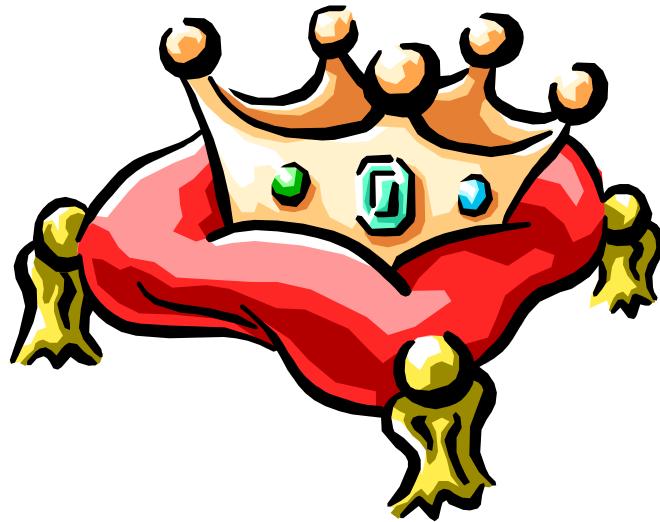


# God's Masterpiece



We are God's masterpiece\*. He has created us anew in Christ Jesus, so that we can do the good things he planned for us long ago.

*Ephesians 2.10 [NLT]*

**A Retreat in Daily Life at Queanbeyan & District Anglican Church**

\* The word translated "masterpiece" or "work of art" is used in classical Greek for a work of superb craftsmanship such as making a crown

# You are God's work of art

## Week 1: Hope

The focus of this week's prayer is the Lord's promise to do great things for us. I pray over and over for the grace of hope, faith and trust. Keep in touch with the feelings the Word of God arouses in me.

### **Day 1: Ephesians 3:14-21**

- Can I experience that deepest part of me, where I am made in God's image?
- Can I sense what it means to grow strong in the Spirit of Christ?
- "*God will do infinitely more than I can ask or imagine.*" How do I feel about this promise? Spend time *tasting* that feeling.

### **Day 2: Psalm 63:1-2**

- Desire for God is the most basic reality of the human heart. Repeat over and over: "*Oh God, you are my God; for you I long*".
- Sense God as truly personal and intimate. Stay with the feeling.

### **Day 3: 1 Peter 1:3-9**

- A magnificent text of *hope*
- The Father will bring me to the fullness of life. He promises it to me in Christ. The Father will do great things for me during these weeks.
- Get in touch with your feelings about the Lord's promise.

### **Day 4: Luke 11:1-13**

- God is my loving Father. If I ask my Father for bread, could he give me a stone? All my prayer will be answered.
- The gift of the Holy Spirit is certain every time I pray.
- Talk to the Father; give thanks.

## Day 5: Jeremiah 29:11-14

- What are God's plans for me?
- They are Good News. God guarantees that I will find him.
- During these weeks I am invited to seek God with all my heart.
- Let me look into my heart and sense this generosity, which is God's *gift* to me.

## Day 6: Isaiah 55

*Come! Accept a free gift! Listen! Come to life!  
You are my chosen one. I make a covenant with you.  
I love you and forgive you.  
My word will accomplish its purpose in you.  
The trees will clap their hands over us.*

Stay with any words of this chapter that move you.

## Notes for our Prayer

*Taste and see that the Lord is good. [Psalm 34:8]*

The most important part of the Retreat in Daily Life is the daily 15 minutes of prayer. The most important thing about the time of prayer is not so much what we do during that time; it is that we are *faithful* to spending that time each day in God's presence. What can I do to spend the time of prayer most fruitfully?

### 1 Prepare

Before I pray, I decide what I am to pray about  
What grace do I *want* now? What Scripture will I use?

### 2 Commence

Once I have begun, I must not let anything interrupt God's time.

Commence slowly and *gently*. I make the Sign of the Cross, slowly and *thoughtfully*. Sometimes I may be gripped by a sense of who God is. If so, I do not move on, but spend time *tasting* that feeling.

### **3 Personal conversation**

One definition of prayer is that of Thomas a Kempis: "Prayer is conversation with Jesus". It can be very good to spend much of the 15 minutes talking and *listening* to the Lord.

### **4 Use of Scripture**

When praying with a Scripture passage, read it through slowly once or twice. Now stop and taste any word or phrase that speaks to you personally or arouses feelings in you. Keep chewing it over, and resist any temptation to move on to anything else. Gain all the nourishment you can from that word or phrase. Talk with God about it.

Conclude with a "formal" prayer e.g. The Lord's Prayer.

### **5 Reflection**

After each time of prayer, it is very important to reflect upon what happened. What struck me? What feelings did I experience?

How did I relate to God? Jesus? The Holy Spirit? Prayer is always a personal relationship.

Where is the Lord leading me now? In my prayer? In my life?

*Write down my reflections.*

### **6 Throughout the Day**

In so far as I can, I try to be in touch with the grace of my prayer.

***The retreat begins***

**Sunday 24<sup>th</sup> August**

**3pm - 4.30pm**

**St Matthew's Karabar**