

AN AT HOME RETREAT
WITH THE LORD'S PRAYER

Session 3 Practices

“Father”

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. Reflection Questions from *Becoming an Ordinary Mystic* by Fr. Albert Haase

Consider reflecting on these questions with a journal. Pray with them. Consider discussing your answers with a trusted friend or family member.

- As a provider, when did God take care of my critical needs?
- As a shepherd, when and how did God guide me in the right direction?
- As a vine grower, when and how did God prune me and challenge me to accept a disappointment?
- As a welcoming father, when and how did God surprise me with a hospitable response to my petition or with careful attention to the details of my situation?
- As a diligent mother, when and how did God go out of her way to notice me?
- As an alms giver, when and how did God respond to my request for help?
- As a party thrower, when and how did God insist that I accept His invitation to celebrate an event and feast on its abundance?
- As an eraser of debts, when and how has God challenged me to leave the past with its guilt and come back to sacrament of the present moment?

2. Read one or more of the passages below that describe God as a provider, sustainer, nurturer, etc.

Meditate on, reflect on, pray over, and/or journal the verse.

- Psalm 23
- Jeremiah 18:1-11
- Luke 15
- Matthew 7:7-11
- John 10:1-18
- Genesis 16