

AN AT HOME RETREAT  
WITH THE LORD'S PRAYER

**Session 9 Practices**

“Forgive us our trespasses”

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. Read Micah 7:18-19. Pray and reflect over this passage.
  - Make a list of your sins that God has tossed into the sea.  
(Write at the top of the page: No fishing allowed)
  - Consider burning or shredding the list afterward.
2. Look at your life and change one thing in your life that will help break the structural sin that we all participate in.
  - For example, buy fair-trade coffee.
  - Check out the buycott app which can help you know which companies are participating in unjust practices. (Link is on retreat page below link for this PDF)
3. Meditate and pray over Mark 2:13-17 or Luke 15:1-32.