



# SPIRITUAL LIFE

— greater**europe**mission —

**Resurrection Life Through Death**  
**GEM-wide Virtual Retreat**  
**April 9, 2020**

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*Remain in me, and I will remain in you. For a branch cannot produce fruit if it is severed from the vine, and you cannot be fruitful unless you remain in me.*

—John 15:4 (NLT)

# Retreat Preparation

(Use this section in the days leading up to the retreat on Thursday, April 9.)

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## Resurrection Life Through Death

Follow me... Come to me... Abide in me... These invitations from our Lord Jesus Christ are a call into a lifetime of rest and intimacy with the Father, Son and Holy Spirit. We have all accepted this call, and yet, we can always lean further into this way of life. Let us take this time, corporately and individually, to embrace this intimate invitation from the Father, Son and Holy Spirit.

***Come with me by yourselves to a quiet place and get some rest.***

—Mark 6:31 (NIV)

### What to expect of this time?

Expect God to speak to you and be with you during this time. The invitation in Mark 6:31 is to come away WITH Him. How do we become aware of His presence? How do we hear Him? When Moses asked God to show Him His glory, His likeness, God passed in front of Him and He experienced the presence of God.

***And He passed in front of Moses, proclaiming, “The Lord, the Lord, the compassionate and gracious God, slow to anger, abounding in love and faithfulness, maintaining love to thousands, and forgiving wickedness, rebellion and sin.***

—Genesis 34:6-7 (NIV)

As we become more aware of God’s qualities or attributes in our lives, we are becoming more aware of His presence. What attributes of God are you experiencing at this point in your life? How is your understanding of His different attributes deepening as you spend time with Him?

Throughout this retreat day, be aware of what God is bringing to mind of His person. Is it His faithfulness, love, grace, compassion, mercy, justice, patience, goodness...? How are you experiencing His presence in light of these qualities?

In the annotated retreat schedule, you will find more guidance on ways to hear from God throughout this retreat. The key is to recognize that God is speaking to you. Where are your thoughts turning? What is grabbing your attention? What are you feeling—contentment, anxiety, sadness, anger? Talk to God honestly about what you are feeling or thinking. Then take some time to sit quietly with Him—being with Him and listening to Him. When we are with a trusted friend, there are times of sharing and times of quiet. Give God the options to just be with you or to speak to you.

**Reflective preparation:** *What are your expectations and hopes for this time with God?*

### **Silence and Solitude**

Typically, on a spiritual retreat, we seek silence and solitude so that we can quiet our souls and be attentive to God. Silence and solitude give God time and space away from the competition of social interaction, noise and stimulation. It is a formative place that brings us face to face with our hidden motives and compulsions, both good and bad. We often notice things we would normally miss. Silence offers a way of paying attention to the Spirit of God, and what He brings to the surface of our souls.

In our current reality, it might be easier or harder to find silence and solitude than it normally would be. For those that are alone in their homes, silence and solitude might feel like a trap that you would like to escape. For others, silence and solitude might seem like unattainable state of being that you are longing for in this season. Wherever you find yourself on this spectrum, we encourage you to plan to embrace some moments of silence and solitude to be able to pay attention to God's voice. This may be challenging emotionally and practically. Trust in God's faithfulness and grace that He will come through even if your practice of silence and solitude seems imperfect to you. Jeremiah 29:12-13 encourages us, "***Then you will call on me and come and pray to me, and I will listen to you. You will seek me and find me when you seek me with all your heart.***" (NIV)

Be aware and sensitive to the tendency to turn on some music, reach out to someone, or even to pray for someone. Those are all good things, but is your desire to do those things in this time of silence a prompting from the Spirit or a way to avoid what the Spirit is stirring in your heart? Take some time to reflect with God on that before stepping away from silence.

**Reflective preparation:** *When, how and where will I intentionally have some times of silence and solitude during this retreat day? What are the obstacles or challenges that I have in finding times of silence and solitude? How can I prepare for those obstacles or challenges?*

## Practical Preparations

**Physically**—pay attention to what your body needs during this time. Do you need to exercise, go on a walk or run and be in nature, stretch, take a nap? Plan what you will eat for lunch so that you can have a restorative meal, but also not take too much time in preparation or clean up. Try to get adequate rest the night before.

***What can I prepare in advance to anticipate my physical needs?***

**Spiritually, emotionally, mentally**—the experience of resistance, distractions, anxiety over “lost” worktime, frustration over your retreat plan not working...are all normal experiences. What can you do to prepare in advance? Ask some friends/supporters to be praying for you. Remind yourself who “runs the world.”

***What will I do in advance to prepare myself spiritually, emotionally, and mentally?***

**Limiting distractions**—our current reality prevents most of us from leaving our homes and moving to a less distracting location. What are the distractions that you can control in your environment? If a messy kitchen or living space will keep you from enjoying this time with God, can you get some cleaning done before the retreat so that the retreat day will be less distracting? This is a virtual retreat so the temptation to be on our devices will be strong. Can you set up a different space where you will go to use your computer as needed, but put it away during the reflection times? Can you find a different place to retreat other than your workspace or office?

***What will I commit to doing in order to limit the distractions of my environment?***

## Resurrection Life Through Death

GEM EUROPE		GEM US & CANADA	
CET TIME	Schedule Overview	MDT NA	CET EUROPE
8:00 AM	GEM Corporate Prayer -- Microsoft Teams	8:00 AM	4:00 PM
8:15 AM		8:15 AM	4:15 PM
8:30 AM		8:30 AM	4:30 PM
8:45 AM	Break	8:45 AM	4:45 PM
9:00 AM	Orientation to Retreat -- <a href="#">Zoom</a>	9:00 AM	5:00 PM
9:15 AM	<p style="text-align: center;">Conversation with God</p> <p style="text-align: center;"><b>Lectio on Matt 16:21-26</b></p> <p>Feel free to take a walk, run, nap, sit, while prayerfully interacting with God in whatever relaxes you, and allows you to rest in His Presence and love.</p>	9:15 AM	5:15 PM
9:30 AM		9:30 AM	5:30 PM
9:45 AM		9:45 AM	5:45 PM
10:00 AM		10:00 AM	6:00 PM
10:15 AM		10:15 AM	6:15 PM
10:30 AM		10:30 AM	6:30 PM
10:30 AM	Guidance - Questions - Debrief -- <a href="#">Zoom</a>	10:30 AM	6:30 PM
10:45 AM	<p style="text-align: center;">Conversation with God 2</p> <p style="text-align: center;"><b>Meditation/Reflection Col. 3:1-11</b></p> <p>Journaling is just one way to reflect. Draw, paint, play music, anything that allows the conversation with God over this passage to take root in your soul.</p>	10:45 AM	6:45 PM
11:00 AM		11:00 AM	7:00 PM
11:15 AM		11:15 AM	7:15 PM
11:30 AM		11:30 AM	7:30 PM
11:45 AM		11:45 AM	7:45 PM
12:15 PM		12:15 PM	8:15 PM
12:30 PM	<p style="text-align: center;">Lunch with God - Conversation 3</p> <p style="text-align: center;">Awareness Discipline with God</p> <ul style="list-style-type: none"> <li>• Eat in silence and see what happens with your awareness of God and His gifts</li> <li>• Eat slowly putting your fork or sandwich down between each bite and waiting 1 minute before the next bite.</li> </ul> <p>What happens with your awareness?</p>	12:30 PM	8:30 PM
12:45 PM		12:45 PM	8:45 PM
1:00 PM		1:00 PM	9:00 PM
1:15 PM		1:15 PM	9:15 PM
1:30 PM	<p style="text-align: center;">Conversation with God 4</p> <p style="text-align: center;"><b>Examen with Col. 3:12-17</b></p> <p>Feel free to engage in the activities mentioned in other sections.</p>	1:30 PM	9:30 PM
1:45 PM		1:45 PM	9:45 PM
2:00 PM		2:00 PM	10:00 PM
2:15 PM		2:15 PM	10:15 PM
2:30 PM		2:30 PM	10:30 PM
2:45 PM		2:45 PM	10:45 PM
3:00 PM	<p style="text-align: center;">Debrief -- <a href="#">Zoom</a></p> <p style="text-align: center;">A few share how God interacted with you</p>	3:00 PM	11:00 PM
3:15 PM		3:15 PM	11:15 PM
3:30 PM		3:30 PM	11:30 PM
3:45 PM	Transition to Prayer	3:45 PM	11:45 PM
4:00 PM	GEM Corporate Prayer -- Microsoft Teams	4:00 PM	12:00 AM
4:15 PM		4:15 PM	12:15 AM
4:30 PM		4:30 PM	12:30 AM
4:45 PM	End	4:45 PM	12:45 AM

# Annotated Schedule

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Times listed are the same for Central European Time–CET and Mountain Daylight Time–MDT.

<b>8:00 - 8:45</b>	<b>GEM corporate prayer meeting at <a href="http://pray.gemission.com">pray.gemission.com</a></b>
	<ul style="list-style-type: none"> <li>• Plan to be fully present with the Lord (breakfast eaten, refreshed from a good night of sleep).</li> <li>• Settle your heart and focusing on God's love and goodness toward you.</li> <li>• Prayer:               <ul style="list-style-type: none"> <li>○ Mark 7:20-23 -- Internal Transformation</li> <li>○ Galatians 2:20 -- Life with Christ</li> <li>○ 2 Corinthians 3:18 -- Living resurrection</li> <li>○ John 8:29 -- God's Desires</li> </ul> </li> </ul>
<b>8:45 - 9:00</b>	<b>Break</b>
<b>9:00 - 9:15</b>	<b>Orientation for all of GEM for Retreat in Zoom</b>
	<p>Join <a href="#">Zoom Meeting</a></p> <p>Meeting ID: 565 911 433            Password: 009270</p> <p>Our goal is God Himself, to be with Him, to hear Him, to enjoy Him, and to open ourselves more and more to His interaction and work in our lives. The following schedule is a guide, not a rule book. Our prayer is that through this time and some of these practices, you will be able to set aside your daily routines and activities and to rest in the presence of God, paying attention to Him and His voice in prayer, the Word, and reflection.</p>
<b>9:15 - 10:30</b>	<b>Settle In</b>
	<p>(Song Suggestions: <i><a href="#">I Heard the Voice of Jesus Say</a>; <a href="#">I Surrender</a></i>)</p> <p>You may want to take some time personally to dedicate your day to the Lord. Just sit for a few minutes and notice what rises to the surface as you do. Are there tasks nagging at you? Any worries you're having a hard time letting go of? What are your hopes or fears for this day?</p> <p>Find a way to surrender these things to the Lord. You could write them out on a piece of paper and then fold it up and set it aside or close your eyes and imagine holding them in your fists, slowly opening your hands to release them to God.</p> <p>Take a moment to dwell on God's invitation to you:</p>

***“Then you will call on me and come and pray to me, and I will listen to you. You will seek me and find me when you seek me with all your heart.”*** —Jeremiah 29:12-13 (NIV)

### **Lectio Divina on Matthew 16:21-26**

The practice of Lectio Divina (also called meditative reading) allows us to have a prayerful conversation with God as we soak in His word.

*“We know it is vital to study the Bible for solid content and doctrinal truth, but it is just as important to learn how to meditate on the Word and allow it to permeate our lives and the decisions we make. When we listen to God’s Word with our hearts in this way, we can’t help but draw closer to the heart of Christ and be transformed and renewed by the Living Word of God.”*

-Joyce O’Byrne

Take your time going through the steps below using

#### **Matthew 16:21-26:**

1. *Silencio/Silence* -- Slow down to prepare yourself to receive from God. **“Speak, Lord, for your servant is listening.”** (1 Samuel 3:10 NIV)
2. *Lectio/Reading* -- Read the passage slowly and carefully, either silently or aloud.
3. *Meditatio/Meditation* -- Re-read the passage, thinking deeply upon it, paying attention for a word or phrase that catches your attention.
4. *Oratio/Prayer* -- Read the passage a third time, asking God what His invitation to you in that word or phrase is. Respond to Him—what is that invitation bringing up in you that you can share with Him.
5. *Contemplatio/Contemplation* -- When you’ve finished your conversation, take a few minutes to just rest in God’s presence, enjoying being with Him without the need for words.
6. *Incarnatio/Practice* -- How would you like to take what you’ve just heard with you into the rest of your day or week? Did God’s invitation include a way to keep His word in your heart and mind, or a way to “embody” it as you live your life?

### **Other ways to be with God**

You might also spend some of your time with God taking a walk, a run, a nap, or sitting and savoring a warm beverage -- anything that helps you to relax with God and rest in the presence of His love.

10:30-10:45	<b>Optional Re-gathering Zoom for Guidance and Questions</b>
<p>Join <a href="#">Zoom Meeting</a></p> <p>Meeting ID: 565 911 433          Password: 009270</p> <p>Spiritual Life Team members will be available to provide guidance on meditation and reflection as well as answer questions or debrief your experience.</p>	
10:45-12:15	<b>Meditation/Reflection on Colossians 3:1-11</b>
<p>(Song suggestions: <a href="#">Jesus, I Come</a>; <a href="#">In Christ Alone</a>)</p> <p>As you continue to meditate on God’s word and “tune in” to the interactions He is having with you, consider journaling. Adele Ahlberg Calhoun describes journaling as “<i>a way for you to be with God and your thoughts, not an exercise in language arts. Tell the truth to God and yourself as best you can.</i>”</p> <p>As you read Colossians 3:1-11 write out your reflections to God. Can you personalize these truths by writing them in your own words? Are there things you find yourself pushing back against? Is one of these verses speaking to a specific situation or attitude in your life?</p> <p><i>“Let a spirit of prayer pervade, and let God’s word inspire, shape, and direct what you ponder and pen.”</i> (David Mathis)</p>	
<p><b>Other Options</b></p> <p>Or if you prefer, use another medium to reflect similarly on the passage. This could be through drawing, painting, music, dance—anything that allows the conversation you have with God over this passage to take root in your soul.</p>	
12:15-12:30	<b>Optional Re-gathering in Microsoft Teams for Guidance and Questions</b>
<p>Spiritual Life Team members will provide orientation for after lunch and be available to answer questions or debrief your experience.</p>	
12:30-1:45	<b>Lunch</b>
<p>Eat an adequate, enjoyable meal in thankfulness, recognizing the provisions (gifts) He has made in your life. Keep attentive to God as you eat. If it helps, you can even set an extra place at the table to remind you of His presence during the meal.</p>	

**Optional exercises:** Awareness while eating with God

(Song Suggestions: [Psalm 34/Taste and See](#))

- *Eat lunch in silence and see what happens with your awareness of God and His gifts.*
- *Eat lunch slowly by putting your fork or sandwich down between each bite and waiting 1 minute before the next bite. What happens with your awareness?*

1:45-3:15

**Examen with Colossians 3:12-17**

(Song suggestions: [Jesus Paid It All](#), [Jesus, Thank You](#))

The Examen, Latin for examination, is a way to reflect on something (usually a day) with God. It is a way for us to seek God's help in noticing gifts and opportunities for transformation. Here we've adapted the Examen to be used with a passage of Scripture.

1. *Give thanks to God for the gift of your life with Him and this conversation.*
2. *Ask for the grace necessary to hear His word to you from the Scripture.*
3. *Listen to the passage imaginatively, entering it with your head, then heart, as addressed to you in His gracious voice.*
4. *Talk about the affirmations and the transformations He is sharing with you. \**
5. *Resolve to live in light of the word He addressed to you, all by God's grace.*

\*What words, concepts or ideas are especially poignant to you from the text? How do you feel about what you are hearing or noticing? Is there resonance or resistance to what is happening? Engage in a conversation with God about whatever is stirring. His love continually reaches out toward you.

Read and re-read the text with an attentive ear to what you are feeling, sensing, hearing, or noticing. Let the conversation dwell with you in a spacious atmosphere of His love (Romans 5:2).

Give yourself some time as the afternoon comes to an end to look back over the day and what God has done. What would you like to carry with you as you "leave" the retreat? Is God saying anything to you as you look ahead to the coming days/weeks? How can this day become a memory with God? In a few words, how could you capture your time with Him to keep it fresh in your heart?

3:15 – 3:45	<b>Re-gathering all Participants allowing them to give voice to God's gifts</b>
<p>Join <a href="#">Zoom Meeting</a></p> <p>Meeting ID: 565 911 433          Password: 009270</p> <p>There will be opportunity for some to share how God interacted with you during the day. This will be a time of listening to and rejoicing with others. Sharing should be brief, a minute or less, then some silence before another shares. This is a time of listening to God through others, not commenting, advising, or affirming. Just listen to the sharing, without responding, and contemplate how God is moving in our hearts.</p>	
3:45-4:00	<b>Transition to Prayer</b>
4:00 - 4:45	<b>GEM corporate prayer at <a href="http://pray.gemission.com">pray.gemission.com</a></b>
<p>Prayer:</p> <ul style="list-style-type: none"> <li>• 1 Peter 2:1-3 -- Inner Transformation</li> <li>• Romans 5:10 -- Life with Christ</li> <li>• Philippians 3:7-10 -- Living Resurrection</li> <li>• 1 Peter 2:9-10 -- Proclaiming His Excellencies</li> </ul>	
Wrapping up the day	<p>As you come to the end of the day, take some time to reflect back on what God has done. You may find journaling or Examen to be helpful again at this point and/or you could try one of the following:</p> <ul style="list-style-type: none"> <li>• Mind Map concepts/what God has said</li> <li>• Make a brief plan to 're-enter' life</li> <li>• Reflect on what was/wasn't helpful for next time</li> <li>• Make a plan for anything God's asked you to do or explore</li> <li>• Choose someone to share your highlights with</li> </ul>

# Family Retreat Guide

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Dear Families,

Our hope is that this day of retreat will be a blessing to you and an opportunity for you to connect more with God individually and together. To help facilitate that we have put together some suggestions and options for you. Knowing that each child and each family situation is unique, feel free to pick and choose, rearrange and adjust, keeping in mind that the goal is to find the ways that will help your family be most open to interaction with God throughout the day. Once you have made your plans, take a moment to remember that you are setting this day apart to the Lord for Him to use as He chooses. Things may not go how you envisioned, but you can trust Him to meet you and to work no matter what the day ends up looking like.

***“Surely goodness and love will follow me all the days of my life, and I will dwell in the house of the Lord forever.”*** —Psalm 23:6 NIV

## “Preparation Day”

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The Jews referred to the day before Sabbath as “preparation day” (Mark 15:42) It will be helpful if you can take some time the day before the retreat to prepare as a family:

- *Talk about expectations:* Which parts of the day are “mandatory”, and which are optional? Are electronics allowed during the day? If so, which ones and when? If some family members chose to be done sooner than others, are they expected to be quiet or avoid certain parts of the home?
- *Gather supplies:* Look through and pick a few of the activity options to figure out if anything will need to be printed, purchased, or dug out of a back closet. If possible, it may also be helpful to have things prepared for the day’s meals (or simple meals planned) to cut down on kitchen time during the retreat.

- *Prepare a place:* You may want to set aside a specific place in your home for kids to go throughout the day if they want to be with God. We thought it sounded fun to make a blanket fort or set up a tent, but this could also be a room, or even a closet. Put a few things there that kids could use in their time with God such as a kid's Bible, a way to listen to worship music (with headphones), scripture [coloring](#) or [journaling pages](#), blank paper, etc. Talk to the kids about what's there and, if needed, how to use them.
- *Parent time:* Decide as parents when (and where) you will each get time alone with God. This could mean splitting the morning with each parent having half the time alone and half the time with the kids, one parent taking some time in the morning and the other in the afternoon, etc.

## Retreat Day

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### Morning:

#### Imagination Exercise with Matthew 16:21-26:

1. *Begin with a prayer*, asking God to open your hearts and guide your thoughts. Take a moment or two to just be still before God. (If kids are antsy it may help to pick a specific posture to sit in and take a few long deep breaths).
2. *Read the passage aloud slowly.* Begin by inviting them to imagine the setting. Where is this taking place? What might it have looked like? Smelled like? Felt like? Share a few things with each other.
3. *Read the passage aloud again* (perhaps having a different person read this time). Where can you imagine yourself in this scene? Are you seeing things from the perspective of one of the people in the story? As an onlooker or fly on the wall? Share once again.
4. *Read the passage a third time.* How do the words of Jesus strike you when you hear them as someone "in the story?" What is He speaking to your heart through this interaction?
5. *After everyone has had a chance to share* (if they want to), pray together, thanking God for His ongoing conversation with us and asking Him to keep using the words from today to change our hearts.

#### Additional options:

- Spend some time outside, on a walk or in a yard or balcony. How do you see God in nature?
- Take a break to praise God with your bodies — dance along to a [praise song](#) or do some [stretches](#).

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## Lunch:

Over lunch you may want to do one of the following:

- *Spend some time* together making cookie dough or something yummy. Talk about how the Bible tells us to “**Taste and see that the Lord is good.**” (Psalm 34:8 NIV) and/or that “**...every good and perfect gift is from above...**” (James 1:17 NIV). Use the time to thank God for His faithfulness and goodness toward us.
  - Supplies: a family recipe + ingredients
- *Make a gratitude poster* together, allowing each person to write things they’re thankful for on it. This can be hung up somewhere and added to throughout the day.
  - Supplies: paper or poster board, markers
- *Have communion* together.
  - Supplies: bread or crackers, wine or juice.

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## Afternoon:

**Family Lectio** on Galatians 5:16-25:

1. *Say a brief prayer* asking God to quiet your hearts and make you open to what He wants to say, or using Samuel’s words, “**Speak, Lord, for your servants are listening.**”
2. *Read the passage aloud*, slowly. After you’ve read, explain that you will read the verses again, paying attention for which word or phrase stands out or speaks your heart.
3. *Read the passage* a second time (if your kids are readers take turns reading the passage so you can hear the slightly different emphasis from different readers). Go around, giving each person a chance to say the word that stood out to them (if there wasn’t one that’s ok!)
4. *Read the passage a third time* and spend a few minutes in silence, giving everyone a chance to talk to God about what they heard. After the silence, take turns sharing with one another.
5. *Take another minute* or two in silence to just enjoy the fact that God is with you. Finish with a brief prayer thanking God for being with you and for speaking to us through the Bible.
6. *Ask if anyone* felt invited by God to do something with what He said to them (this could be an action to take, a fear to let go of, etc.) You may want to pray again after, asking God for grace to accept His invitations.

### Additional options:

- Use drawing, clay, play dough, cookie dough, or another object in the house to describe the “monster inside” (or for older kids create something showing the state of their heart/soul/mind right now). When we are mad, frustrated, sad, disobedient...what does that “monster” look like? Let them work on it and then explain/show it to the family, then have them imagine how Jesus can transform that into a loving “monster”.
  - Supplies: Crafting material: paper and crayons/markers, OR clay or playdough, OR glue, scissors and magazines to make a collage...

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### Ending the Day:

Finish the day with a time of **Examen**:

There's a bit more info on the Examen in afternoon segment of the Annotated Schedule. Here we're going to keep it nice and simple and blend the conversation with God and the family conversation together.

1. *The first step* is to take a moment to **recognize God's presence** together. This could be verbally with a prayer or phrase, or with a physical action such as kneeling or laying the hands in front of you palms up.
2. *Next*, take some time to look back on the day. If you do this regularly you can use a question such as “When did I give or receive love today?” (to/from God and others), or “What am I most/least grateful for?” To reflect on this day of retreat, we'll focus on “**When did I feel close to God and when did I not?**”
3. **Talk with God** about your reflections. Thank Him for the good gifts you noticed and if needed confess to Him the ways you noticed yourself living your own way instead of His way/with Him.
4. **Pray for tomorrow**. What do you each want to take with you from this day into tomorrow? (how are you feeling about tomorrow?). Pray for one another.

More information on doing the Examen with children at:

<http://www.gooddirtministries.org/blog/2016/10/26/the-examen-for-families>

# Appendix



## Song Lyrics:

### 9:15 – 10:30 – Settle In

#### I Heard the Voice of Jesus Say

I heard the voice of Jesus say,  
"Come unto Me and rest;  
Lay down, thou weary one, lay down,  
Thy head upon My breast."  
I came to Jesus as I was,  
Weary and worn and sad;  
I found in Him a resting-place,  
And He has made me glad.

I heard the voice of Jesus say,  
"Behold, I freely give  
The living water; thirsty one,  
Stoop down and drink and live."  
I came to Jesus, and I drank  
Of that life-giving stream.  
My thirst was quenched, my soul revived,  
And now I live in Him.  
My thirst was quenched, my soul revived,  
And now I live in Him.

I heard the voice of Jesus say,  
"I am this dark world's Light.  
Look unto Me; thy morn shall rise  
And all thy day be bright."  
I looked to Jesus, and I found  
In Him my Star, my Sun;  
And in that Light of Life I'll walk  
Till traveling days are done.

#### I Surrender

Here I am  
Down on my knees again  
Surrendering all, Surrendering all  
  
Find me here  
Lord as You draw me near  
Desperate for You, Desperate for You

I surrender

Drench my soul  
As mercy and grace unfold  
I hunger and thirst, I hunger and thirst

With arms stretched wide  
I know You hear my cry  
Speak to me now, Speak to me now

I surrender, I surrender  
I want to know You more  
I want to know You more  
(2 times)

Like a rushing wind  
Jesus breathe within  
Lord have Your way  
Lord have Your way in me  
Like a mighty storm  
Stir within my soul  
Lord have Your way  
Lord have Your way in me  
(3 times)

Lord have Your way  
Lord have Your way in me

I surrender, I surrender  
I want to know You more  
I want to know You more  
(2 times)

## 10:45 – 12:15 -- Meditation:

### Jesus, I Come

Out of my bondage, sorrow, and night,  
Jesus, I come! Jesus, I come!  
Into Thy freedom, gladness, and light,  
Jesus, I come to Thee!

Out of my sickness into Thy health,  
Out of my wanting and into Thy wealth,  
Out of my sin and into Thyself,  
Jesus, I come to Thee!

Out of my shameful failure and loss,  
Jesus, I come! Jesus, I come!  
Into the glorious gain of Thy cross,  
Jesus, I come to Thee!

Out of earth's sorrows into Thy balm,  
Out of life's storm and into Thy calm,  
Out of distress into jubilant psalm,  
Jesus, I come to Thee!

Out of unrest and arrogant pride,  
Jesus, I come! Jesus, I come!  
Into Thy blessed will to abide,  
Jesus, I come to Thee!

Out of myself to dwell in Thy love,  
Out of despair into raptures above,  
Upward forever on wings like a dove,  
Jesus, I come to Thee!

Out of the fear and dread of the tomb,  
Jesus, I come! Jesus, I come!  
Into the joy and light of Thy home,  
Jesus, I come to Thee!

Out of the depths of ruin untold,  
Into the peace of Thy shelter unfold,  
Ever Thy glorious face to behold,  
Jesus, I come to Thee!

Jesus, I come to Thee!  
(2 times)

### In Christ Alone

In Christ alone my hope is found  
He is my light, my strength, my song  
This Cornerstone, this solid ground  
Firm through the fiercest drought and storm

What heights of love, what depths of peace  
When fears are stilled, when strivings  
cease  
My Comforter, my All in All  
Here in the love of Christ I stand

There in the ground His body lay  
Light of the World by darkness slain  
Then bursting forth in glorious Day  
Up from the grave He rose again

And as He stands in victory  
Sin's curse has lost its grip on me  
For I am His and He is mine  
Bought with the precious blood of Christ

No guilt in life, no fear in death  
This is the power of Christ in me  
From life's first cry to final breath  
Jesus commands my destiny

No power of hell, no scheme of man  
Can ever pluck me from His hand  
'Til He returns or calls me home  
Here in the power of Christ I'll stand

In Christ alone  
I find my strength, I find my hope.  
I find my help  
In Christ alone

When fear assails  
When darkness falls  
I find my peace  
In Christ alone

I give my life, I give my all  
I sing this song  
To Christ alone

The King of Kings  
The Lord of Lords  
All heaven sings

To Christ alone  
(3 times)

**Lunch:**

[Psalm 34 - Taste and See](#)

I sought the Lord  
and He answered me  
and delivered me  
from every fear

Those who look on Him  
are radiant  
They'll never be ashamed  
They'll never be ashamed

This poor man cried  
and the Lord heard me  
and saved me from  
my enemies

The Son of God  
surrounds His saints  
He will deliver them  
He will deliver them

Like a fire, the Lord in me  
Come exalt His name together  
Glorify the Lord with me  
Come exalt His name forever

Taste and see  
that the Lord is good  
Oh bless us here  
who hides in Him

Oh fear the Lord  
Oh all you saints  
He'll give you everything  
He'll give you everything

Like a fire, The Lord with me  
Come exalt His name together  
Glorify the Lord with me  
Come exalt His name forever

*(Continue in next column)*

Let us bless the Lord  
every day and night  
never ending praise  
may our incense rise  
(4 times)

Like a fire, the Lord in me  
Come exalt His name together  
Glorify the Lord with me  
Come exalt His name forever  
(3 times)

I sought the Lord  
and He answered  
I sought the Lord  
and He answered  
I sought the Lord  
and He answered me  
(2 times)

Oh taste and see  
that the Lord is good  
Oh bless us here  
who hides in Him

Oh fear the Lord  
Oh all you saints  
He'll give you everything  
He'll give you everything

### 1:45 – 3:15 – Examen:

#### Jesus Paid it All

I hear the Savior say,  
Thy strength indeed is small;  
Child of weakness, watch and pray,  
Find in Me thine all in all.

Jesus paid it all,  
All to Him I owe;  
Sin had left a crimson stain,  
He washed it white as snow.

Lord, now indeed I find  
Thy power and Thine alone,  
Can change the leper's spots  
and melt the heart of stone.

Jesus paid it all,  
All to Him I owe;  
My sin had left a crimson stain,  
He washed it white as snow.

It's washed away  
All my sin  
And all my shame

And when before the throne  
I stand in Him complete,  
Jesus died my soul to save,  
my lips shall still repeat

Jesus paid it all,  
All to Him I owe;

Sin had left a crimson stain,  
He washed it white as snow  
(3 times)

O Praise the one who paid my debt  
And raised this life up from the dead  
(5 times)

Jesus, Jesus  
Lord, you're the one  
Son of God  
King of Kings  
Sacrificial Lamb

O Praise the one who paid my debt  
And raised this life up from the dead  
(4 times)

Jesus

#### Jesus, Thank You

The mystery of the cross I cannot  
comprehend  
The agonies of Calvary  
You the perfect Holy One,  
crushed Your Son  
Who drank the bitter cup reserved for me

Your blood has washed away my sin  
Jesus, thank You  
The Father's wrath completely satisfied  
Jesus, thank You  
Once Your enemy,  
now seated at Your table  
Jesus, thank You

By Your perfect sacrifice  
I've been brought near  
Your enemy You've made Your friend  
Pouring out the riches  
of Your glorious grace  
Your mercy and Your kindness  
know no end

Your blood has washed away my sin  
Jesus, thank You  
The Father's wrath completely satisfied  
Jesus, thank You  
Once Your enemy,  
now seated at Your table  
Jesus, thank You  
Jesus, thank You

Lover of my soul  
I want to live for You  
(3 times)

Your blood has washed away my sin  
Jesus, thank You  
The Father's wrath completely satisfied  
Jesus, thank You  
(2 times)

Once Your enemy,  
now seated at Your table  
Jesus, thank You  
Jesus, thank You

Once Your enemy,  
now seated at Your table  
Jesus, thank You