

AN AT HOME RETREAT
WITH THE LORD'S PRAYER

Session 2 Practices

“Our”

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. Pray the Lord's Prayer, or a specific part of the Lord's prayer, four times. Each time, you are invited to pray the prayer with a specific person in mind.

- 1- Yourself
- 2- A loved one
- 3- A Stranger
- 4- An enemy or someone who has hurt you

What does it mean for this prayer to be true for each person? How might you pray it on their behalf and what might God be calling you to in relation to this person?

2. Donate in some way to a local service organization, soup kitchen, homeless shelter, food pantry, etc.

-This could be your time or resources

3. Hospitality

-Invite someone to have a meal with you or open your space to have an intentional conversation with a neighbor.

4. Creation Care

-Consider purchasing products with minimal packaging that cannot be recycled and recycle everything else that can be recycled.

-Check out our Ruah Space article with 7 different ways for caring for the environment that can be found at:

<https://ruahspace.com/caring-for-gods-good-creation-7-practical-steps/>

5. Spend time reflecting on Luke 10:25-37 (The Parable of the Good Samaritan).