

AN AT HOME RETREAT
WITH THE LORD'S PRAYER

Session 11 Practices

“And lead us not into temptation, but deliver us from evil”

Consider making space for one or more of the following practices today and throughout your at-home retreat. You may discover something you wish to continue even after the retreat is finished!

1. Read and reflect on Galatians 5:22-23. Then, pick one of the fruits of the Spirit found in this passage and look for ways to practice that fruit today.
 - Consider choosing a new fruit to intentionally practice each day.
2. Think about your own life and reflect upon what your greatest temptations are.
 - Look for Scriptures that you can speak back to the devil when that temptation arises.
 - Read Matthew 4:1-11 to see how Jesus did not hesitate to use Scripture to talk back to the devil.
3. Meditate on Acts 17:28 - “In him we live and move and have our being.”
 - When you find yourself struggling in the spiritual life, remember that just because you feel that God has abandoned you does not mean that God has in fact abandoned you.