

Stepping Back Into Everyday Life

“Silence and solitude free us from our addiction to words and noise.”

—Richard Foster

Practice, Practice, Practice

Take a few minutes to review your retreat guidebook. Page your way through it. Refresh your memory about the learning, reflection, and next steps you engaged with on the retreat. Review the Rule of Life you drafted and remember what you shared about it the final evening of the retreat. You left with some, or perhaps a lot of clarity about next steps in your journey of following Jesus.

Questions

- Of the three practices we engaged with on the retreat, (silence and solitude, practicing the Presence, and friendship as a spiritual practice) which one have I engaged with the most?
- What from the retreat have I already ignored, minimized, or postponed?
- Where have I returned to old patterns faster than I expected?
- What felt clear then—but feels harder now?

Exercise

Write two lists:

1. As far as next steps, what felt clear to me at the retreat?
 2. What I am actually doing now?
- Identify the gaps in the two lists.

Transformation is not lost in big decisions—it's lost in small returns to old patterns.

Revisit the commitments you made verbally and internally at the end of the retreat. What small step(s) can you take to re-engage or take another step forward toward those commitments?

“The crucible of our formation is in the monotony of our daily routines.”

–Tish Harrison Warren

Review your insights from this study guide with those who went on the retreat with you or with another trusted friend. How can you be supportive of one another as you move forward?

“Be doers of the word, and not merely
hearers who deceive themselves.”

–James 1:22



Book recommendation:

Practicing the Way, by John Mark Comer