



A DAY WITH GOD IN JOHN 17



greater^{eu}rope^{mission}
SPIRITUAL LIFE



A DAY WITH GOD IN JOHN 17

Goal: To get away to a peaceful place without distractions where you'll be able to converse with God with generous amounts of listening and reflecting. This is a time to BE instead of DO, to ABIDE instead of STRIVE.

IDEAS TO HELP PREPARE:

Spiritual and Emotional Preparation:

- Ask people to pray for you.
- Regularly ask God to communicate with you.
 - Write a brief account of spiritual and emotional highs and lows in your life.
- Identify current themes or struggles God brings to mind.
 - Identify and pray through anxiety or stress about being away.

Mental Preparation:

- Tell yourself its ok to rest.
- Remind yourself who runs the world.
- Be realistic-it may take several times doing this to get the hang of it.
- Keep perspective of what eternal things could be gained vs. what work may be lost.

Physical preparation:

- Pick a peaceful location away from normal responsibilities and distractions.
- Get adequate rest beforehand.
- Don't do twice the work to be gone and catch up when you're back—ask people to help cover your work.

Distraction free ideas:

- Leave electronic devices at home and put your phone on airplane mode.
- Tell loved ones you'll check messages at the beginning or end of the day.
- Don't bring recreational or ministry/work reading.
- Name attitudes and worries that creep into your mind.
 - Renounce them and pray that their power will be broken over you.

Ideas for comfort and enjoyment:

- Weather appropriate clothing—hat, sunscreen, rain or running gear.
- Bible, pen, journal.
- Comfortable shoes for walking.
- Good food (prepared ahead), favorite snacks and drinks.
 - Pillow, slippers, favorite blanket...

PREPARE

You will get the most out of your day away if you prepare ahead of time spiritually, emotionally, mentally and physically. You could prepare a little each day for several days leading up to the retreat or the night before.

I CAN PREPARE...

Spiritually/Emotionally by:

Mentally by:

Physically by:

By setting some expectations/hopes:

Expect God to engage with you—ask for openness to embrace His presence, availability, and love for you just as you are. He desires to be with and interact with you.

Everyone is different—what are the specific distractions that are likely to come up for you? What would be most meaningful for you to incorporate in your day? (Ideas next to suggested schedule on back.)

Ideas to make my time distraction free:

Ideas to make my time comfortable, fulfilling, enjoyable:

And now it's time to leave behind daily routines and activities to rest in the presence of God, paying attention to Him and His voice in prayer, the Word and reflection...

Remain in me, and I will remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me.

John 15:4

A SUGGESTED STRUCTURE FOR THE DAY

9:00 - 10:00 Clear your mind and focus your soul

- Plan to be fully present with the Lord (breakfast eaten, refreshed from a good night of sleep).
- Settle your heart and focusing on God's love and goodness toward you.

Elements/Scripture I plan to use:

10:00 - 12:00 Conversing with God

Whatever you do, pray relationally with God about who you are, what you are experiencing, issues that you want to place before Him...

- Do something that refreshes you: draw, paint, create...
- Continue in the Word.

Elements I plan to use:

12:00-13:00 Lunch

Eat an adequate enjoyable meal in thankfulness, recognizing the provision (gifts) He has made in your life. Keep attentive to God as you eat.

13:00-13:30 Re-enter into worship (similar to 9:00)

Elements I plan to use:

13:30-15:00 Engaging God and Journaling

Read slowly the same passage or a related one and interact with God in prayer as He brings things to mind. Write and pray when prompted.

Elements/Scripture I plan to use:

15:00-16:00 Changing pace and resting

Elements I plan to use:

16:00-17:00 Bringing it all together

Elements I plan to use:

ELEMENTS, DISCIPLINES, & IDEAS FOR EACH SECTION

Clearing, focusing your mind:

- Singing worship songs
- Saying the Lord's Prayer
- Breath Prayer
- Reading a Psalm

Listening to God:

- Lectio Divina
- Listening Prayer
 - Being attentive to God while:
 - o Drawing/painting
 - o Walking
 - o Stretching
 - o Molding clay
 - o Running
 - o Knitting

Conversing with God:

- Prayer
 - Listening Prayer
 - Journaling
- Try to have a lunch that doesn't need excessive prep or clean up.

Engaging God:

- Lectio Divina
- Imagination (particularly Gospels)
- Journaling
- Listening Prayer

Changing pace and resting:

- Walk, stretch, hike
- Take an afternoon nap (set alarm!)
- Paint, draw, knit etc.
- Have a snack

All while being attentive to God and the conversation He's initiating!

Bringing it all together:

- Journal
- Examen
 - Make a brief plan to re-enter life.
- Reflect on what was/wasn't helpful for the next time.
 - Make a plan for anything God's asked you to do or explore.
- Choose someone to share with about your experience.



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CONVERSING WITH GOD - 10:00-12:00

In John 16, Jesus told his disciples that He will be leaving to go back to the Father. He is preparing them for what is going to happen to Him. Soon, Jesus will be arrested and sentenced to be crucified.

In John 17, we get a chance to eavesdrop on Jesus' conversation with His Father.

As you begin this time, get still, silent, and present to the One who is always present to you in love, God. Stay here for a few minutes.

Ask God: "How do You want to speak to me today through Your Word?"

As you read this passage, pay attention to the conversation He is initiating with you. Listen and wonder what He is up to in you.

Read John 17 (see page 5 for the Scripture passage).

As you reflect on these questions, imagine having this conversation with Jesus as He sits with you.

There is no pressure to answer every question. Follow the Spirit's guidance as He directs this conversation with Jesus.

- What do you notice about the Father's heart? What key words reflect who God is?
- What overall feelings do you sense inside of you? Talk to God about them.
- As you reflect on what the Holy Spirit highlighted to you while reading this chapter, how do you see this intersecting with your missionary life and lifestyle?
- How does reflecting on the ways Jesus prays influence the way you pray?
- What invitations might God have for you?



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ENGAGING GOD AND JOURNALING - 13:30-15:00

Journaling can be a way to slow down and unpack your conversation with God. This afternoon we'll focus on three of Jesus' prayers from John 17. These Scripture passages and journal prompts below can help you continue your conversation with God from this morning. However, you have the freedom to choose any or none of these. Ask God as you read and meditate on Scripture, "How do you want to speak to me through Your Word?"

Option 1: Read John 17:3-4 (see page 6 for the Scripture passage)

Journal Prompts:

- How did you first come to know and follow Jesus? Journal your conversation with Him about this time.
- Ask Him how your relationship has grown and changed since then.
- How is Jesus' redemption impacting your life and work today?

Option 2: Read John 17:15-19 (see page 6 for the Scripture passage)

Journal Prompts:

- Talk with Jesus about where you've experienced God's protection or where this hasn't been a felt experience. Ask Jesus for His perspective.
- How does He want to strengthen you for your mission as someone who is not of this world?

Option 3: Read John 17:22-23 (see page 7 for the Scripture passage)

Journal Prompts:

- Ask Jesus for insight into the unity mentioned in His prayers. What does it look like, sound like, etc.?
- How is Jesus drawing you to himself and into this union with Father, Son, Spirit?
- Write out prayers for this unity - personally, missionally, locally, nationally, internationally and invite God to shape your desires as you do so.



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JOHN 17 (New International Version)

1 After Jesus said this, he looked toward heaven and prayed:

“Father, the hour has come. Glorify your Son, that your Son may glorify you. 2 For you granted him authority over all people that he might give eternal life to all those you have given him. 3 Now this is eternal life: that they know you, the only true God, and Jesus Christ, whom you have sent. 4 I have brought you glory on earth by finishing the work you gave me to do. 5 And now, Father, glorify me in your presence with the glory I had with you before the world began.

6 “I have revealed you to those whom you gave me out of the world. They were yours; you gave them to me and they have obeyed your word. 7 Now they know that everything you have given me comes from you. 8 For I gave them the words you gave me and they accepted them. They knew with certainty that I came from you, and they believed that you sent me.

9 I pray for them. I am not praying for the world, but for those you have given me, for they are yours. 10 All I have is yours, and all you have is mine. And glory has come to me through them. 11 I will remain in the world no longer, but they are still in the world, and I am coming to you. Holy Father, protect them by the power of your name, the name you gave me, so that they may be one as we are one. 12 While I was with them, I protected them and kept them safe by that name you gave me. None has been lost except the one doomed to destruction so that Scripture would be fulfilled.

13 “I am coming to you now, but I say these things while I am still in the world, so that they may have the full measure of my joy within them. 14 I have given them your word and the world has hated them, for they are not of the world any more than I am of the world. 15 My prayer is not that you take them out of the world but that you protect them from the evil one. 16 They are not of the world, even as I am not of it. 17 Sanctify them by the truth; your word is truth. 18 As you sent me into the world, I have sent them into the world. 19 For them I sanctify myself, that they too may be truly sanctified.

20 “My prayer is not for them alone. I pray also for those who will believe in me through their message, 21 that all of them may be one, Father, just as you are in me and I am in you. May they also be in us so that the world may believe that you have sent me. 22 I have given them the glory that you gave me, that they may be one as we are one— 23 I in them and you in me—so that they may be brought to complete unity. Then the world will know that you sent me and have loved them even as you have loved me.

24 “Father, I want those you have given me to be with me where I am, and to see my glory, the glory you have given me because you loved me before the creation of the world.



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cont. JOHN 17

25 "Righteous Father, though the world does not know you, I know you, and they know that you have sent me. 26 I have made you known to them, and will continue to make you known in order that the love you have for me may be in them and that I myself may be in them."

VERSES FROM JOHN 17 FOR ENGAGING GOD AND JOURNALING

John 17:3-4

Now this is eternal life: that they know you, the only true God, and Jesus Christ, whom you have sent. 4 I have brought you glory on earth by finishing the work you gave me to do.

John 17:15-19

15 My prayer is not that you take them out of the world but that you protect them from the evil one. 16 They are not of the world, even as I am not of it. 17 Sanctify them by the truth; your word is truth. 18 As you sent me into the world, I have sent them into the world. 19 For them I sanctify myself, that they too may be truly sanctified.



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22 I have given them the glory that you gave me, that they may be one as we are one— 23 I in them and you in me—so that they may be brought to complete unity. Then the world will know that you sent me and have loved them even as you have loved me.

BRINGING IT ALL TOGETHER - WHAT I'M TAKING WITH ME FROM TODAY
