

AN AT HOME RETREAT  
WITH THE LORD'S PRAYER

**Session 7 Practices**

“Your will be done on earth as it is 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. Conclude the day by asking and reflecting on the questions below. We encourage you to not only reflect on these questions, but to pray through them, and perhaps use a journal to write down what comes up, work through them, and see how your discernment develops over time.

What is God up to in my life?  
What were people saying to me today?  
What was the situation I found myself in?  
What was God trying to say to me?  
How did I feel about what went on today?  
What was I thinking about today?  
How did God come into my life in certain circumstances? Was I attentive to God?  
-Examples: In a meeting, in a difficult conversation, in a task I had to do.  
What was God saying to me in these circumstances?  
Was I attentive and sensitive to God's presence today?

This practice helps us become aware of our lives which is where God is speaking to us! God speaks to us through our lives, circumstances, feelings, and thoughts.

Consider making this a habit that you engage each night as you conclude your day.

2. Reflect upon Mark 3:31-35.  
How do you show your familial relationship with Jesus?