

“What do You want me to do?”

*Please have your **candle** and **object** to hand*

Resources

Zoom etiquette

What you say is confidential

- *except serious harm to yourself or another*

Recording

Introductions

Timing

1030 Who are You?

1215 Who am I?

1330 What makes you come alive?

1500 What do you want Me to do for you?

1630 Gather and ending

Suggestions for retreat

But now more than ever the word about Jesus spread abroad; many crowds would gather to hear him and to be cured of their diseases. But he would withdraw to deserted places and pray. (Luke 5:15–16)

This is not a self-improvement programme

This day is for you to spend as you wish

Stay with what nourishes you

Suggestions for retreat

God I already know

Health warning

Opening prayer

*What God is waiting
for is not a right
conclusion about a
matter but for our
suppleness in falling
into her hands for
her to work in us.*

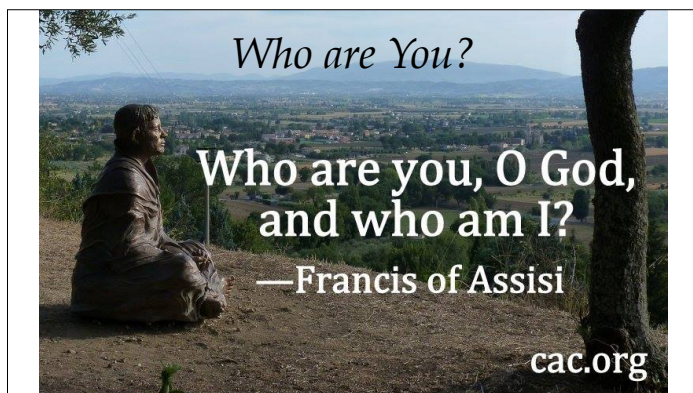
Benedicta Ward, Way Supplement
No. 64 (Spring 1989) p. 14

*The place God
calls you to is the
place where your
deep gladness and
the world's deep
hunger meet.*

Frederick Buechner

*Don't ask yourself
what the world needs.
Ask yourself what
makes you come alive,
and go do that,
because what the world
needs is people who
have come alive.*

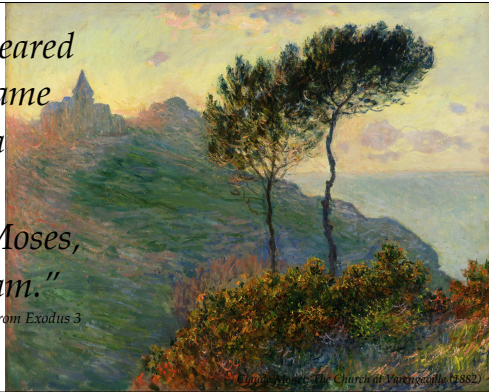
Howard Thurman



*The Lord appeared
to him in a flame
of fire out of a
bush ...*

*God said to Moses,
"I am who I am."*

from Exodus 3



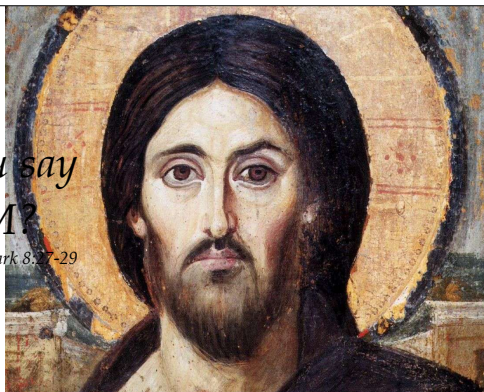
*"after the wind... the
earthquake... the fire
a sound of sheer silence"*

1 Kings 10:11-12



*Who do you say
that I AM?*

Mark 8:27-29



Time out suggestions

- ✦ "Who are You, God?"
- ✦ Keep returning to this
- ✦ Follow your curiosity
- ✦ Be open to God's response
- ✦ Other favourite stories about God...
- ✦ Write, journal, draw, paint, mind-map, Post-it notes
- ✦ Stuck? Circle back to the question!
- ✦ Move, walk, go outside
- ✦ Breakout rooms from 11.45
- ✦ Feedback in the chat
- ✦ Back at 12.15

*Ask God, "Who am I?
Who do You say that I
am?"*

*Write down whatever
comes.*

*God asks, "What are
you? Who do you say
that you are?"*



Time out suggestions

- ✦ Let the questions resound in you
- ✦ Be open to God's response
- ✦ Write, journal, draw, paint, mind-map, Post-it notes
- ✦ Follow your curiosity
- ✦ Stuck? Circle back to the questions!
- ✦ Move, walk, go outside
- ✦ Take some rest / have a snooze (up to 20 minutes)
- ✦ Breakout rooms from 13.00
- ✦ Feedback in the chat
- ✦ Back at 13.30

What makes you come alive?

"You can watch your breath. You can be conscious of your diaphragm rising and falling, conscious of the movement of life in you,

and if you think at all about it you might think, 'Well, for this time as I breathe in and out, all I am is a place where life is happening.'

The breath moves in, the breath moves out; I am a place where life is happening.

And if I am a place where life is happening, I am a place where God is happening."

Rowan Williams, *Being Human*, pp. 102-3

What makes you come alive?

Don't ask yourself what the world needs.

Ask yourself what makes you come alive, and go do that,

because what the world needs is people who have come alive.

Howard Thurman

You must learn one thing.

The world was made to be free in.

Give up all the other worlds

except the one to which you belong.

Sometimes it takes darkness and the sweet confinement of your aloneness to learn

anything or anyone

that does not bring you alive

is too small for you.

from "Sweet Darkness" by David Whyte

Taking an inventory

Has what brings you alive always been so?

Negativity bias of the brain

♦ <https://www.rickhanson.net/writings/just-one-thing/>

When have you felt alive?

Where? With whom? Doing what?

Inspirations you live by:

quotes, poems, stories, pictures, music, books, s/heroes, etc.

Time out suggestions

- ✦ Return to the breath, to a place where life and God are happening
- ✦ Let the questions resound in you
- ✦ Be open to God's response
- ✦ Write, journal, draw, paint, mind-map, Post-it notes
- ✦ Follow your curiosity
- ✦ Stuck? Circle back to the questions!
- ✦ Move, walk, go outside
- ✦ Take some rest / have a snooze
- ✦ Breakout rooms from 14.30
- ✦ Feedback in the chat
- ✦ Back at 15.00

What do you want Me to do for you?

Settle, Breathe, Presence

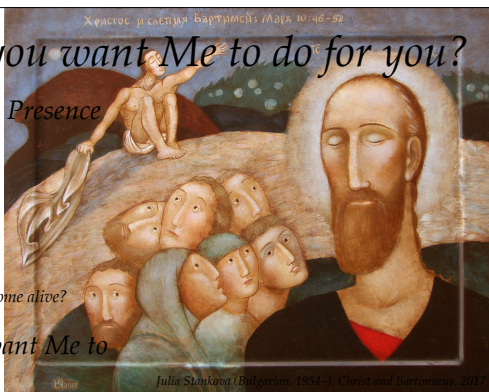
Touch in with

Who are You?

Who am I?

What makes you come alive?

What do you want Me to do for you?



Time out suggestions

- ✦ Return to the breath, to a place where life and God are happening
- ✦ Let the question resound in you
- ✦ Be open to your response
- ✦ Allow a conversation about this to develop with God
- ✦ Write, journal, draw, paint, mind-map, Post-it notes
- ✦ Follow your curiosity
- ✦ Stuck? Circle back to the questions!
- ✦ Move, walk, go outside
- ✦ Take some rest / have a snooze
- ✦ Breakout rooms from 16.00
- ✦ Feedback in the chat
- ✦ Back at 16.30

Final sharing and ending

What is the key gift or insight of this day?

Share briefly

Final prayer

5pm: optional reentry time
