

# Renew

**“SEE, I AM MAKING ALL THINGS NEW”**



CHURCH OF THE  
**SAVIOR**

*All-Church Retreat*

**SUNDAY, SEPTEMBER 11, 2022**

## MIDDAY PRAYER

Leader: O God, make speed to save us.

All: O Lord, make haste to help us.

All: Glory to the Father, and to the Son, and to the Holy Spirit:  
as it was in the beginning, is now, and will be for ever. Amen.  
Alleluia.

Leader: The Lord is full of compassion and mercy:

All: Come, let us adore him.

### PSALM 126

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<sup>1</sup> When the LORD restored the fortunes of Zion, \*  
then were we like those who dream.

<sup>2</sup> Then was our mouth filled with laughter, \*  
and our tongue with shouts of joy.

<sup>3</sup> Then they said among the nations, \*  
“The LORD has done great things for them.”

<sup>4</sup> The LORD has done great things for us, \*  
and we are glad indeed.

<sup>5</sup> Restore our fortunes, O LORD, \*  
like the watercourses of the Negev.

<sup>6</sup> Those who sowed with tears \*  
will reap with songs of joy.

<sup>7</sup> Those who go out weeping, carrying the seed, \*  
will come again with joy, shouldering their sheaves.

If anyone is in Christ he is a new creation; the old has passed away, behold the new has come. All this is from God, who through Christ reconciled us to himself and gave us the ministry of reconciliation.

All: Thanks be to God.

**JESUS HEALS TWO DAUGHTERS****LUKE 8:40-56**

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*A presentation of the gospel story, followed by time for wondering.*

**THE LORD'S PRAYER**

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Our Father in heaven,  
hallowed be your Name,  
your kingdom come,  
your will be done,  
on earth as in heaven.  
Give us today our daily bread.  
Forgive us our sins  
as we forgive those  
who sin against us.  
Save us from the time of trial,  
and deliver us from evil.  
For the kingdom, the power,  
and the glory are yours,  
now and for ever. Amen.

**COLLECT**

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O God, in the course of this busy life, give us times of refreshment and peace; and grant that we may so use our leisure to rebuild our bodies and renew our minds, that our spirits may be opened to the goodness of your creation; through Jesus Christ our Lord. Amen.

## INTRODUCTION

Today, I invite you into a time of contemplation, into a space of peace and silence as we step outside of our often busy and noisy schedules for a few hours. This time is gift, a gift from God and a gift you've given yourself. And I wonder: what is this gift for you? Perhaps it's the gift of a slow, deep breath, or the gift of a glimpse into the wonder and beauty of God's creation. Perhaps it's a sense of connection with God, or a feeling of renewal. Or perhaps the gift seems disappointingly empty — but maybe this emptiness is itself an invitation to rest in the assurance that God's new creation often begins with something so small as to be almost invisible, like yeast or a mustard seed.

My prayer for you today, as you journey through this retreat, is that you will catch a glimpse of God's new creation, of the work God is doing in you, in your family and community, in the world around you, to make all things new. And as we are refreshed and renewed by glimpse, I hope that we will take this hope and assurance with us back into our everyday lives.

A few notes as you enter the retreat:

- If you are a child, you will meet Pastor Mary in the Young Children and Worship room and go through the retreat with her.
- If you are an adult or a youth, you may move through the retreat at your own pace. The following pages have suggestions for prayer and contemplation for each station, but these are meant as guides rather than assignments. Notice where God is leading and follow that throughout the retreat.
- There are four stations you may visit: the **nature observation**, which lasts for 30 minutes and begins outside the back doors at 2:45 or 3:30; the **response room**, located in the gym, with a variety of creative materials to use as you respond to God; **prayer ministers**, located in the youth room; and a space for **quiet reflection** in the sanctuary.

And finally, thank you for extending grace and respect to each other as we practice retreating as a community with a wide variety of ages! May we learn from one another as we journey through this retreat together.

— Sarah Lindsay  
Pastor of Adult Formation

## STATION ONE: NATURE OBSERVATION

*Kristen Page will lead the 30-minute nature observation twice, at 2:45 and 3:30. Please meet her outside the back doors (the exit to the parking lot).*

### REFLECTION QUESTIONS

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- What did I notice? Think through all of the senses: what did I see, smell, feel, hear?
- Where did I notice something being renewed? Where did I notice God at work in creation?
- How might God be speaking through the natural world? What might it mean to listen to God speaking through nature?

## STATION TWO: RESPONSE ROOM

*In the gym, you will find a variety of materials you can use to respond to God; below are some reflection questions for each response material. As much as you can, let go of the desire for perfection (or even competence!) and allow your act of creation to mirror and respond to God's creative power*

### MODELING CLAY

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- Spend time warming the clay in your hands and notice how it feels. What sensations are you experiencing?
- Notice the shape the clay is taking as you work with it. How might this be a response to God? How might God be speaking to you through the shape you are forming?

### SAND TRAY

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- Take a few moments to touch the sand with your hands. How might you respond to God with the sand?
- Notice the designs you make. How might they be a response to God? How might God be speaking to you through the patterns that emerge in the sand?

### COLLAGE

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- How might you use colors, shapes, lines, or images to respond to God? Notice the material you are drawn towards: how are those choices speaking to God? How might God be speaking through those choices?
- As you create your collage, use the space and material freely, extending beyond the edge of the paper or into three dimensions.

### SHADOW WORSHIP

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- How might you respond to God with your body and with movement?
- What do you see when you watch your shadow? What do you feel as you worship God with your whole body?

## STATION THREE: PRAYER MINISTERS

*Prayer ministers are available in the youth room to pray with you about whatever is on your heart, whether a need you carried into the retreat or something that arose as you moved through the retreat. Please be respectful of others' privacy if you need to wait for a prayer minister to become available.*

### REFLECTION

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Use this space to reflect on what you heard and received in prayer.

## STATION FOUR: QUIET REFLECTION

*The sanctuary and the Fireside Room are open for quiet reflection: you may read or pray anywhere you find comfortable, while being respectful of others in the space. Below are scripture passages for reflection and meditation, as well as a visio divina exercise for the two images, available on a separate card.*

### ENTERING THE SILENCE

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It may take a few minutes to adjust to silence; the following suggestions can help you to enter into a time of reflection and contemplation.

- Take some deep breaths, noticing tension or anxiety in your mind and body and releasing it as best you can.
- Ask God to give you a brief prayer or phrase to express your intention, desire or need for this time. It can be as simple as “Help, Lord,” or “Peace,” or “Here I am.”
- Allow the silence to fill your mind and body as you focus on God’s nearness. Allow yourself to let go of whatever else comes to mind, perhaps using your brief prayer phrase to bring your attention back.



## SCRIPTURE

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Below are three passages that reflect, in different ways, the theme of God making all things new. As you read and meditate, you may want to use the steps of *lectio divina* or imaginative prayer to engage with the passages.

### Steps for *Lectio Divina*:

1. **Silencio**: quiet your mind and heart and enter into God's presence.
2. **Lectio**: read the passage slowly, paying attention to the words or images that capture your mind. Hear what God is saying to you.
3. **Meditatio**: read the passage again, listening to God's invitation to you and pondering the words in your heart.
4. **Oratio**: respond to God, talking to God about the thoughts and feelings that have arisen in your reading.
5. **Contemplatio**: wait in the presence of God, allowing the words of the scripture to sink into your soul.

### Practice of Imaginative Prayer:

- Imagine yourself in this scene as vividly as you can: what do you see? What do you hear, smell, feel? What emotions do you experience?
- As you imagine yourself in this scene, how do you experience Jesus' care for you?
- What might you say to Jesus? What might Jesus say to you?

**Isaiah 60:1-7**

<sup>1</sup> “Arise, shine, for your light has come,  
and the glory of the Lord rises upon you.

<sup>2</sup> See, darkness covers the earth  
and thick darkness is over the peoples,  
but the Lord rises upon you  
and his glory appears over you.

<sup>3</sup> Nations will come to your light,  
and kings to the brightness of your dawn.

<sup>4</sup> “Lift up your eyes and look about you:  
All assemble and come to you;  
your sons come from afar,  
and your daughters are carried on the hip.

<sup>5</sup> Then you will look and be radiant,  
your heart will throb and swell with joy;  
the wealth on the seas will be brought to you,  
to you the riches of the nations will come.

<sup>6</sup> Herds of camels will cover your land,  
young camels of Midian and Ephah.  
And all from Sheba will come,  
bearing gold and incense  
and proclaiming the praise of the Lord.

<sup>7</sup> All Kedar’s flocks will be gathered to you,  
the rams of Nebaioth will serve you;  
they will be accepted as offerings on my altar,  
and I will adorn my glorious temple.”

## Luke 8:40-56

<sup>40</sup> Now when Jesus returned, a crowd welcomed him, for they were all expecting him. <sup>41</sup> Then a man named Jairus, a synagogue leader, came and fell at Jesus' feet, pleading with him to come to his house <sup>42</sup> because his only daughter, a girl of about twelve, was dying.

As Jesus was on his way, the crowds almost crushed him. <sup>43</sup> And a woman was there who had been subject to bleeding for twelve years, but no one could heal her. <sup>44</sup> She came up behind him and touched the edge of his cloak, and immediately her bleeding stopped.

<sup>45</sup> "Who touched me?" Jesus asked.

When they all denied it, Peter said, "Master, the people are crowding and pressing against you."

<sup>46</sup> But Jesus said, "Someone touched me; I know that power has gone out from me."

<sup>47</sup> Then the woman, seeing that she could not go unnoticed, came trembling and fell at his feet. In the presence of all the people, she told why she had touched him and how she had been instantly healed. <sup>48</sup> Then he said to her, "Daughter, your faith has healed you. Go in peace."

<sup>49</sup> While Jesus was still speaking, someone came from the house of Jairus, the synagogue leader. "Your daughter is dead," he said. "Don't bother the teacher anymore."

<sup>50</sup> Hearing this, Jesus said to Jairus, "Don't be afraid; just believe, and she will be healed."

<sup>51</sup> When he arrived at the house of Jairus, he did not let anyone go in with him except Peter, John and James, and the child's father and mother.

<sup>52</sup> Meanwhile, all the people were wailing and mourning for her. "Stop wailing," Jesus said. "She is not dead but asleep."

<sup>53</sup> They laughed at him, knowing that she was dead. <sup>54</sup> But he took her by the hand and said, "My child, get up!" <sup>55</sup> Her spirit returned, and at once she stood up. Then Jesus told them to give her something to eat. <sup>56</sup> Her parents were astonished, but he ordered them not to tell anyone what had happened.

## Revelation 21:1-6

<sup>1</sup> Then I saw “a new heaven and a new earth,” for the first heaven and the first earth had passed away, and there was no longer any sea. <sup>2</sup> I saw the Holy City, the new Jerusalem, coming down out of heaven from God, prepared as a bride beautifully dressed for her husband. <sup>3</sup> And I heard a loud voice from the throne saying, “Look! God’s dwelling place is now among the people, and he will dwell with them. They will be his people, and God himself will be with them and be their God. <sup>4</sup> ‘He will wipe every tear from their eyes. There will be no more death’ or mourning or crying or pain, for the old order of things has passed away.”

<sup>5</sup> He who was seated on the throne said, “I am making everything new!” Then he said, “Write this down, for these words are trustworthy and true.”

<sup>6</sup> He said to me: “It is done. I am the Alpha and the Omega, the Beginning and the End. To the thirsty I will give water without cost from the spring of the water of life.

## VISIO DIVINA

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Spend some time with one or both works of arts provided. Use the practice of *visio divina* to let what you see draw you into prayer:

- Look at the piece of art, taking your time.
- What do you most notice in the image?
- What feelings does it evoke?
- Talk to God about what the image stirs in you, what you see and experience as you contemplate this work of art.

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Image credits:

Christ sits at the bedside of Jairus's sickening daughter. Etching after G.C. von. Max, late nineteenth century.

Hannah Garrity, *Medical Miracle* © A Sanctified Art ([sanctifiedart.org](http://sanctifiedart.org))

## COMPLINE

Leader: Our help is in the Name of the Lord;

All: The maker of heaven and earth.

All: Glory to the Father, and to the Son, and to the Holy Spirit: as it was in the beginning, is now, and will be for ever. Amen.

### PSALM 31

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<sup>1</sup> In you, O LORD, have I taken refuge;  
let me never be put to shame: \*  
deliver me in your righteousness.

<sup>2</sup> Incline your ear to me; \*  
make haste to deliver me.

<sup>3</sup> Be my strong rock, a castle to keep me safe,  
for you are my crag and my stronghold; \*  
for the sake of your Name, lead me and guide me.

<sup>4</sup> Take me out of the net that they have secretly set for me, \*  
for you are my tower of strength.

<sup>5</sup> Into your hands I commend my spirit, \*  
for you have redeemed me,  
O LORD, O God of truth.

### READING

### HEBREWS 13:20-21

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May the God of peace, who brought again from the dead our Lord Jesus, the great shepherd of the sheep, by the blood of the eternal covenant, equip you with everything good that you may do his will, working in you that which is pleasing in his sight; through Jesus Christ, to whom be glory for ever and ever.

### REFLECTION

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*Take a few moments of silence to consider: what have you received today? How do you want to take what you have received into your week ahead and into your community?*

## PRAYER

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Leader: Into your hands, O Lord, I commend my spirit;

All: For you have redeemed me, O Lord, O God of truth.

Leader: Keep us, O Lord, as the apple of your eye;

All: Hide us under the shadow of your wings.

Our Father in heaven,  
hallowed be your Name,  
your kingdom come,  
your will be done,  
on earth as in heaven.

Give us today our daily bread.

Forgive us our sins  
as we forgive those  
who sin against us.

Save us from the time of trial,  
and deliver us from evil.

For the kingdom, the power,  
and the glory are yours,  
now and for ever. Amen.

## CLOSING

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Lord, you now have set your servant free \*  
to go in peace as you have promised;

For these eyes of mine have seen the Savior, \*  
whom you have prepared for all the world to see:

A Light to enlighten the nations, \*  
and the glory of your people Israel.

Leader: Let us bless the Lord.

All: Thanks be to God.

Leader: The almighty and merciful Lord, Father, Son, and Holy Spirit, bless us and keep us. Amen.



CHURCH OF THE  
SAVIOR

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