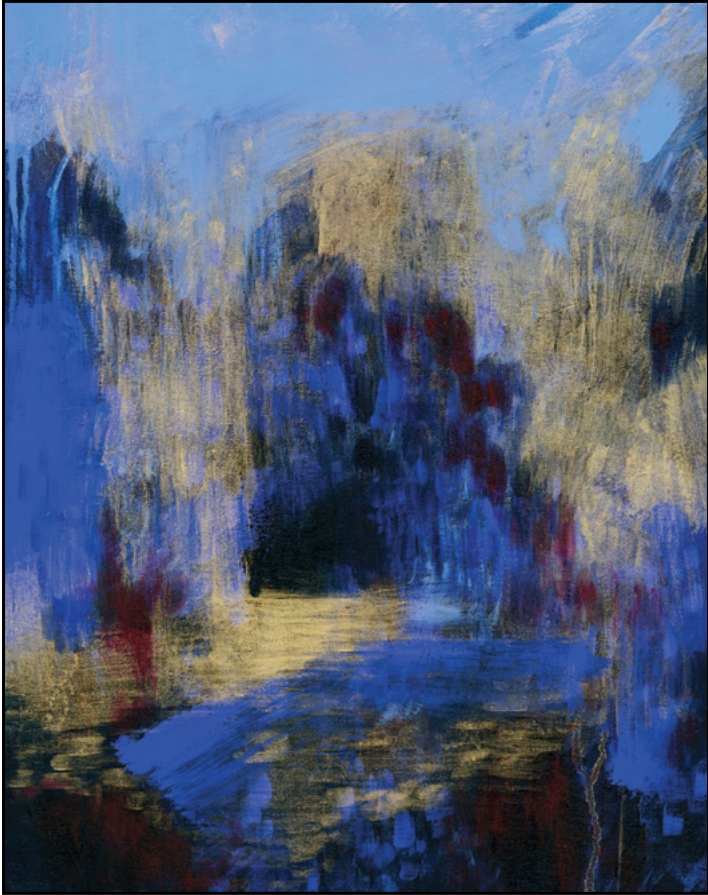


*Oh, That We May
Know the Lord*



CHURCH OF THE
SAVIOR

Lent Retreat

SATURDAY, MARCH 26, 2022

MORNING PRAYER

Rend your hearts and not your garments. Return to the Lord your God, for he is gracious and merciful, slow to anger and abounding in steadfast love, and repents of evil. *Joel 2:13*

CONFESSION OF SIN

Most merciful God, we confess that we have sinned against you in thought, word, and deed, by what we have done, and by what we have left undone. We have not loved you with our whole heart; we have not loved our neighbors as ourselves. We are truly sorry and we humbly repent. For the sake of your Son Jesus Christ, have mercy on us and forgive us; that we may delight in your will, and walk in your ways, to the glory of your Name. Amen.

Almighty God have mercy on us, forgive us all our sins through our Lord Jesus Christ, strengthen us in all goodness, and by the power of the Holy Spirit keep us in eternal life.

OPENING SENTENCE

Lord, open our lips, and our mouth shall proclaim your praise.

The Lord is full of compassion and mercy: Come, let us adore him.

Be joyful in the Lord, all you lands;
serve the Lord with gladness
and come before his presence with a song.
Know this: The Lord himself is God;
he himself has made us, and we are his;
we are his people and the sheep of his pasture.
Enter his gates with thanksgiving;
go into his courts with praise;
give thanks to him and call upon his Name.
For the Lord is good;
his mercy is everlasting;
and his faithfulness endures from age to age.

PSALM 108

- ¹ My heart is firmly fixed, O God, my heart is fixed; *
I will sing and make melody.
- ² Wake up, my spirit;
awake, lute and harp; *
I myself will waken the dawn.
- ³ I will confess you among the peoples, O LORD; *
I will sing praises to you among the nations.
- ⁴ For your loving-kindness is greater than the heavens, *
and your faithfulness reaches to the clouds.
- ⁵ Exalt yourself above the heavens, O God, *
and your glory over all the earth.
- ⁶ So that those who are dear to you may be delivered, *
save with your right hand and answer me.
- ⁷ God spoke from his holy place and said, *
“I will exult and parcel out Shechem;
I will divide the valley of Succoth.
- ⁸ Gilead is mine and Manasseh is mine; *
Ephraim is my helmet and Judah my scepter.

⁹ Moab is my washbasin,
on Edom I throw down my sandal to claim it, *
and over Philistia will I shout in triumph.”

¹⁰ Who will lead me into the strong city? *
who will bring me into Edom?

¹¹ Have you not cast us off, O God? *
you no longer go out, O God, with our armies.

¹² Grant us your help against the enemy, *
for vain is the help of man.

¹³ With God we will do valiant deeds, *
and he shall tread our enemies under foot.

CANTICLE 9**ISAIAH 12:2-6**

Surely, it is God who saves me; *
I will trust in him and not be afraid.
For the Lord is my stronghold and my sure defense, *
and he will be my Savior.
Therefore you shall draw water with rejoicing *
from the springs of salvation.
And on that day you shall say, *
Give thanks to the Lord and call upon his Name;
Make his deeds known among the peoples; *
see that they remember that his Name is exalted.
Sing the praises of the Lord, for he has done great things, *
and this is known in all the world.
Cry aloud, inhabitants of Zion, ring out your joy, *
for the great one in the midst of you is the Holy One of Israel.

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.

¹ If I speak in the tongues of men or of angels, but do not have love, I am only a resounding gong or a clanging cymbal. ² If I have the gift of prophecy and can fathom all mysteries and all knowledge, and if I have a faith that can move mountains, but do not have love, I am nothing. ³ If I give all I possess to the poor and give over my body to hardship that I may boast, but do not have love, I gain nothing.

⁴ Love is patient, love is kind. It does not envy, it does not boast, it is not proud. ⁵ It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. ⁶ Love does not delight in evil but rejoices with the truth. ⁷ It always protects, always trusts, always hopes, always perseveres.

⁸ Love never fails. But where there are prophecies, they will cease; where there are tongues, they will be stilled; where there is knowledge, it will pass away. ⁹ For we know in part and we prophesy in part, ¹⁰ but when completeness comes, what is in part disappears. ¹¹ When I was a child, I talked like a child, I thought like a child, I reasoned like a child. When I became a man, I put the ways of childhood behind me. ¹² For now we see only a reflection as in a mirror; then we shall see face to face. Now I know in part; then I shall know fully, even as I am fully known.

¹³ And now these three remain: faith, hope and love. But the greatest of these is love.

The Word of the Lord. Thanks be to God.

THE LORD'S PRAYER

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

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.

GENERAL THANKSGIVING

Almighty God, you have given us grace at this time with one accord to make our common supplication to you; and you have promised through your well-beloved Son that when two or three are gathered together in his Name you will be in the midst of them: Fulfill now, O Lord, our desires and petitions as may be best for us; granting us in this world knowledge of your truth, and in the age to come life everlasting. *Amen.*

GRACE

ROMANS 15:13

May the God of hope fill us with all joy and peace in believing through the power of the Holy Spirit. *Amen.*

INTRODUCTION

This year, Savior's theme for Lent comes from Hosea 6:3: O, that we may know the Lord! I think that every one of us at the retreat today resonates with this verse; we desire to know God, but all too often we are distracted, overwhelmed, or simply at a loss as to how to know God. The good news for us today, though, is that God wants to be known. God promises through Hosea that he will come, like the dawn or the spring rains, certain and unchangeable.

Knowing God is a lifelong endeavor; we don't serve a God who could ever be fully grasped by our finite minds. My prayer for you today is that you use these hours to take a step or two further down your path of knowing God, and that you will meet the God who brings you the light and nourishment that you need. The exercises that follow are suggestions; you may try all or some or even none of them. Let God lead you into what you need today as you journey towards knowing God.

When you begin your retreat today, you may want to start with a simple quieting practice in order to enter this time with intention. Here are a few suggestions to begin:

- Find a place to sit where you can be alert and comfortable. Or, if moving your body helps silence your heart and mind, find a place to walk that will be mostly uninterrupted.
- Light a candle to remind yourself that God is present with you.
- Set a small, reasonable goal for an amount of time to be completely silent, refraining even from reading, writing or other quiet activities. Perhaps start with 5-10 minutes of silence.
- 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.

KNOWING GOD THROUGH PRAYER

As with any friend, we get to know God by talking with God in prayer. Below are suggestions for a few different types of prayer, but let God guide you as you pray today.

LISTENING PRAYER

Adele Calhoun give us this helpful reminder as we begin to listen to God: “No one can conjure up God or force God to speak. So, listening prayer is never in my control. When I say, like Eli, ‘Speak, Lord, for your servant is listening’ (1 Samuel 3:9-10), I will be in a place to hear when God speaks.” (267). As you journey through the retreat this morning, practice opening yourself to listen to God – but don’t be disappointed or frustrated if you don’t hear directly from God today. The practice of listening is never wasted.

PRAYER FOR DISCERNMENT

Knowing God often involves discerning where God is working in the world around you or how God is leading you. If this is how you desire to know God today, the following prompts for prayers of discernment may be helpful:

- For what am I longing?
- What themes keep recurring in my life?
- Where am I struggling?
- What is most life-giving to me? What is least life-giving?

PRAYING TO BE KNOWN

Knowing God also entails allowing ourselves to be known by God, opening ourselves to God's presence and work in our lives. In his classic book *Prayer*, Richard Foster describes Evelyn Underhill's "prayer of docility," a form of prayer in which we are "completely supple, completely transparent, completely abandoned in the hands of God." He continues to urge us, in this form of prayer, to

[Y]ield yourself into the loving hands of the Master Potter. Do not be afraid. He will not "break a bruised reed or quench a smoldering wick," as Scripture says (Matt. 12:20). He never steps on the weak, never snuffs out the smallest hope. Allow his hand to rest upon yours and guide you. Become weak, frail, vulnerable. Now listen to the voice of the true Shepherd and learn from him.

Spend some time with God, allowing yourself to be known and formed.

Listening Prayer: quote from Adele Calhoun, *Spiritual Disciplines Handbook* (Downer's Grove, IL: Intervarsity Press, 2015), 267.

Prayer for Discernment: adapted from Adele Calhoun, *Spiritual Disciplines Handbook* (Downer's Grove, IL: Intervarsity Press, 2015), 109-113.

Praying to be Known: quote from Richard Foster, *Prayer*, New York: HarperOne, 1992, p. 65.

KNOWING GOD THROUGH SCRIPTURE

One of the primary ways we know God is by reading the Word of God, the scriptures that God has given to us. In this section, you will find three passages that specifically point us towards knowing God. Engage with one or more of these passages slowly and meditatively. You might use the traditional steps of lectio divina (provided below); enter imaginatively into the passage, picturing the scene and placing yourself within it; or pray the passages, either using the words as your own prayer or letting the words lead you into prayer.

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.

HOSEA 6:1-3

¹ "Come, let's return to the Lord.

For He has torn us, but He will heal us;
He has wounded us, but He will bandage us.

² He will revive us after two days;
He will raise us up on the third day,
That we may live before Him.

³ So let's learn, let's press on to know the Lord.
His appearance is as sure as the dawn;
And He will come to us like the rain,
As the spring rain waters the earth."

¹ “Don’t let your hearts be troubled. Trust in God, and trust also in me.

² There is more than enough room in my Father’s home. If this were not so, would I have told you that I am going to prepare a place for you? ³ When everything is ready, I will come and get you, so that you will always be with me where I am. ⁴ And you know the way to where I am going.”

⁵ “No, we don’t know, Lord,” Thomas said. “We have no idea where you are going, so how can we know the way?”

⁶ Jesus told him, “I am the way, the truth, and the life. No one can come to the Father except through me. ⁷ If you had really known me, you would know who my Father is. From now on, you do know him and have seen him!”

⁸ Philip said, “Lord, show us the Father, and we will be satisfied.”

⁹ Jesus replied, “Have I been with you all this time, Philip, and yet you still don’t know who I am? Anyone who has seen me has seen the Father! So why are you asking me to show him to you? ¹⁰ Don’t you believe that I am in the Father and the Father is in me? The words I speak are not my own, but my Father who lives in me does his work through me. ¹¹ Just believe that I am in the Father and the Father is in me. Or at least believe because of the work you have seen me do.

¹² “I tell you the truth, anyone who believes in me will do the same works I have done, and even greater works, because I am going to be with the Father. ¹³ You can ask for anything in my name, and I will do it, so that the Son can bring glory to the Father. ¹⁴ Yes, ask me for anything in my name, and I will do it!

¹⁵ “If you love me, obey my commandments. ¹⁶ And I will ask the Father, and he will give you another Advocate, who will never leave you. ¹⁷ He is the Holy Spirit, who leads into all truth. The world cannot receive him, because it isn’t looking for him and doesn’t recognize him. But you know him, because he lives with you now and later will be in you. ¹⁸ No, I will not abandon you as orphans—I will come to you. ¹⁹ Soon the world will no longer see me, but you will see me. Since I live, you also will live. ²⁰ When I am raised to life again, you will know that I am in my Father, and you are in me, and I am in you. ²¹ Those who accept my commandments and obey them are the ones who love me. And because they love me, my Father will love them. And I will love them and reveal myself to each of them.”

²² Judas (not Judas Iscariot, but the other disciple with that name) said to him, “Lord, why are you going to reveal yourself only to us and not to the world at large?”

²³ Jesus replied, “All who love me will do what I say. My Father will love them, and we will come and make our home with each of them. ²⁴ Anyone who doesn’t love me will not obey me. And remember, my words are not my own. What I am telling you is from the Father who sent me.

²⁵ I am telling you these things now while I am still with you. ²⁶ But when the Father sends the Advocate as my representative—that is, the Holy Spirit—he will teach you everything and will remind you of everything I have told you.

²⁷ “I am leaving you with a gift—peace of mind and heart. And the peace I give is a gift the world cannot give. So don’t be troubled or afraid. ²⁸ Remember what I told you: I am going away, but I will come back to you again. If you really loved me, you would be happy that I am going to the Father, who is greater than I am. ²⁹ I have told you these things before they happen so that when they do happen, you will believe.

³⁰ “I don’t have much more time to talk to you, because the ruler of this world approaches. He has no power over me, ³¹ but I will do what the Father requires of me, so that the world will know that I love the Father. Come, let’s be going.”

1 CORINTHIANS 1:26 - 2:16

²⁶ Brothers and sisters, think of what you were when you were called. Not many of you were wise by human standards; not many were influential; not many were of noble birth. ²⁷ But God chose the foolish things of the world to shame the wise; God chose the weak things of the world to shame the strong. ²⁸ God chose the lowly things of this world and the despised things—and the things that are not—to nullify the things that are, ²⁹ so that no one may boast before him. ³⁰ It is because of him that you are in Christ Jesus, who has become for us wisdom from God—that is, our righteousness, holiness and redemption. ³¹ Therefore, as it is written: “Let the one who boasts boast in the Lord.”

¹ And so it was with me, brothers and sisters. When I came to you, I did not come with eloquence or human wisdom as I proclaimed to you the

testimony about God. ² For I resolved to know nothing while I was with you except Jesus Christ and him crucified. ³ I came to you in weakness with great fear and trembling. ⁴ My message and my preaching were not with wise and persuasive words, but with a demonstration of the Spirit's power, ⁵ so that your faith might not rest on human wisdom, but on God's power.

⁶ We do, however, speak a message of wisdom among the mature, but not the wisdom of this age or of the rulers of this age, who are coming to nothing. ⁷ No, we declare God's wisdom, a mystery that has been hidden and that God destined for our glory before time began. ⁸ None of the rulers of this age understood it, for if they had, they would not have crucified the Lord of glory. ⁹ However, as it is written:

“What no eye has seen,
what no ear has heard,
and what no human mind has conceived”—
the things God has prepared for those who love him—

¹⁰ these are the things God has revealed to us by his Spirit.

The Spirit searches all things, even the deep things of God. ¹¹ For who knows a person's thoughts except their own spirit within them? In the same way no one knows the thoughts of God except the Spirit of God. ¹² What we have received is not the spirit of the world, but the Spirit who is from God, so that we may understand what God has freely given us. ¹³ This is what we speak, not in words taught us by human wisdom but in words taught by the Spirit, explaining spiritual realities with Spirit-taught words. ¹⁴ The person without the Spirit does not accept the things that come from the Spirit of God but considers them foolishness, and cannot understand them because they are discerned only through the Spirit. ¹⁵ The person with the Spirit makes judgments about all things, but such a person is not subject to merely human judgments, ¹⁶ for,

“Who has known the mind of the Lord
so as to instruct him?”

But we have the mind of Christ.

KNOWING GOD THROUGH OUR SENSES

In Psalm 34, David urges us to “taste and see” that the Lord is good: we often talk about knowing God with our minds or experiencing God in our hearts, but sometimes we forget that we also know God as embodied beings – we taste and see, and touch and hear and smell. The following suggestions are meant to help us know God through our senses, in our bodies. Read the excerpt from Psalm 34 below, and use one (or more) of the following exercises as you practice knowing God.

- ⁴ I sought the Lord, and he answered me;
he delivered me from all my fears.
- ⁵ Those who look to him are radiant;
their faces are never covered with shame.
- ⁶ This poor man called, and the Lord heard him;
he saved him out of all his troubles.
- ⁷ The angel of the Lord encamps around those who fear him,
and he delivers them.
- ⁸ Taste and see that the Lord is good;
blessed is the one who takes refuge in him.
- ⁹ Fear the Lord, you his holy people,
for those who fear him lack nothing.
- ¹⁰ The lions may grow weak and hungry,
but those who seek the Lord lack no good thing.

GROUNDING EXERCISE

Sit comfortably and take a moment to ground yourself through your senses: what do you feel? What do you see, hear, smell? What do you taste? As you check in with your senses, consider: what does it feel like in your body to know God?

TAKE A WALK

Walk along the Prairie Path or in the neighborhood around the church. What do you see, hear, smell? What do you feel? Notice how you experience God's presence through all of your senses.

LISTEN TO MUSIC

If you are alone or have headphones, listen to music that helps you connect with God.

LOOK AT ART

Spend some time with a piece of art, either the piece on the next page or another favorite piece of art. 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.

COLOR OR DRAW

Pull out markers, colored pencils, or crayons, and print one or more of [these pages](#) to color.

Using a pen and paper, create a Zentangle — this meditative form of drawing uses repetitive patterns (“tangles”) to create beautiful designs. [Click here](#) for instructions.

MAKE PRAYER BEADS

This may take a little more preparation, since you will need to gather supplies: a pendant cross, 28 or 29 small beads, 5 large beads, and cord to string the beads. If you have these supplies, follow [these instructions](#) to make your own Anglican prayer beads.

If you already have prayer beads, use them to pray.



Image: Lauren Wright Pittman, *Pouring of the Spirit* © A Sanctified Art (sanctifiedart.org)

NOTES

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MIDDAY PRAYER

OPENING SENTENCES

O God, make speed to save us. O Lord, make haste to help us.

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 121

¹ I lift up my eyes to the hills; *
from where is my help to come?

² My help comes from the LORD, *
the maker of heaven and earth.

³ He will not let your foot be moved *
and he who watches over you will not fall asleep.

⁴ Behold, he who keeps watch over Israel *
shall neither slumber nor sleep;

⁵ The LORD himself watches over you; *
the LORD is your shade at your right hand,

⁶ So that the sun shall not strike you by day, *
nor the moon by night.

⁷ The LORD shall preserve you from all evil; *
it is he who shall keep you safe.

⁸ The LORD shall watch over your going out and your coming in,*
from this time forth for evermore.

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.

The love of God has been poured into our hearts through the Holy Spirit that has been given to us.

Thanks be to God.

PRAYER

Lord, have mercy.
Christ, have mercy.
Lord, have mercy.

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 COLLECT

Blessed Savior, at this hour you hung upon the cross, stretching out your loving arms: Grant that all the peoples of the earth may look to you and be saved; for your tender mercies' sake. Amen.

GRACE

Let us bless the Lord. Thanks be to God.

JOIN US FOR OUR HOLY WEEK SERVICES!

Unless otherwise noted, all services take place at Pleasant Hill Community Church, located at 26W401 Geneva Road, Wheaton, IL 60187

Saturday, April 9 at 5:00pm: **Liturgy of the Palms**

Wednesday, April 13 - Friday, April 15: **Stations of the Cross** (check Savior's website for specific times and more information)

Thursday, April 14 at 6:30pm: **Maundy Thursday**

Friday, April 15, at 4:00pm: **Good Friday**

Saturday, April 16 at 5:00pm: **The Great Vigil of Easter**

Sunday, April 17 at 10:30am: **Easter Celebration** (Eucharist and Continental Breakfast at Tyndale Publishing House)



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