

**ANCHORING OUR HEARTS IN
CHRIST**



CHURCH OF THE
SAVIOR

Summer Retreat

SATURDAY, AUGUST 21, 2021

MORNING PRAYER

OPENING SENTENCE

PSALM 43:3

Send out your light and your truth, that they may lead me, and bring me to your holy hill and to your dwelling.

Leader: Lord, open our lips:

People: *And our mouth shall proclaim your praise.*

Leader: Worship the Lord in the beauty of holiness:

People: *Come, let us adore him.*

JUBILATE

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 104

- ¹ Bless the LORD, O my soul; *
O LORD my God, how excellent is your greatness!
you are clothed with majesty and splendor.
- ² You wrap yourself with light as with a cloak *
and spread out the heavens like a curtain.
- ³ You lay the beams of your chambers in the waters above; *
you make the clouds your chariot;
you ride on the wings of the wind.
- ⁴ You make the winds your messengers *
and flames of fire your servants.
- ⁵ You have set the earth upon its foundations, *
so that it never shall move at any time.
- ⁶ You covered it with the Deep as with a mantle; *
the waters stood higher than the mountains.
- ⁷ At your rebuke they fled; *
at the voice of your thunder they hastened away.
- ⁸ They went up into the hills and down to the valleys beneath, *
to the places you had appointed for them.
- ⁹ You set the limits that they should not pass; *
they shall not again cover the earth.
- ¹⁰ You send the springs into the valleys; *
they flow between the mountains.
- ¹¹ All the beasts of the field drink their fill from them, *
and the wild asses quench their thirst.
- ¹² Beside them the birds of the air make their nests *
and sing among the branches.
- ¹³ You water the mountains from your dwelling on high; *
the earth is fully satisfied by the fruit of your works.
- ¹⁴ You make grass grow for flocks and herds *
and plants to serve mankind;
- ¹⁵ That they may bring forth food from the earth, *
and wine to gladden our hearts,
- ¹⁶ Oil to make a cheerful countenance, *
and bread to strengthen the heart.
- ¹⁷ The trees of the LORD are full of sap, *
the cedars of Lebanon which he planted,

- 18 In which the birds build their nests, *
and in whose tops the stork makes his dwelling.
- 19 The high hills are a refuge for the mountain goats, *
and the stony cliffs for the rock badgers.
- 20 You appointed the moon to mark the seasons, *
and the sun knows the time of its setting.
- 21 You make darkness that it may be night, *
in which all the beasts of the forest prowl.
- 22 The lions roar after their prey *
and seek their food from God.
- 23 The sun rises, and they slip away *
and lay themselves down in their dens.
- 24 Man goes forth to his work *
and to his labor until the evening.
- 25 O LORD, how manifold are your works! *
in wisdom you have made them all;
the earth is full of your creatures.
- 26 Yonder is the great and wide sea
with its living things too many to number, *
creatures both small and great.
- 27 There move the ships,
and there is that Leviathan, *
which you have made for the sport of it.
- 28 All of them look to you *
to give them their food in due season.
- 29 You give it to them; they gather it; *
you open your hand, and they are filled with good things.
- 30 You hide your face, and they are terrified; *
you take away their breath,
and they die and return to their dust.
- 31 You send forth your Spirit, and they are created; *
and so you renew the face of the earth.
- 32 May the glory of the LORD endure for ever; *
may the LORD rejoice in all his works.
- 33 He looks at the earth and it trembles; *
he touches the mountains and they smoke.
- 34 I will sing to the LORD as long as I live; *
I will praise my God while I have my being.
- 35 May these words of mine please him; *
I will rejoice in the LORD.

- ³⁶ Let sinners be consumed out of the earth, *
and the wicked be no more.
³⁷ Bless the LORD, O my soul. *
Hallelujah!

*Glory be 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

MATTHEW 14:22-36

²² Immediately Jesus made the disciples get into the boat and go on ahead of him to the other side, while he dismissed the crowd. ²³ After he had dismissed them, he went up on a mountainside by himself to pray. Later that night, he was there alone, ²⁴ and the boat was already a considerable distance from land, buffeted by the waves because the wind was against it.

²⁵ Shortly before dawn Jesus went out to them, walking on the lake.

²⁶ When the disciples saw him walking on the lake, they were terrified. “It’s a ghost,” they said, and cried out in fear.

²⁷ But Jesus immediately said to them: “Take courage! It is I. Don’t be afraid.”

²⁸ “Lord, if it’s you,” Peter replied, “tell me to come to you on the water.”

²⁹ “Come,” he said.

Then Peter got down out of the boat, walked on the water and came toward Jesus. ³⁰ But when he saw the wind, he was afraid and, beginning to sink, cried out, “Lord, save me!”

³¹ Immediately Jesus reached out his hand and caught him. “You of little faith,” he said, “why did you doubt?”

³² And when they climbed into the boat, the wind died down. ³³ Then those who were in the boat worshiped him, saying, “Truly you are the Son of God.”

³⁴ When they had crossed over, they landed at Gennesaret. ³⁵ And when the men of that place recognized Jesus, they sent word to all the surrounding country. People brought all their sick to him ³⁶ and begged him to let the sick just touch the edge of his cloak, and all who touched it were healed.

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

Almighty and most merciful God, grant that by the indwelling of your Holy Spirit we may be enlightened and strengthened for your service; through Jesus Christ our Lord, who lives and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. Amen.

GENERAL THANKSGIVING

*Almighty God, Father of all mercies,
we your unworthy servants give you humble thanks
for all your goodness and loving-kindness
to us and to all whom you have made.
We bless you for our creation, preservation,
and all the blessings of this life;
but above all for your immeasurable love
in the redemption of the world by our Lord Jesus Christ;
for the means of grace, and for the hope of glory.
And, we pray, give us such an awareness of your mercies,
that with truly thankful hearts we may show forth your praise,
not only with our lips, but in our lives,
by giving up our selves to your service,
and by walking before you
in holiness and righteousness all our days;
through Jesus Christ our Lord,
to whom, with you and the Holy Spirit,
be honor and glory throughout all ages. 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.*

ENTERING THE SILENCE

As you begin your retreat, the following prayer and practices may help you to enter into the presence of God and into the practice of silence.

COLLECT FOR THE GOOD USE OF LEISURE

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.

QUIETING OUR HEARTS

The next few hours have been set aside for you as a gift from the Lord, an opportunity for your soul to meet with God, a space for you to experience rest. At the beginning of today's journey, you may want to start with a simple quieting practice. Although many of us long for moments of silence and stillness, once we have the space for it, it takes some time and intentionality to enter into it. Here are some simple 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, go outdoors and take a walk.
- Set a small, reasonable goal for time to be completely silent, refraining even from reading, writing, etc. for maybe 5-10 minutes.
- Take some deep breaths, noticing tension or anxiety in your mind and body.
- 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.

IMAGINATIVE PRAYER

Imaginative prayer is part of the Ignatian spiritual practice of contemplation. In this practice, begin by composing the scene in your mind by imagining what you would see, hear, or feel if you were there with Jesus and the disciples. As you imaginatively enter the scene, notice how God may be speaking to you — and how you might speak to God — through the story.

MATTHEW 14:22-33

²² Immediately Jesus made the disciples get into the boat and go on ahead of him to the other side, while he dismissed the crowd. ²³ After he had dismissed them, he went up on a mountainside by himself to pray. Later that night, he was there alone, ²⁴ and the boat was already a considerable distance from land, buffeted by the waves because the wind was against it.

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Then Peter got down out of the boat, walked on the water and came toward Jesus. ³⁰ But when he saw the wind, he was afraid and, beginning to sink, cried out, “Lord, save me!”

³¹ Immediately Jesus reached out his hand and caught him. “You of little faith,” he said, “why did you doubt?”

³² And when they climbed into the boat, the wind died down. ³³ Then those who were in the boat worshiped him, saying, “Truly you are the Son of God.”

- Read the passage above and imagine the scene as the disciples fight against the storm, as Jesus watches the disciples, as the disciples see Jesus.
- Imagine that you are a disciple in the boat. How do you feel when you see Jesus approaching? What would you like to say to Jesus?
- Imagine yourself as Peter: what is Jesus inviting you towards? What words of encouragement or challenge is he speaking to you?

NOTES

CENTERING PRAYER

Adele Calhoun defines centering prayer as “a form of contemplative prayer where the pray-er seeks to quiet scattered thoughts and desires in the still center of Christ’s presence.” In this form of prayer, you will practice releasing scattered and distracting thoughts in order to rest in Christ. If you’re new to centering prayer, take it slow: begin with 15 minutes. You may spend much of this time working to let go of your thoughts and attend to the presence of the Holy Spirit, but that’s okay! The important thing is to keep returning to that still center of Christ’s presence.

GUIDE TO CENTERING PRAYER

- Begin by finding a comfortable position. Place yourself in God’s presence, in the center of God’s love. You may find it helpful to choose a short word or phrase that points you towards this center. You may also choose to set a (quiet) timer, so that you aren’t tempted to frequently check how long you’ve been praying.
- As you sit with God, you will most likely notice many distracting thoughts. Practice letting these go; you might imagine them floating away. You may use the word or phrase you chose to gently direct your attention back to God.
- Allow yourself to emerge slowly from this time of prayer.

Adapted from Adele Calhoun, *Spiritual Disciplines Handbook* (Downers Grove, IL: InterVarsity Press, 2015), pp. 235-8.

MEMORIZATION

Since the invention of writing, and even more so in this age of widespread literacy and accessible information, we seldom need to memorize information: we can grab a book — or, more likely, our phone — and find the fact, recipe, poem, or whatever else that we want. And yet, we still keep certain things in our memories: sometimes inadvertently (like the words of that popular song) but other times because what we memorize matters deeply to us. Adele Calhoun observes that “Memorization allows us to choose words and images that shape our minds and hearts” (Spiritual Disciplines Handbook, p. 195). Memorizing scripture can help keep us anchored in Christ.

GUIDE TO MEMORIZATION

- Choose a verse or short passage to begin memorizing today; below are several suggestions.
- Read what you intend to memorize several times. Pray these verses.
- Write out the verse or passage one or more times (index cards are available in the narthex). When you go home, put the passage somewhere you’ll see it frequently, like your planner, the refrigerator, or your bathroom mirror.

SUGGESTED PASSAGES

Psalm 32:6-7

⁶ Therefore let all the faithful pray to you
while you may be found;
surely the rising of the mighty waters
will not reach them.

⁷ You are my hiding place;
you will protect me from trouble
and surround me with songs of deliverance.

Isaiah 43:1-3a

¹ But now, this is what the Lord says—
 he who created you, Jacob,
 he who formed you, Israel:
“Do not fear, for I have redeemed you;
 I have summoned you by name; you are mine.
² When you pass through the waters,
 I will be with you;
and when you pass through the rivers,
 they will not sweep over you.
When you walk through the fire,
 you will not be burned;
 the flames will not set you ablaze.
³ For I am the Lord your God,
 the Holy One of Israel, your Savior

Matthew 14:31-33

³¹ Immediately Jesus reached out his hand and caught him. “You of little faith,” he said, “why did you doubt?” ³² And when they climbed into the boat, the wind died down. ³³ Then those who were in the boat worshiped him, saying, “Truly you are the Son of God.”

Ephesians 3:20-21

²⁰ Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, ²¹ to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.

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Philippians 4:4-7

⁴ Rejoice in the Lord always. I will say it again: Rejoice! ⁵ Let your gentleness be evident to all. The Lord is near. ⁶ Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. ⁷ And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Hebrews 10:19-23

¹⁹ Therefore, brothers and sisters, since we have confidence to enter the Most Holy Place by the blood of Jesus, ²⁰ by a new and living way opened for us through the curtain, that is, his body, ²¹ and since we have a great priest over the house of God, ²² let us draw near to God with a sincere heart and with the full assurance that faith brings, having our hearts sprinkled to cleanse us from a guilty conscience and having our bodies washed with pure water. ²³ Let us hold unswervingly to the hope we profess, for he who promised is faithful.

RULE (OR RHYTHM) FOR LIFE

The idea of a rule for life is rooted in the ancient monastic rules (like the Rule of St. Benedict): this sort of rule is a practical guide for living out a set of values — and if the word “rule” feels legalistic, you can use the word “rhythm.” Crafting an entire rule for life for yourself is well beyond the scope of this short retreat! But if you would like to deepen practices of anchoring yourself in Christ (or other practices God has brought to mind today), you may find it helpful to think and pray through a specific rule, or rhythm, that can help you to connect with God.

GUIDE FOR FORMING A RULE

- What practices help you to anchor yourself in God — in God’s love, grace and care for you?
- What practices fit best into your current life situation? A rule, or rhythm, might stretch you, but it should be realistic. Take into account the spaces and limitations in your life right now, not your life as you wish it were.
- As you follow this rule (or practice this rhythm), reevaluate periodically. The goal of the rule is to help you draw closer to God, so if a particular rhythm ceases to be helpful or becomes legalistic, feel the freedom to release it.

Adapted from Adele Calhoun, *Spiritual Disciplines Handbook* (Downers Grove, IL: InterVarsity Press, 2015), pp. 37-41.

JOURNALING

JOURNALING

MIDDAY PRAYER

OPENING SENTENCES

O God, make speed to save us.

O Lord, make haste to help us.

Glory be 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 126

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. Romans 5:5

Thanks be to God.

Lord, have mercy.

Christ, have mercy.

Lord, have mercy.

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.*

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

Let us bless the Lord.

Thanks be to God.

UPCOMING EVENTS AT SAVIOR

- August 28:** Back-to-School Blessing
5 pm • Pleasant Hill Community Church
- End-of-Summer Picnic
6:30 pm • Pleasant Hill Community Church
- October 6:** Prayer Gathering
6:45 - 8 pm • Pleasant Hill Community Church
- October 20:** Membership class: Journey into Savior I
7:30 - 9 pm • zoom
- January 8:** Epiphany Retreat
8:30 - 1 pm • St. Matthew UCC

For more information about these and other events, visit our website (friendsofthesavior.org), find us on Facebook, or contact Whitney Burns (whitney@friendsofthesavior.org) to receive Savior's weekly email newsletter.

*Join us for worship
5:00pm Saturday evenings
at
Pleasant Hill Community Church
26W401 Geneva Rd., Wheaton, IL 60187*



Journeying Together: Loving God, Loving Others, Loving Life

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