

15 minute retreat

- Use this DIY retreat to set aside all the busyness of life and simply be in God's presence. Our focus is on encountering God through scripture, music, film reflection and prayer.
- 15 minutes is just a guide - you could take more or less time to work through the different sections at your pace.

Scripture reading

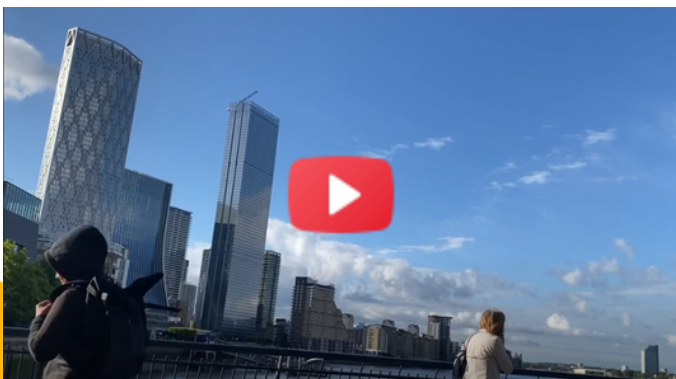
Romans 12 v 2 (RSV)

Do not be conformed to this world but be transformed by the renewal of your mind, that you may prove what is the will of God, what is good and acceptable and perfect.

Take a few minutes to reflect on the reading:

- In what ways might we conform to this world in ways that might be unhelpful?
- How can you find renewal in body, mind and spirit through daily spiritual practices?

Film reflection



Watch the film - The City is my Monastery (01:46) with Richard Carter and take a few minutes to reflect:

- Where is your 'monastery in the city' or place where you live? Why?
- How does it make you feel being there?

Music

Listen to [The Porter's Gate - Instrument of Peace](#)

The Prayer of St. Francis is one of the best known and best loved prayers in the world today. Attributed traditionally to St. Francis of Assisi (1181-1226) its actual origins are much more recent.



Prayer

For the joy of your presence
Changing and renewing us
Day by day,
We offer you our praise.

For the blessing you bring us,
The outpouring of your love
Day by day,
We offer you our praise.

For peace beyond understanding,
Blessed assurance
Day by day
We offer you our praise.

For the Word that endures,
Teaches and challenges,
Generation to generation,
We offer you our praise.
Amen

(John Birch, Faith and Worship)

- The retreat is ended. Sit in silence for a further 5 minutes slowly bringing yourself into the present to enable you to turn afresh and restored to the rest of your day.