

# *“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*

1

## *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*

2

# *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*

3

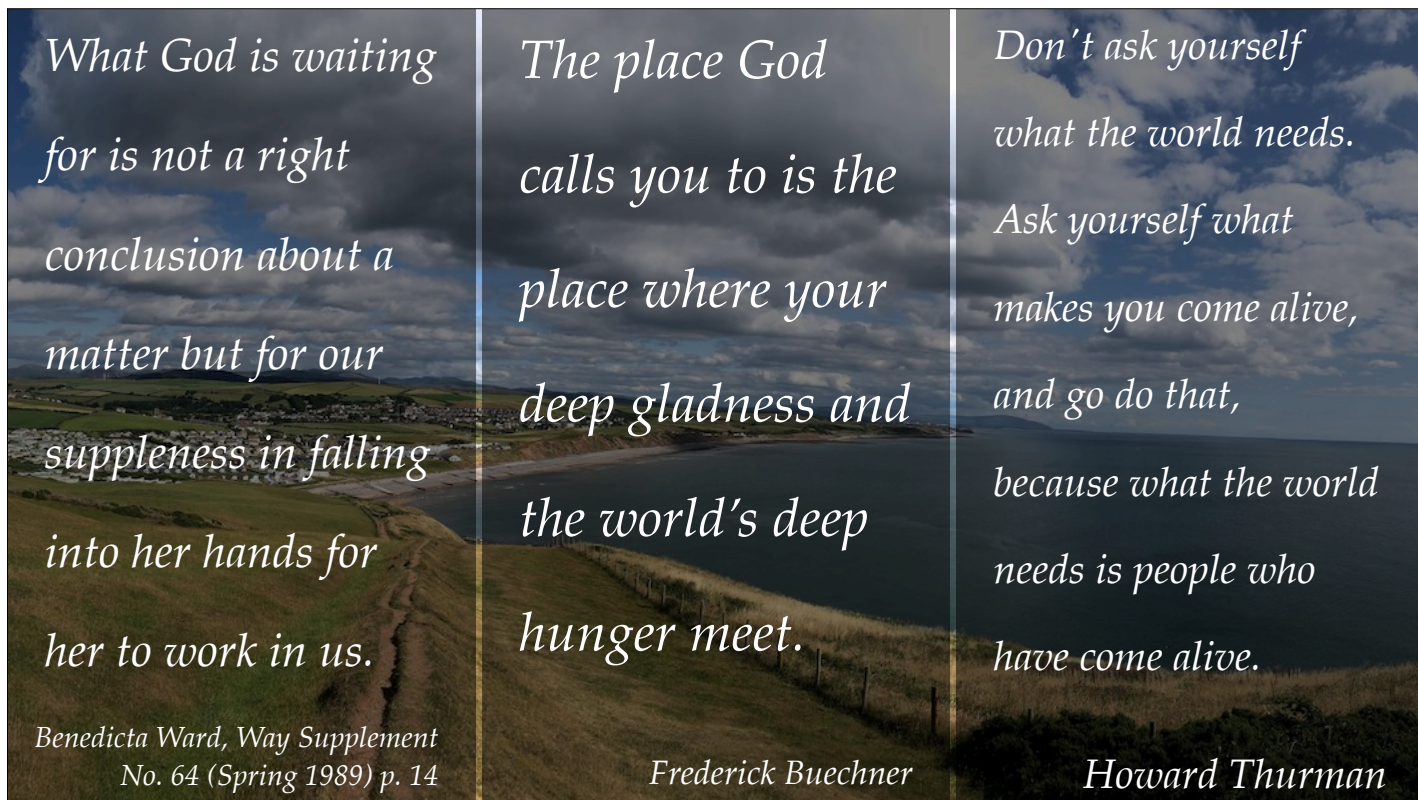
# *Suggestions for retreat*

*God I already know*

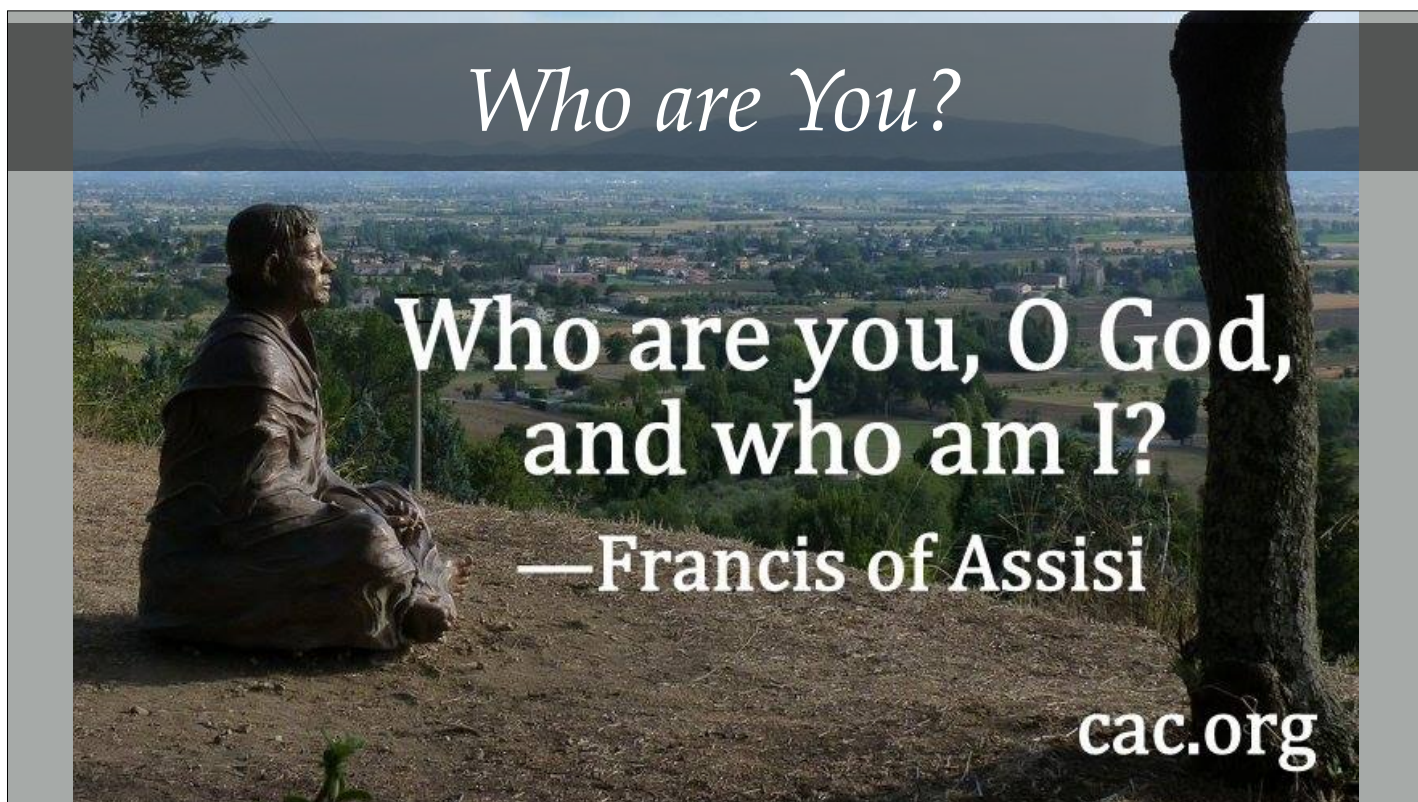
*Health warning*

*Opening prayer*

4



5

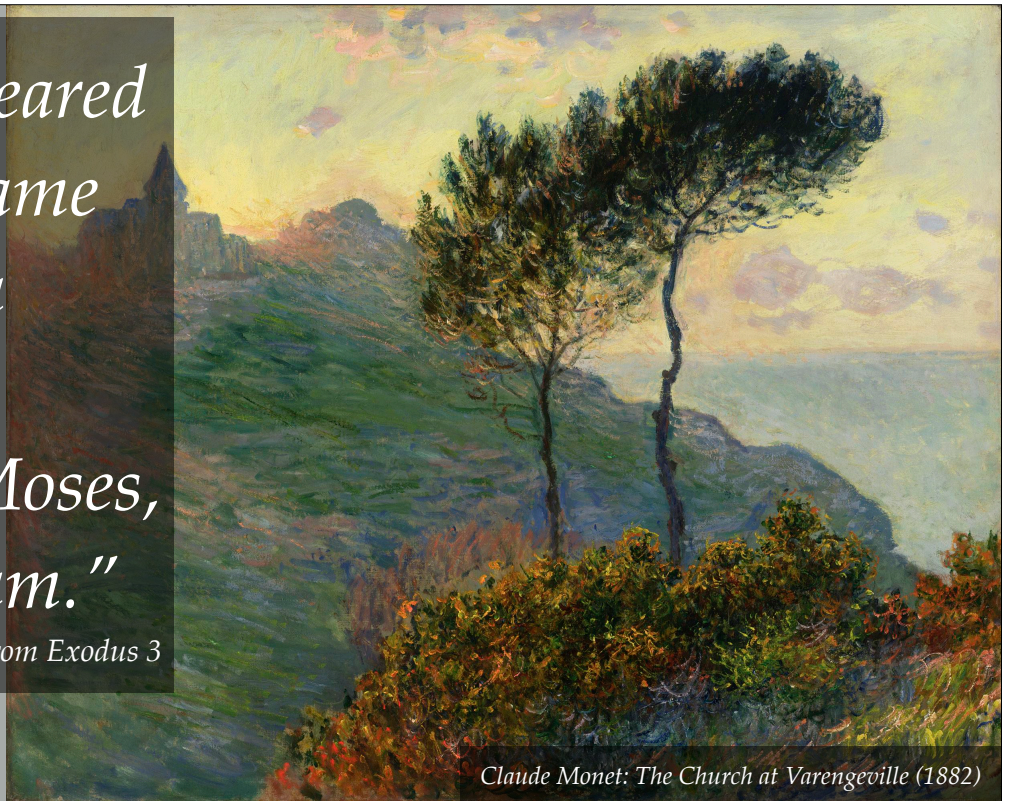


6

*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*

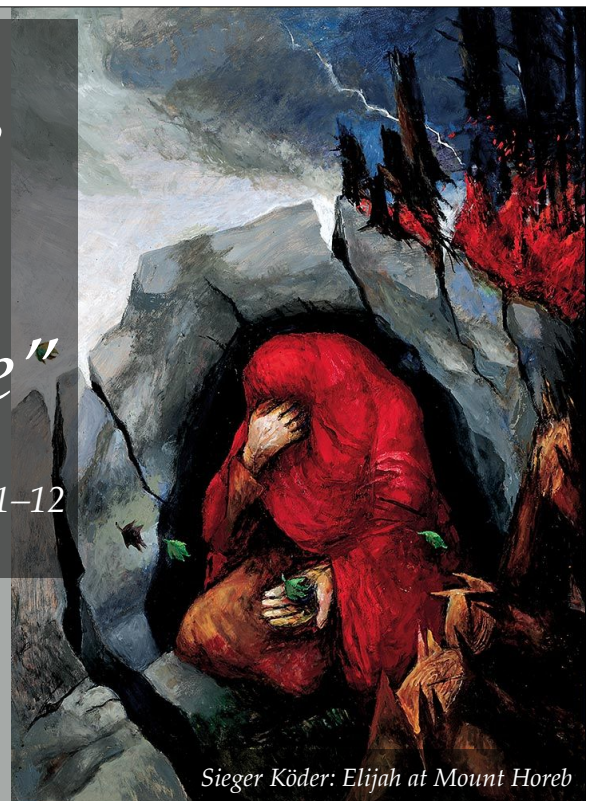


*Claude Monet: The Church at Varengeville (1882)*

7

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

*1 Kings 10:11–12*

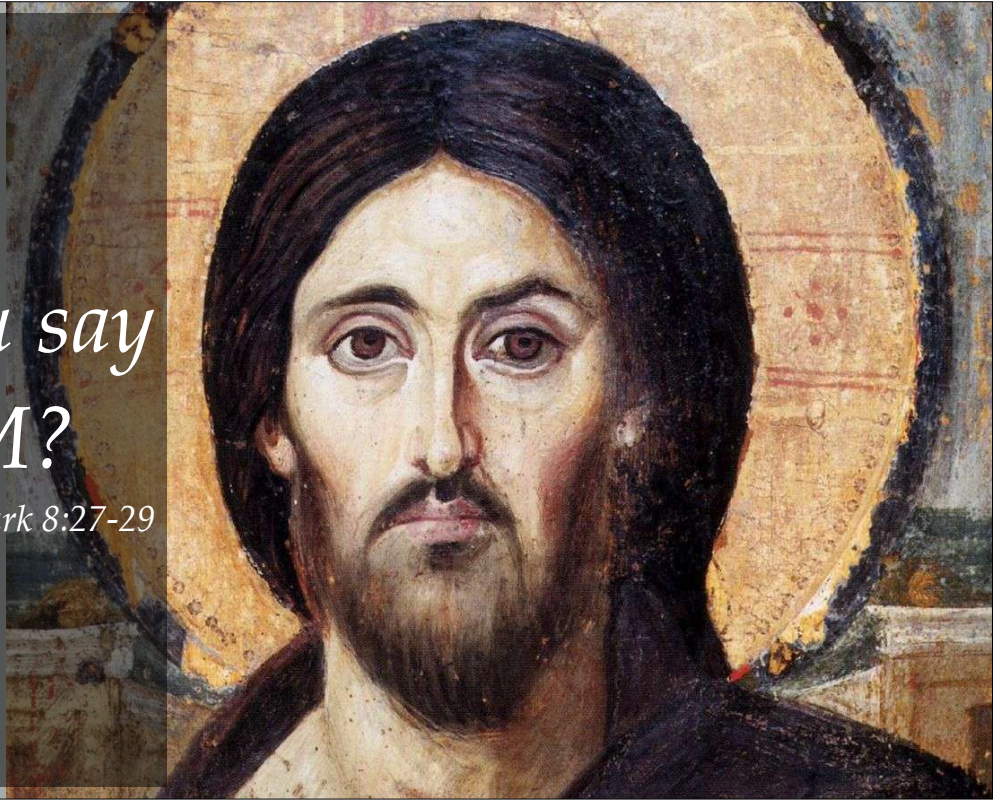


*Sieger Köder: Elijah at Mount Horeb*

8

*Who do you say  
that I AM?*

*Mark 8:27-29*



9

## *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

10

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

*Write down whatever  
comes.*

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



11

## *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

12

# 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*

13

# 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*

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# *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.*

15

# *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

16

# *What do you want Me to do for you?*

*Settle, Breathe, Presence*

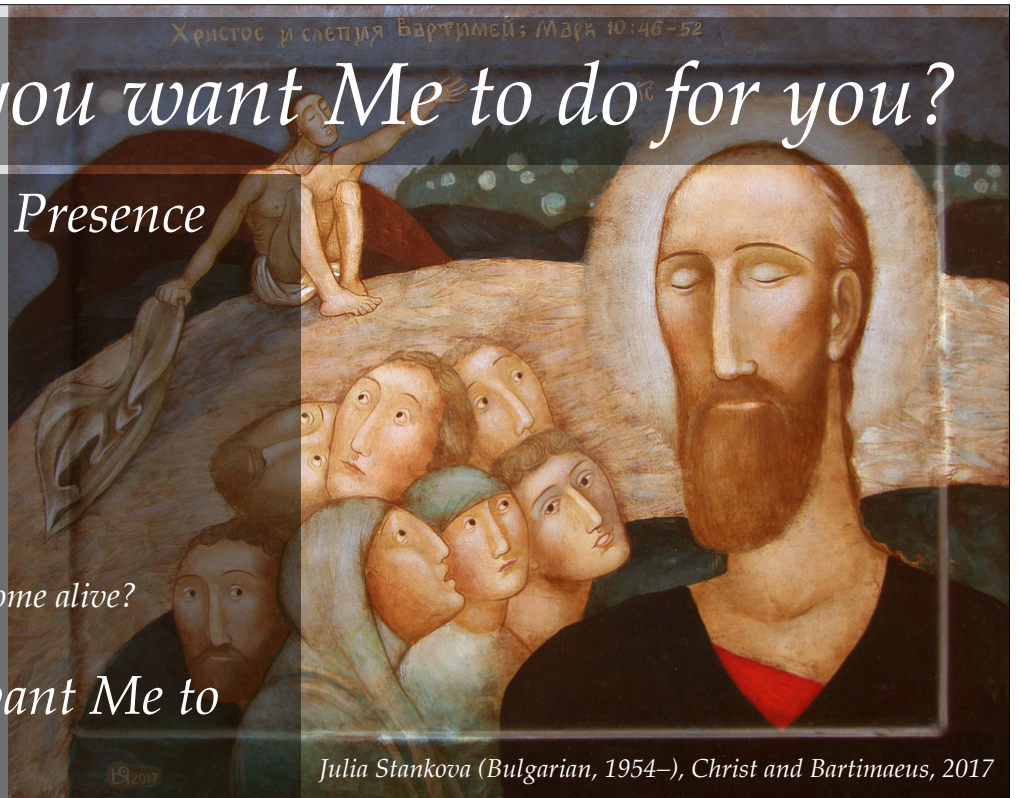
*Touch in with*

*Who are You?*

*Who am I?*

*What makes you come alive?*

*What do you want Me to do for you?*



*Julia Stankova (Bulgarian, 1954–), Christ and Bartimaeus, 2017*

17

## *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

18

# *Final sharing and ending*

*What is the key gift or insight of this day?*

*Share briefly*

*Final prayer*

*5pm: optional reentry time*