

AN AT HOME RETREAT
WITH THE LORD'S PRAYER

Session 4 Practices

“Who art in heaven”

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. Our Image of God Practice

Spend 20-30 minutes with pen and paper. List every possibly name you can think of for God. Maybe write different descriptions of God.

After you have spent some time writing, rip the paper into shreds.

- This is a reminder that no matter what we say about God, we miss the mark.
- Is God inviting you into new images or inviting you to understand God in new ways?

2. Be on the lookout throughout your day to see God. Be intentional about seeking God.

- Where might the Father, Son, and Holy Spirit be moving in your midst and how might God be inviting you to join in?
- What we seek we will find, but what we are not seeking we are likely to miss. Pray that God will give you the eyes to see and the ears to hear.

3. Spend some time reflecting on Matthew 25:31-46.