

*He Has Shown You
What Is Good*

A Lent Retreat



CHURCH OF THE
SAVIOR

Lent Retreat

SATURDAY, MARCH 11, 2023

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

Leader: Let us confess our sins against God and our neighbor.

All: 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.

Leader: 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

Leader: Lord, open our lips.

All: And our mouth shall proclaim your praise.

Leader: The Lord is full of compassion and mercy:

All: 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 27

- ¹ The LORD is my light and my salvation;
whom then shall I fear? *
the LORD is the strength of my life;
of whom then shall I be afraid?
- ² When evildoers came upon me to eat up my flesh, *
it was they, my foes and my adversaries, who stumbled and fell.
- ³ Though an army should encamp against me, *
yet my heart shall not be afraid;
- ⁴ And though war should rise up against me, *
yet will I put my trust in him.
- ⁵ One thing have I asked of the LORD;
one thing I seek; *
that I may dwell in the house of the LORD all the days of my life;
- ⁶ To behold the fair beauty of the LORD *
and to seek him in his temple.
- ⁷ For in the day of trouble he shall keep me safe in his shelter; *
he shall hide me in the secrecy of his dwelling
and set me high upon a rock.

- ⁸ Even now he lifts up my head *
above my enemies round about me.
- ⁹ Therefore I will offer in his dwelling an oblation
with sounds of great gladness; *
I will sing and make music to the LORD.
- ¹⁰ Harken to my voice, O LORD, when I call; *
have mercy on me and answer me.
- ¹¹ You speak in my heart and say, "Seek my face." *
Your face, LORD, will I seek.
- ¹² Hide not your face from me, *
nor turn away your servant in displeasure.
- ¹³ You have been my helper;
cast me not away; *
do not forsake me, O God of my salvation.
- ¹⁴ Though my father and my mother forsake me, *
the LORD will sustain me.
- ¹⁵ Show me your way, O LORD; *
lead me on a level path, because of my enemies.
- ¹⁶ Deliver me not into the hand of my adversaries, *
for false witnesses have risen up against me,
and also those who speak malice.
- ¹⁷ What if I had not believed
that I should see the goodness of the LORD *
in the land of the living!
- ¹⁸ O tarry and await the LORD'S pleasure;
be strong, and he shall comfort your heart; *
wait patiently for the LORD.

Seek the Lord while he wills to be found; *
 call upon him when he draws near.
 Let the wicked forsake their ways *
 and the evil ones their thoughts;
 And let them turn to the Lord, and he will have compassion, *
 and to our God, for he will richly pardon.
 For my thoughts are not your thoughts, *
 nor your ways my ways, says the Lord.
 For as the heavens are higher than the earth, *
 so are my ways higher than your ways,
 and my thoughts than your thoughts.
 For as rain and snow fall from the heavens *
 and return not again, but water the earth,
 Bringing forth life and giving growth, *
 seed for sowing and bread for eating,
 So is my word that goes forth from my mouth; *
 it will not return to me empty;
 But it will accomplish that which I have purposed, *
 and prosper in that for which I sent it.

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.

LESSON

JOHN 6:44-51

⁴⁴ “No one can come to me unless the Father who sent me draws them, and I will raise them up at the last day. ⁴⁵ It is written in the Prophets: ‘They will all be taught by God.’ Everyone who has heard the Father and learned from him comes to me. ⁴⁶ No one has seen the Father except the one who is from God; only he has seen the Father. ⁴⁷ Very truly I tell you, the one who believes has eternal life. ⁴⁸ I am the bread of life. ⁴⁹ Your ancestors ate the manna in the wilderness, yet they died. ⁵⁰ But here is the bread that comes down from heaven, which anyone may eat and not die. ⁵¹ I am the living bread that came down from heaven. Whoever eats this bread will live forever. This bread is my flesh, which I will give for the life of the world.”

Reader: The Word of the Lord.

All: 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 Micah 6:8: "He has shown you, O mortal, what is good. And what does the Lord require of you? To act justly and to love mercy and to walk humbly with your God." During today's retreat, I invite you to reflect on what God is showing you. What is the good, both for you and for others, into which God is inviting you?

In the pages that follow, you will find scripture passages and reflection exercises that invite you to contemplate these questions. But I encourage you to start your day in silence, listening to the voice of the Holy Spirit: you may find that God is prompting you to meditate on different passages or engage in a different passage. This time and this space are a gift; I pray that as you receive this good gift you will meet the even better Giver.

— Sarah Lindsay
Pastor of Adult Formation

ENTERING THE RETREAT

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.
- 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.

LECTIO DIVINA

In this section, you will find two passages that point us towards what is good. 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 a 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.

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.

ISAIAH 58:1-9

- ¹ "Shout it aloud, do not hold back.
Raise your voice like a trumpet.
Declare to my people their rebellion
and to the descendants of Jacob their sins.
- ² For day after day they seek me out;
they seem eager to know my ways,
as if they were a nation that does what is right
and has not forsaken the commands of its God.
They ask me for just decisions
and seem eager for God to come near them.
- ³ 'Why have we fasted,' they say,
'and you have not seen it?
Why have we humbled ourselves,
and you have not noticed?'

“Yet on the day of your fasting, you do as you please
and exploit all your workers.

⁴ Your fasting ends in quarreling and strife,
and in striking each other with wicked fists.

You cannot fast as you do today
and expect your voice to be heard on high.

⁵ Is this the kind of fast I have chosen,
only a day for people to humble themselves?

Is it only for bowing one’s head like a reed
and for lying in sackcloth and ashes?

Is that what you call a fast,
a day acceptable to the Lord?

⁶ “Is not this the kind of fasting I have chosen:

to loose the chains of injustice
and untie the cords of the yoke,

to set the oppressed free
and break every yoke?

⁷ Is it not to share your food with the hungry
and to provide the poor wanderer with shelter—

when you see the naked, to clothe them,
and not to turn away from your own flesh and blood?

⁸ Then your light will break forth like the dawn,
and your healing will quickly appear;

then your righteousness will go before you,
and the glory of the Lord will be your rear guard.

⁹ Then you will call, and the Lord will answer;
you will cry for help, and he will say: Here am I.

JOHN 6:1-15, 25-59

¹ Some time after this, Jesus crossed to the far shore of the Sea of Galilee (that is, the Sea of Tiberias), ² and a great crowd of people followed him because they saw the signs he had performed by healing the sick. ³ Then Jesus went up on a mountainside and sat down with his disciples. ⁴ The Jewish Passover Festival was near.

⁵ When Jesus looked up and saw a great crowd coming toward him, he said to Philip, “Where shall we buy bread for these people to eat?” ⁶ He asked this only to test him, for he already had in mind what he was going to do.

⁷ Philip answered him, “It would take more than half a year’s wages to buy enough bread for each one to have a bite!”

⁸ Another of his disciples, Andrew, Simon Peter’s brother, spoke up, ⁹ “Here is a boy with five small barley loaves and two small fish, but how far will they go among so many?”

¹⁰ Jesus said, “Have the people sit down.” There was plenty of grass in that place, and they sat down (about five thousand men were there). ¹¹ Jesus then took the loaves, gave thanks, and distributed to those who were seated as much as they wanted. He did the same with the fish.

¹² When they had all had enough to eat, he said to his disciples, “Gather the pieces that are left over. Let nothing be wasted.” ¹³ So they gathered them and filled twelve baskets with the pieces of the five barley loaves left over by those who had eaten.

¹⁴ After the people saw the sign Jesus performed, they began to say, “Surely this is the Prophet who is to come into the world.” ¹⁵ Jesus, knowing that they intended to come and make him king by force, withdrew again to a mountain by himself.

²⁵ When they found him on the other side of the lake, they asked him, “Rabbi, when did you get here?”

²⁶ Jesus answered, “Very truly I tell you, you are looking for me, not because you saw the signs I performed but because you ate the loaves and had your fill. ²⁷ Do not work for food that spoils, but for food that endures to eternal life, which the Son of Man will give you. For on him God the Father has placed his seal of approval.”

²⁸ Then they asked him, “What must we do to do the works God requires?”

²⁹ Jesus answered, “The work of God is this: to believe in the one he has sent.”

³⁰ So they asked him, “What sign then will you give that we may see it and believe you? What will you do?” ³¹ Our ancestors ate the manna in the wilderness; as it is written: ‘He gave them bread from heaven to eat.’”

³² Jesus said to them, “Very truly I tell you, it is not Moses who has given you the bread from heaven, but it is my Father who gives you the true bread from heaven. ³³ For the bread of God is the bread that comes down from heaven and gives life to the world.”

³⁴ “Sir,” they said, “always give us this bread.”

³⁵ Then Jesus declared, “I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty. ³⁶ But as I told you, you have seen me and still you do not believe. ³⁷ All those the Father gives me will come to me, and whoever comes to me I will never drive away. ³⁸ For I have come down from heaven not to do my will but to do the will of him who sent me. ³⁹ And this is the will of him who sent me, that I shall lose none of all those he has given me, but raise them up at the last day. ⁴⁰ For my Father’s will is that everyone who looks to the Son and believes in him shall have eternal life, and I will raise them up at the last day.”

⁴¹ At this the Jews there began to grumble about him because he said, “I am the bread that came down from heaven.” ⁴² They said, “Is this not Jesus, the son of Joseph, whose father and mother we know? How can he now say, ‘I came down from heaven?’”

⁴³ “Stop grumbling among yourselves,” Jesus answered. ⁴⁴ “No one can come to me unless the Father who sent me draws them, and I will raise them up at the last day. ⁴⁵ It is written in the Prophets: ‘They will all be taught by God.’ Everyone who has heard the Father and learned from him comes to me. ⁴⁶ No one has seen the Father except the one who is from God; only he has seen the Father. ⁴⁷ Very truly I tell you, the one who believes has eternal life. ⁴⁸ I am the bread of life. ⁴⁹ Your ancestors ate the manna in the wilderness, yet they died. ⁵⁰ But here is the bread that comes down from heaven, which anyone may eat and not die. ⁵¹ I am the living bread that came down from heaven. Whoever eats this bread will live forever. This bread is my flesh, which I will give for the life of the world.”

⁵² Then the Jews began to argue sharply among themselves, “How can this man give us his flesh to eat?”

⁵³ Jesus said to them, “Very truly I tell you, unless you eat the flesh of the Son of Man and drink his blood, you have no life in you. ⁵⁴ Whoever eats my flesh and drinks my blood has eternal life, and I will raise them up at the last day. ⁵⁵ For my flesh is real food and my blood is real drink. ⁵⁶ Whoever eats my flesh and drinks my blood remains in me, and I in them. ⁵⁷ Just as the living Father sent me and I live because of the Father, so the one who feeds on me will live because of me. ⁵⁸ This is the bread that came down from heaven. Your ancestors ate manna and died, but whoever feeds on this bread will live forever.” ⁵⁹ He said this while teaching in the synagogue in Capernaum.

JOURNALING

Journaling is a great way to give your thoughts physical form: it may solidify an idea you have or a lesson you are learning; it can help you release something that you have been holding onto; it can become a record of where you have been and what you have learned. Journaling also forces us to slow down and reflect on our experiences, emotions, and thoughts. Below are several prompts for journaling, but be willing to follow where God is leading you as you begin to reflect through writing. The next two pages are intentionally blank to give you space to journal.

1. **Free Writing:** this is a particularly good exercise if you are new to journaling, returning after a long break, or trying to get “unstuck” as you begin to reflect. Choose a period of time (I suggest 3-5 minutes) and simply write without stopping on whatever comes to your mind. Do not be worried about grammar or spelling or even making sense; no one else will see this! When your time is up, look back over what you have written. What themes or ideas emerge? What might you want to explore further? Take another several minutes to write or pray about what you notice in your free writing.

2. **Written Prayers:** write out your prayers to God. You may simply write as you would pray spontaneously, or you can follow a template such as the Lord’s Prayer (write your own petitions for God’s kingdom to come, to receive daily bread, etc.) or a traditional collect (open with praise for some attribute of God, continue with a request, and close with an acknowledgment of the Trinity).

3. **Record Your *Lectio*:** the final three steps of *lectio divina* (described on p. 9) lend themselves well to journaling as you respond in writing to the passage on which you meditated.

4. **Reflect on Micah 6:8:** spend time writing a reflection on this verse, the source of Savior’s theme for Lent. What grabs your attention? What do you wonder? What might God be showing you, or inviting you into, through these verses?

He has shown you, O mortal, what is good.
And what does the Lord require of you?
To act justly and to love mercy
and to walk humbly with your God.

JOURNALING

JOURNALING

KINETIC PRAYER

Kinetic prayer simply means prayer in motion: using our body and not just our mind as we pray. This can be a powerful way to engage our whole selves in prayer and to respond to God with our body, mind, and spirit. Pick one or more suggestions from the list below:

1. **Hands Up / Hands Down Prayer:** Begin with your hands up, and ask to receive from God during your time in silence today. Next, turn your hands down and release something that is weighing on your spirit today. Repeat this process of releasing and receiving as God draws your attention to areas where you can let go or open yourself to receive.
2. **Breath Prayer:** breath prayers are short phrases that accompany our breath. A traditional one is this: as you breathe in, pray “Lord Jesus Christ,” as you breathe out, continue “have mercy on me, a sinner.” You may choose any short phrase to pray; the idea is that in matching words to our breath we can quiet our minds and hearts and turn our focus to God.
3. **Walking Prayer:** if you can, walk outside for this exercise. As you walk, engage your senses: what do you see, hear, smell, feel? Talk to God about what you notice as you walk.
4. **Kneeling Prayer:** although this may not be a familiar posture for many modern American Christians, for centuries, Christians have knelt in prayer in order to symbolize our humility, our repentance, and our worship. Try kneeling for a time of prayer, and notice how this posture affects your experience of prayer.

RESPONDING TO GOD THROUGH ART

Art, like journaling, can help us slow down and reflect on what we are experiencing or feeling. Through art we can express our emotions and respond to what God is showing us. You will find some art materials at the table in the dining room.

1. **Coloring:** choose one of the coloring sheets. As you fill it in, work slowly and mindfully, using this activity to direct your heart and mind towards God.
2. **Drawing:** using the blank sheets of paper, create a piece of art that reflects your experience today.
3. **Communal Art:** using one of the blank sheets of paper, draw or write a response to this question: what has God shown you that is good? Using the provided glue dots, place your response on the trifold board.

MIDDAY PRAYER

OPENING SENTENCES

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.

PSALM 119:105-112

¹⁰⁵ Your word is a lantern to my feet *
and a light upon my path.

¹⁰⁶ I have sworn and am determined *
to keep your righteous judgments.

¹⁰⁷ I am deeply troubled; *
preserve my life, O LORD, according to your word.

¹⁰⁸ Accept, O LORD, the willing tribute of my lips, *
and teach me your judgments.

¹⁰⁹ My life is always in my hand, *
yet I do not forget your law.

¹¹⁰ The wicked have set a trap for me, *
but I have not strayed from your commandments.

¹¹¹ Your decrees are my inheritance for ever; *
truly, they are the joy of my heart.

¹¹² I have applied my heart to fulfill your statutes *
for ever and to the end.

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.

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.

PRAYER

Leader: Lord, have mercy.

All: Christ, have mercy.

Leader: 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

Heavenly Father, send your Holy Spirit into our hearts, to direct and rule us according to your will, to comfort us in all our afflictions, to defend us from all error, and to lead us into all truth; through Jesus Christ our Lord. Amen.

GRACE

Leader: Let us bless the Lord.

All: 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 1 at 5:00pm: **Liturgy of the Palms**

Wednesday, April 5 at 6:30pm: **Maundy Thursday**

Wednesday, April 5 - Friday, April 7: **Stations of the Cross** (check Savior's website for specific times and more information)

Friday, April 7, at 4:00pm: **Good Friday**

Saturday, April 8 at 5:00pm: **The Great Vigil of Easter**

Sunday, April 9 at 10:30am: **Easter Celebration** (Eucharist and Continental Breakfast at Tyndale Publishing House)



CHURCH OF THE
SAVIOR

Journeying Together: Loving God, Loving Others, Loving Life

FriendsOfTheSavior.org

630-387-9450

PO Box 507, Wheaton, IL 60187