- **We grow in the art of meditating on Scripture** - Exodus 34:6-7 is filled with the divine attributes of God. I encourage you to meditate on these verses for a long period of time. *“And he passed in front of Moses, proclaiming, ‘The Lord, the Lord, the compassionate and gracious God, slow to anger, abounding in love and faithfulness, maintaining love to thousands and forgiving wickedness, rebellion and sin’”* - (**Exodus 34:6-7**).
- **We learn to shut out external activity** - We learn the art of external simplicity and inwardly learn to dwell in God's presence. *“One thing I have asked from the Lord, that I shall seek: That I may dwell in the house of the Lord all the days of my life, to behold the beauty of the Lord, and to meditate in His temple”* - (**Psalms 27:4**).
- **We learn to meditate on God's nature** - It is good to start with meditating on one aspect of God's nature in a single verse of Scripture. For example, meditate on God's holiness adorning His house for endless days as found in the following verse: *“Your statutes stand firm; holiness adorns your house for endless days, O Lord”* - (**Psalms 93:5**).
- **We grow in our love relationship with God** - We learn to live out the first commandment to love God with all our heart, soul, and strength. *“He answered, “‘Love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind’; and, ‘Love your neighbor as yourself’”* - (**Luke 10:27**).