

AN AT HOME RETREAT
WITH THE LORD'S PRAYER

Session 6 Practices

“Thy Kingdom Come”

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. Spend 10 minutes in silence and ask yourself the following questions:
 - Today, how can I help the Kingdom of God become a reality?
 - How can I be a co-worker with Jesus to build the Kingdom of God?
 - Remember, it doesn't have to be big, flashy actions. It can be small.
 - What is the required duty or unmet need of the present moment?
 - What is something that is broken but has something good in it that I can invite out for the glory of God?

Pray for God to give you the eyes to see, the ears to hear, and the courage to act on these questions and the answers that come up for you.
2. Breath Prayer
 - Pray “thy kingdom come”
 - consider praying it with the cadence of your breath. Pray it on each inhale and each exhale, or pray “thy kingdom” on your inhale and “come” on your exhale.
 - You can practice this for a set amount of time or you can pray it throughout the day during an everyday activity, during a break at work, in a stressful situation, etc.
3. Reflect upon Luke 13:18-21.

What practical implications can you draw about the kingdom of God?