



**Becoming who YOU were created to BE**

*3hr Reboot — How to Guide*

## 3hr Reboot – How to Guide

We have put together a mini-retreat opportunity for personal reflection. We're all getting used to living a busy kind of lifestyle with back to back appointments, opportunities, events and activities. When the financial year ends, it comes as a shock when we realise Advent is closing in, Christmas is around the corner, and that means New Year is not far off. The tail end of the year is approaching and we all know how crazy that time of year becomes. Now, is the ideal time to just stop for a bit, retreat and REBOOT, so you can finish the year Strong. We have put together a few ideas here for a 3-hour retreat from the rest of your life

### Preparation

Put aside 3 hrs. For some of you, 3 hrs will feel like forever, or be really hard to squeeze into your schedules. For others, it will fly by. So, by all means increase it if you want, but we're recommending a minimum of 3hrs.

During this time, switch your phone off. Now I know that sounds crazy - 'what if I get an emergency call?'. Alright, well there are apps for that E.g. off the grid; which locks you out of your phone within a set time frame and only allows emergency calls and receiving calls from set people. There are also plenty of other apps out there that might better suit your needs. If you feel the need, then tell your loved ones or colleagues that you'll be turning your phone off, so they won't be inconvenienced.

We recommend you do the retreat on a day not already occupied by work or study, or back to back commitments. For most of you, that will be a weekend, but for some it will be a day during the week. Just pick a day. Then pick a time, and we recommend that if you're someone who likes to go to mass during the week, or you do this on a Sunday, Mass is not part of your 3hrs. This is just to minimise distractions that might occur after mass and maximising your one-on-one time with God. Plan when your 3 hrs will take place, don't make it when you're usually exhausted like a Friday straight after work. Make sure you've had a decent meal and keep a bottle of water with you, even make a cuppa if you like. Remember, the aim is to minimise distractions.

Plan where the 3hrs will take place. Create a space that isn't full of distractions like assignments, projects, or bills laid out. If you share a space with others, maybe flat mates or with your family, consider letting them know you just need some quiet time for a bit, put up a 'do not disturb' sign if you need to. Plan ahead of time and create a focal point where ever you are. You might have an image, an icon, something to help you refocus your attention. Make sure you take a bible with you.

Think about what activity you do alone that makes you feel closest to God. For some it's meditation, others reading, others taking a walk, or art work. If you're struggling for ideas, check out our list of things on social media and pick one that works for you. Just be sure it's something you can do alone. The idea is to spend one on one time with God. Check out our social media pages and print off one of our sets of reflective questions designed to accompany a scripture passage (see below) or email us if you're not on social media [contact@virtueministry.org.au](mailto:contact@virtueministry.org.au) Make sure you have everything you need for the next 3hrs.

Now you're set.

## Start of Mini-Retreat

Turn off your phone (or use an app) and Start your 3 hrs with prayer for 10min. Just be in silence. As things come to mind, accept that they're there, tell Him *'this thought is on my mind Jesus'* and tell him how that thought impacts you in one sentence. Eg. *'I've got Laura on my mind, she's just come out of surgery Jesus, and I'm worried, thinking about how she's recovering'* or *'my assignment is on my mind Jesus, and I'm a little stressed about it'* or *'I'm thinking about the good news I just heard, and I'm really excited for it'*. Whatever the thought, accept that it's there, and how it impacts you and then hand that thought over to Jesus, and try to leave it with Him.

When you're ready, pull out your bible and read one of the following three passages;

*Matthew 22:1-14*

*Mark 4:1-9*

*Luke 10: 25-37*

Take your time.

Then spend some time talking to Jesus about what you've read, what you think it means, and what comes to mind and resonates with you. Use the printed reflective questions from one of our social media pages to help you. See if you can find a word or phrase that particularly resonates, inspires or moves you or that is repeating in your mind. Bring this word/phrase to mind over the remainder of the 3hrs.

Spend approx. 30min on this section.

When you're ready, for approximately 1hr, do the thing that brings you close to God (or that you chose from our list). Allow yourself to continue to converse with Jesus, just like you would if you and your friend were doing that thing or activity. Tell Him about what you're doing, and why you do this, and how this brings you closer to Him. Ask Him how He would do it, and what He's thinking about, and what He wants you to know. Recall that word/phrase from before, where ever you can to help you refocus when your thoughts run away from you.

After an hour, wrap up the activity and start slowing down.

Spend the next 15min bringing to mind all that burdens you. Petition Him for help and ask Him what He would like you to do about your cross.

Re-open the bible and read one of the following four psalms;

Psalm 3 *Trust in God under Adversity*

Psalm 13 *Prayer for Deliverance from Enemies*

Psalm 23 *The Divine shepherd*

Psalm 42 *Longing for God and His Help in Distress*

Spend approx. 5min reflecting on what it means to you, and what you're hearing Him say to you. Allow yourself to accept that He understands you exactly where you are at.

Read the following passage; *Mark 14:32-42*

When you're ready, thank Him for rising through the fear and pain to take up the cross, and for being there to help you carry yours. Talk to Him about what it's like trying to pick up your cross in life. See which (if any) of your burdens you're ready to place at his feet and do so, remembering you were never asked to carry your cross alone.

When you're ready spend 15min bringing to mind all the things He has done for you, that you can be grateful for. All the people he has put on your path, or opportunities he has gifted that bring goodness into your life.

Read one of the following three psalms;

Psalm 27 *Triumphant song of Confidence*

Psalm 84 *The Joy of Worship in the Temple*

Psalm 111 *Praise for God's Wonderful Works*

Spend approx. 5min reflecting on what this means to you, and what you're hearing Him say to you. Allow yourself to accept that He is a Joyful and Loving God, who longs for you to experience Him, experience love.

Talk to him about where you are at with Trusting Him, and Surrendering your life to Him, and about where you would like to be someday. Ask Him to help you get there.

Finally, bring to mind the word/phrase from the beginning of the retreat. Tell Him what you will be taking away from these 3 hrs.

Finish by thanking Him sincerely for the last 3hrs.

## **End of Mini-retreat**

When you're ready, because at times it can feel overburdening and daunting to return to your everyday, try not to jump straight back into a busy schedule. Allow yourself to ease back into your day. If there is a quieter, tranquil and peaceful approach to something today, take that option. Try to remember him throughout the rest of the week and what you've taken away from it. As you continue to stay open to Him, watch him use glimmers of those 3hrs over the coming weeks, and thank him for it.

*Message us and let us know how you went.*

*Know that we have, and we will, continue to be praying for you.*

- *Virtue Ministry Team*

## Reflective Questions for Scripture Passage

*Matthew 22:1-14*

What is going on in this passage?

What does it mean?

Is there an element that resonates with you?

If this is the passage of a marriage feast, then who is the King? The Son (who is the bridegroom)? And the Bride?

What might the wedding garment represent?

How would someone make sure they wore an appropriate wedding garment?

Where do you see yourself in this passage?

If you were to enter that feast at the end of this reboot, would you be wearing an appropriate wedding garment? If not, what might need to change so that you too can remain at the feast?



## Reflective Questions for Scripture Passage

*Mark 4:1-9*

What is going on in this passage?

What does it mean?

Is there an element that resonates with you?

What might the different kinds and amounts of soil represent?

Where do you see yourself in this passage?

Re-read the last line (Mark 4:9), what might He be asking of you, personally, in your life?

If the seed represented the gift of Faith, how can you ensure it takes root in good soil?

How can you further nurture and grow in faith?



## Reflective Questions for Scripture Passage

*Luke 10: 25-37*

What is going on in this passage?

What does it mean?

Is there an element that resonates with you?

Re-read Luke 10:27, how would you rate yourself against this standard the Lord has set for us? Where could you improve?

Who would Jesus say is your neighbour?

Are there people in your life you pass by daily? Are there people who go unnoticed? Or people you deliberately look away from?

Where do you see yourself in this passage?

Re-read the last line (Luke 10:37), What might He be asking of you in your life to consider and perhaps act on?

