

# Do-It-Yourself Day Retreat: Fear, Trust & Hope

Lent is a time of retreat. A journey into the solitude of the desert to be alone with God. This lent we have all been forced to retreat into our homes and enter the solitude of social distancing. This solitude does not have to be one of loneliness, but one of communion with the Lord. We are invited to be alone with him and depend only on him.

## General Instructions for the day:

- Disconnect from all media
- Find a quiet place in your home, backyard, or in a park.
- All you need is a Bible.
- As you enter into the 3 periods of prayer (Parts 1, 2 & 3) use the *Ignatian Method* described below or another form of *Lectio Divina*.
- Give yourself time between each period of prayer to spend the rest of the day in reflection (journaling, prayerful walks, rosary, or other devotions.)
- Let the spirit lead you. If you don't have a whole day free, take an hour each day to do each of the prayer periods.

## Program/Schedule for the Retreat:

### Part 1: Call to Surrender Fear (30-60 minutes)

We are filled with much fear and uncertainty during this time, but the Lord of perfect love cast out all fear. He is calling you to bring your fears to him and lay them down at the foot of his cross. Choose one of these scriptures to pray with and empty your heart of all fear.

**Matthew 8:23-27 Calming of the Storm** *"Why are you terrified, O you of little faith."*

**Mark 14:32-39 The Agony in the Garden** *"My soul is sorrowful even to death."*

### Part 2: Invitation to Trust (30-60 minutes)

Surrendering our fears, we are invited to trust the Lord, but it is not always easy. Pray for the grace of trust. Be grounded in the immense love of the Father. Choose one of these scriptures to pray with and open your heart to trust.

**Matthew 6:25-34 Dependence on God** *"Can any of you by worrying add a single moment to your life?"*

**Matthew 14:22-33 The Walking on Water** *"Take courage it is I."*

### Part 3: Promise of Hope (30-60 minutes)

If we have opened our hearts to trust the Lord, we can hope in his promises. Ours is the God who can accomplish immeasurably more than we ask or imagine. Choose one of these scriptures and rest in the hope that only God can give.

**Jeremiah 29:11-14 Promise to Exiles** *"I know the plans I have in mind for you."*

**Isaiah 65:17-21 World Renewed** *"I am about to create a new heavens and a new earth."*

## The Ignatian Method:

As you begin each period of prayer, take a moment to place yourself in the presence of the God and imagine him looking upon you with love.

Read over the scriptures for each prayer period, noting the words or phrases that stir your heart. Move between *meditation*, *contemplation*, and *colloquy* as the spirit leads you, not feeling rushed. This is your time with the Lord to spend as He wishes.

**Meditation:** For each word or phrase that speaks to you, meditate on its meaning, drawing fruit from it as long as the Lord wants you to stay there. Then move on to the next word or phrase as the spirit guides you.

**Contemplation:** Use your imagination to enter the scene. What do you see, hear, taste, smell, feel? Where are you in the story? What characters do you identify with? How do you respond to the Lord's presence?

**Colloquy (conversation):** When you feel moved by the spirit, speak with the Lord (any of the Divine Persons: Father, Son or Spirit) or with our Blessed Mother. Take time to speak and to listen .

Finish this period of prayer and reflections with an Our Father.

## Closing Prayer

Finish the retreat by praying with this poem by St. Cardinal Newman

*Lead, Kindly Light, amidst th'encircling  
gloom,  
Lead Thou me on!  
The night is dark, and I am far from home,  
Lead Thou me on!  
Keep Thou my feet; I do not ask to see  
The distant scene; one step enough for me.  
I was not ever thus, nor prayed that Thou  
Shouldst lead me on;  
I loved to choose and see my path; but now  
Lead Thou me on!*

*I loved the garish day, and, spite of fears,  
Pride ruled my will. Remember not past  
years!  
So long Thy power hath blest me, sure it still  
Will lead me on.  
O'er moor and fen, o'er crag and torrent,  
till  
The night is gone,  
And with the morn those angel faces smile,  
Which I have loved long since, and lost  
awhile!*