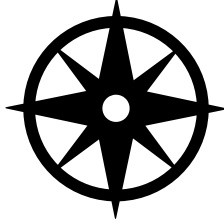


JR RUSHIK



# PRAY 360°



JRRUSHIK.COM



ALLPEOPLEEVERYWHERE

## PRAY 360°

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PRAY 360°

THE GOAL OF  
THIS BOOK IS  
FOR YOU TO **PRAY**  
**MORE** NOT READ  
MORE.

PRAY 360°



# 360 DEGREES

In the same way the circle of a compass has four points equally distributed along 360 degrees - this book will guide you to four points around the compass as you Pray: 360°.

## **UPWARD**

Exalt God

## **INWARD**

Examine Yourself

## **OUTWARD**

Intercede for Others

## **FORWARD**

Engage the Future

The goal of this book is for you to pray more, not read more. Let me clarify. I do want you to read the book, but only as a tool to help you pray.

With that in mind, each brief chapter contains a short description leading up to a one-sentence prayer that you can take with you through the day.

These sentence prayers are a key that will unlock a deep conversation with God. All of them are directly from Scripture. They are real prayers, prayed by real people.

Some call this type of short, sentence prayer “a breath prayer” because you can say them in a single breath. Not only that, they are designed to flow through your lips as naturally and as often as you breathe, all through the day.

The Bible says that we are to “pray without ceasing”. In the same way that you breathe without ceasing, you should pray without ceasing. That doesn’t mean that prayer should be thoughtless, easy or shallow. No way, these are prayers that you hang onto. They are short, but they pack a punch.



# WRESTLE



Often times, the most effective prayer rings the bell for a wrestling match with God. That's exactly what we learn from Jacob's prayer in the book of Genesis.

After much hardship, Isaac's wife Rebekah delivers twin boys. Esau is born first; Jacob immediately after, grasping the heel of his brother.

As was custom, the first-born son would receive the birthright and blessing from their father. However, Jacob tricks his brother into exchanging his inheritance rights for a bowl of soup (another great story found in Genesis 25-27).

Jacob's name literally means, "he deceives". His name becomes his identity. For fear of his own life, Jacob runs. For twenty years, Jacob tried to shake off his past and start fresh (there's a lot that goes

down during that time, read about it in Genesis 28-31).

When he can't run any longer, he decides to go home. This journey home is about so much more than a simple change in location.

He's desperate for a fresh start. A new beginning.

One fateful evening on the long journey back to his hometown of Canaan, Jacob had an encounter that changed his life forever. It was there that Jacob wrestles with an angel. The wrestling match lasted all night. Near daybreak and at the point of exhaustion, Jacob utters a prayer that resulted in a new name, a renewed identity, and powerful blessing.

### **Jacob's prayer,**

**“I will not let you go unless you bless me.”**

Not your typical prayer. It was short, frank, and on the surface seemingly selfish. Here's what we can learn from it. Jacob ran from his problems and tried to fix his life by taking matters into his own hands, but that didn't work. He was unable to find what he so desperately needed. Jacob knew that there was only one way to find true freedom. It

couldn't come from within. It could only come from God.

Powerful prayer begins with our need for God to show up. He is looking for us to look to Him. If you want to see the power of God in your life there must be desperation for it.

Jacob expects God to answer him and he won't let go until he gets an answer. Jesus shares a story of a persistent widow who just wouldn't give up (Luke 18). Powerful prayers are persistent.

That night God answered Jacob's prayers. He gives him a new name, Israel which means "he struggles with God." The next day, in a miraculous turn of events,

Jacob meets his brother (Esau), who welcomes him with open arms. A new day has dawned. A new chapter written.

Make this your prayer.

Now, I don't think you literally need a new name, but I do pray that through the prayers in this book you will find a new or renewed identity in Christ.

I pray that your desperation for God will result in a spiritual wrestling match suitable for heaven's UFC highlight reel. I pray that your prayers will get raw;

no holds barred - and that you will learn more about God (and yourself) as you pray through the day.

I pray that you keep praying until God gives you an answer.

Begin this journey by praying Jacob's prayer in Genesis 32:26, Jacob replied, "I will not let you go unless you bless me."

# **GOD, I WON'T LET YOU GO UNLESS YOU BLESS ME.**

Let God know that the stakes are high and you are stepping up to the plate. Be bold and say, “Hey God, get use to this voice. I won’t let you go. I need to hear from you. I’m not giving up. I will not relent. I’m going to hang on and call out until I experience what Jacob experienced – a life-changing encounter from the true and living God!”

**GOD,  
I WON'T LET  
YOU GO  
UNLESS YOU  
BLESS ME.**

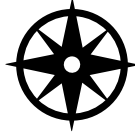


PRAY 360°



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# UPWARD EXALT GOD



## TEACH ME

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If you want to get it right, then go to the source. That's exactly what the disciples did. They noticed that Jesus prayed with power. His prayers produced results.

Obviously, the disciples knew how to pray. Prayer was part of their upbringing. It was a cultural norm. They knew the mechanic of prayer. This was instilled into them at an early age. But when Jesus prayed, they noticed that something very different

was happening. And they wanted it. So, they went to the source.

After Jesus had finished praying, one of the disciples approached him and asked, “Lord, teach us to pray.”

## **The disciple’s prayer is our prayer.**

Start this experience by asking, “Lord, teach me to pray.”

The great thing about this prayer is that Jesus immediately answered it.

The answer changed the disciples lives and it can change your life too.

Jesus taught them a powerful model for prayer. It’s called the Lord’s Prayer and it’s found in Matthew 6:9- 13.

PRAY 360°

“Our Father in heaven, hallowed be your name,  
your kingdom come, your will be done,  
on earth as it is in heaven.  
Give us today our daily bread.  
And forgive us our debts,  
as we also have forgiven our debtors.  
And lead us not into temptation,  
but deliver us from the evil one.  
For yours is the kingdom and the power  
and the glory forever.  
Amen.”

As you begin this journey, start with the basics. Ask God to teach you to pray. Ask him to teach you what it means to engage in a conversation with Him. Invite the Spirit to tune your ears to the sound of His voice. For some of you, this is old-hat. You know how to pray.

Dig a little deeper and you'll find that prayer is like a muscle. The more you exercise it, the stronger it grows. Rely on a collection of memorized prayers to be recited before a meal or bed and you'll experience atrophy.

Ask God what might happen in your life if you spend the day inhaling and exhaling a conversation with Him.

Today's prayer is found in Luke 11:1, 'One day Jesus was praying in a certain place. When he finished, one of his disciples said to him, "Lord, teach us to pray."'

# **LORD, TEACH ME TO PRAY.**

Give me the faith to approach you in prayer. Give me the ears to hear your voice. Help me to go beyond speaking words.

Help me make prayer a way of life. Where I'm in constant communication with you and I'm continually aware of your presence at work around me.

Teach me to pray in such a way that aligns my first thoughts with your thoughts.

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Teach me what it means to speak with you, not at you. May all of my thoughts, actions, and experiences become an opportunity to commune with you.

**LORD,  
TEACH ME TO  
PRAY.**



PRAY 360°





## WITH ME

---

I asked my kids what they would bring if they were stuck on a deserted island. Once I broke the news that there would be no electricity or wifi, they conceded that their iPhone wasn't the best choice. They finally landed on two items: duct tape and matches.

Not a bad choice for primitive survival.

Let me ask you, "If you could only have one thing to bring with you through life, what would it be?" Impossible question, I know.

Moses had one request when God instructed him that it was time to lead his people into the Promised Land.

**Moses prayed, "If your Presence does not go with us, do not send us."**

In other words, Moses was saying there is one thing that is non-negotiable. He had one 'must have' for the journey. It was the presence of God.

### **Moses prayed, “Go with us.”**

Keep in mind that Moses was effective at prayer. He had a place set apart where he would carve out long periods of time in prayer. He clearly heard God's voice. He conversed with God. Moses is a prime example to us that God is ready, willing, and available to meet with us through prayer.

Moses relied on prayer. It was his primary connection with God. Moses knew that there was one thing that set his people apart. It was the presence of God.

The same is true for us. God with us is our identity. We can probably make it through life without duct tape and matches, but without God's presence we are shipwrecked on a deserted island.

Today's prayer is found in Exodus 33:15, 'Then Moses said to him, "If your Presence does not go with us, do not send us.'

# **GOD, GO WITH ME.**

God, be present in the first thoughts that stir in my mind in the morning. Allow your presence to clarify what I see, translate what I hear, and inform how I act. I will not go through this day on my own power and strength. I need your presence through every moment of today.

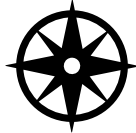
PRAY 360°

**GOD,  
GO WITH ME.**



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# INWARD EXAMINE YOURSELF



**MERCY**

---

**O**ne day Jesus was hanging around a group of people who were confident about their prayer life. Confident might be an understatement, they were arrogant. They looked down on everyone around them and scoffed at their inability to pray as effectively and fervently as them.

Jesus huddles up with these guys, puts his arm around them and tells them a story about two people who prayed. One is an eloquent and beautifully worded exhortation about their holiness in comparison to the awful sinners all around. The other prayer comes from a tax collector who would

not even lift his eyes toward heaven as he pleaded for God's mercy.

**Of course, the humble, repentant prayer is the one that God honors. The prayer that is entirely dependent on God.**

Ultimately, that is what God is looking for in us. He wants us to rely on Him. To trust Him. To depend on Him.

On a personal level, the message in this simple prayer is that God is a God of mercy and grace. It doesn't matter where you have been or what you have done. God runs to the prodigal. God defends the adulteress. God gives grace to the tax collector. His grace is amazing and it's available to you.

Today's prayer is found in Luke 18:13 "But the tax collector stood at a distance. He would not even look up to heaven, but beat his breast and said, 'God, have mercy on me, a sinner.'"



# **GOD, HAVE MERCY ON ME, A SINNER.**

Let your prayers travel deep within your soul today. Shine light on those secret sins tucked far away in the closet of your heart. Reject the thought that says there are many people in this world with sin much worse than yours.

As true as that may be and as comforting as it is to think about how far you've come in your relationship with Jesus, God wants to deal with you and your heart. It may hurt to go there, but it will be worth it to experience God's mercy –again and again.

**GOD,  
HAVE  
MERCY ON ME,  
A SINNER.**

# JOURNAL

*God, Have mercy on me, a sinner.*

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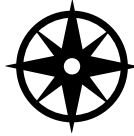
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But the tax collector stood at a distance. He would not even look up to heaven, but beat his breast and said, 'God, have mercy on me, a sinner.'

**Luke 18:13**

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## RESTORE

---

**P**salm 51 contains the raw, honest, and emotional prayer of King David. It was penned just after Nathan came to David and confronted him about his adultery with Bathsheba and, consequently, the murder of her husband Uriah.

Obviously, this was a dark time in David's life. He had sunk to an all-time low. With blood on his hands and regret in his heart, he had nowhere else to turn. The weight of his sin was crushing him.

David's last resort is to return to his first love and cry out for God's forgiveness. He echoes yesterday's prayer as he seeks the mercy of God for the mess he is in (and the mess that he is). David repeatedly begs God to work on his behalf to

restore him. He never suggests that he can do anything to make this right.

Instead David relies entirely on the power of God to redeem. He humbles himself completely recognizing that only God can make things right.

The entire chapter is powerful as David pleads; purge me, wash me, blot out my transgressions, create in me a clean heart, renew a right spirit within me, cast me not away, restore to me the joy of my salvation, uphold me with a willing spirit. With each sentence David is acknowledging his need for God. Every breath begs for God's intervention.

David needs the claws of this sin to loosen its grip on his heart. To that end, he prays a profound prayer not only for forgiveness, but also for a new heart. He wants it gone. Delete and empty the recycle bin.

Is that even possible? A pure heart? Without any remnant of the cancer of the past? Humanly speaking, no, it's not possible. But with God all things are possible.

**God not only forgives, but he also renews.**

The apostle Paul writes, “Therefore, if anyone is in Christ, he is a new creation. The old has gone, the new is here!” (2 Cor. 5:17).

Today’s prayer is found in Psalm 51:10, “Create in me a pure heart, O God.”

# **CREATE IN ME A PURE HEART, O GOD.**

Invite the cleansing power of God in your life. Confess your sins, ask for forgiveness, but then take it a step further. Ask God to make you new. To create a new heart within you. To give you a fresh start. A new beginning. So you can experience, once again, the joy of your salvation.

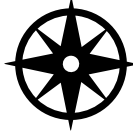
**CREATE IN ME  
A PURE HEART,  
O GOD.**





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# OUTWARD: INTERCEDE FOR OTHERS



**SEND ME**

---

**G**od is always looking for people who will put their faith in action. In fact, Jesus gave us a clear commission to go and make disciples, teaching them all that he has commanded. He wants workers in the harvest field, not consultants in an ivory tower. The way God builds his kingdom is by employing people who will respond to God's call in their life. The big question is whether or not we will rise up to the call.

One of my favorite passages of scripture is Acts 4:13 which reads, “When they saw the courage of Peter and John and realized that they were unschooled, ordinary men, they were astonished and they took note that these men had been with Jesus.”

There is nothing particularly exceptional about the faithful people of the Bible. What is exceptional is that these men and women were willing to take God up on His offer to serve, to step out in faith, and to follow his call. They were ordinary human beings, but they let God do extraordinary things in their lives.

Isaiah’s prayer is a clear reminder of the importance of following God’s call in our life. In this section of the prayer guide your prayers are focused outward. You are praying for people that need to know God personally.

**Who are those people? List their names.**

**Will you share the gospel with them?**

Far too often, we miss opportunities to share the gospel, because we don’t want to cause a stir or we

don't feel equipped. Remember, "God doesn't call the equipped, He equips the called". He wants us to echo the prayer of Isaiah and declare that we are available and willing to go and do whatever we are asked.

Don't pass off your calling to someone else. God has created good works for us to do (Ephesians 2:10), and it is our responsibility to do them.

Today's prayer is found in Isaiah 6:8, 'Then I heard the voice of the Lord saying, "Whom shall I send? And who will go for us?"

And I said, "Here am I. Send me!"

## **HERE AM I. SEND ME!**

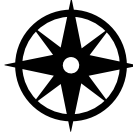
How, then, can they call on the one they have not believed in? And how can they believe in the one of whom they have not heard? And how can they hear without someone preaching to them? Romans 10:14 (NIV)

**HERE AM I.  
SEND ME!**



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## KNOW HIM

---

**T**he ‘real thing’ makes a big difference. Ask any die-hard Coke drinker to substitute their soda with bargain basement cola and you can expect a mutiny. Why? Because they don’t want a bland substitute, they want the real thing.

When Paul encountered Jesus on the Damascus road it radically changed his life. He met Jesus personally. He went from knowing about God and following the rules of God to actually encountering the true and living God. It changed his life.

He experienced the real thing. From that day forward he would not settle for any substitute. He would not allow good works to replace his relationship with Jesus. He would not allow cultural food choices to replace his relationship with Jesus.

And he would not allow religious rituals to replace his relationship with Jesus.

His burning desire was to know Christ and to make him known (Philippians 3:10). He wanted the real thing. Not only that, he wanted the people in his churches to experience the real thing, too.

He didn't want them to settle for anything less than a personal encounter with Jesus. With this in mind, he prays a short, but powerful prayer over the church at Ephesus. He prays that God would make himself known to them. Specifically, he prays for the Spirit of wisdom and revelation.

The sole purpose of this prayer is so that the people of the church would know him better. And in their 'knowing God better' their life would experience a similar and radical transformation that Paul had experienced. He was praying for them to experience the real thing.

True spiritual transformation is always the result of an encounter with God. We can do a lot of good things in our own lives and under our own power, but spiritual transformation only occurs through the work of the Spirit of God. That's the real thing.

As you pray for your friends and family remember to pray for them to experience the real

thing. It takes a lot of the pressure off of your shoulders when you rely on the fact that it's God's responsibility to bring spiritual transformation.

**Your responsibility is to do all you can to introduce them to the person of Jesus.**

Today's prayer is found in Ephesians 1:17, 'I keep asking that the God of our Lord Jesus Christ, the glorious Father, may give you the Spirit of wisdom and revelation, so that you may know him better.'

**I PRAY**

**THAT \_\_\_\_\_ MAY**

**KNOW YOU (BETTER).**

Intercede on behalf of someone that you know and love to receive the Spirit of wisdom and revelation, so they may know him better. Then watch what happens when they get to know him in a real and personal way.

**I PRAY THAT  
MAY  
KNOW YOU  
(BETTER).**



PRAY 360°

# FORWARD ENGAGE THE FUTURE



**SUCCESS**

---

**S**ometimes we need a miracle to make it through. Like finding a needle in a haystack, there are times where we are faced with an impossible task that can only be complete with the help of God. Have you ever felt that way? Abraham's servant, Eliezer, did.

Eliezer was faced with an impossible task. He was to go to the town of Nahor and find a wife for Abraham's son, Isaac. There are just so many ways that this could go wrong.

Would he find the right woman? Would she be available? Does she like long walks on the beach? Where was [ChristianMingle.com](http://ChristianMingle.com) when he needed

it? How could he possibly be sure that she was the one?

Picking a wife for your master's son is difficult on so many levels. There is no doubt that he was overwhelmed with the gravity and scope of the task. Have you ever felt that way? Overwhelmed with the task at hand. Perhaps

you have a large decision to make or a looming deadline at work and the weight of it seems oppressive, even claustrophobic. Have you ever looked at your calendar or to do list and thought, "Impossible, how in the world am I ever going to accomplish this today?". We all have. What's the solution when you are faced with an impossible task? Begin with prayer.

No matter how you slice it, Eliezer was in a tough place. So, he did the only thing he could do, he prayed, "Lord, make me successful today."

Where do you need to ask God for success? Is it a mountain of tasks that is standing in your way. Maybe you're faced with the challenge of living out your faith in a hostile work environment.

Perhaps you are breaking free from an addiction. Or need success in standing up from under the weight of a temptation.



**Whatever it is, ask God to make you  
successful today.**

Today's prayer is found in Genesis 24:12, 'Then he prayed, "LORD, God of my master Abraham, make me successful today, and show kindness to my master Abraham.'

**LORD, MAKE ME  
SUCCESSFUL TODAY.**

This just might become one of the most powerful sentence prayers in your arsenal. It's a simple prayer that will remind you that God cares about the details of your day and he promises to walk with you as you face an impossible task.

By the way, Abraham's servant was successful. He found a willing wife for Isaac named Rebekah. God answered his prayer for success. He will answer your prayer, too.

**LORD,  
MAKE ME  
SUCCESSFUL  
TODAY.**



PRAY 360°



## STRENGTH

---

**N**ehemiah's task was to lead the people to rebuild the wall around Jerusalem. He was just an average guy, not a priest or a prophet. He served the Persian king as his cup bearer before setting out to rebuild the city walls.

Nehemiah felt God leading him to do something that was believed impossible – rebuild the walls around Jerusalem.

Under Nehemiah's leadership, the work was divided and delegated. Each family was charged with building a section of the wall directly in front of their house.

As you might expect, the opposition from Israel's enemies rose to a new level when they began to

rebuild and it peaked when they were on the home stretch of the construction process. Nehemiah knew that they must press on and stay the course.

**He prayed a simple prayer,  
“Now strengthen my hands.”**

The result of Nehemiah’s prayer was that he overcame the opposition from outsiders and kept the moral of his people intact. The wall was completed in a miraculous 52 days. The people were encouraged, renewed, and excited about their future. Through it all he never gave up.

Today’s prayer is found in Nehemiah 6:9, ‘They were all trying to frighten us, thinking, “Their hands will get too weak for the work, and it will not be completed.”

But I prayed, “Now strengthen my hands.””

# NOW STRENGTHEN MY HANDS.

Life can certainly feel overwhelming at times. If you've ever felt like there was too much work to do and not enough hours in the day, then it's time to pray

Nehemiah's prayer. If you are on the home stretch of an important goal and you don't have the energy to finish the final ten percent, then it's time to pray Nehemiah's prayer. If you are obeying God's will for your life and you begin to face opposition that threatens to derail your progress, then it's time to pray Nehemiah's prayer.

This simple prayer reminds us that our strength isn't found in ourselves, it's found in God. Ask Him for the strength to not only survive today, but to thrive!

Psalm 28:7 (NIV) The LORD is my strength and my shield; my heart trusts in him, and he helps me.

**NOW  
STRENGTHEN  
MY HANDS.**





PRAY 360°

# FAITH

# A DISCIPLES PRAYER



FAITH

---

**P** rayer is an essential discipline in a believer's life. Effective prayer is a daily, hourly, minute by minute and moment by moment conversation with God.

The prayers in this book are intended to help you engage in that ongoing conversation with God. Each time one of the sentence prayers come to your mind, allow it to unlock a deeper conversation.

**As you pray, your faith will be stretched.**

**After all, prayer is an exercise in faith.**

It takes faith to believe that God hears your prayers and will answer them.

We stand, in faith, on the foundation of Scripture that declares that God hears and answers our prayers (Psalm 116:1). Every prayer is heard by God who is actively at work in this world.

It's one thing to ask God to do something for us, but what about when He asks us to do something for him? That takes faith.

It takes faith to listen to God's voice above all the other voices that are demanding to be heard. It takes faith to follow the narrow road of Jesus, when the popular, widely traveled road is far more welcoming.

When we encounter the words and responsibilities of Jesus it always requires faith, faith, and more faith.

That's exactly how the disciples felt in Luke 17. Jesus had just shared with them his thoughts on temptation, sin, and forgiveness. The disciples were so rocked by what they heard they uttered a prayer that rings true for us today.

**They prayed, "Increase our faith!"**

It seems fitting that the final prayer in this journey is one that asks God to increase our faith.

Faith that God is listening to our prayers and the faith necessary to respond in obedience to what He has to say.

Today's prayer is found in Luke 17:5, 'The apostles said to the Lord, "Increase our faith!"'

# **LORD, INCREASE MY FAITH.**

"Our praying, however, needs to be pressed and pursued with an energy that never tires, a persistency which will not be denied, and a courage which never fails."

~ E.M. Bounds

"God does nothing but by prayer, and everything with it."

~ John Wesley

"Prayer does not fit us for the greater work; prayer is the greater work."

~ Oswald Chambers

"Prayer is not asking. Prayer is putting oneself in the hands of God, at His disposition, and listening to His voice in the depth of our hearts."

~ Mother Teresa

**LORD,  
INCREASE MY  
FAITH.**



PRAY 360°



# 10 ONE-SENTENCE PRAYERS

---

**I won't let go until you bless me.**

**Teach me to pray.**

**Go with me.**

**Have mercy on me, a sinner.**

**Create in me a pure heart.**

**Here am I, send me.**

**That \_\_\_\_\_ may know you (better).**

**Make me successful today.**

**Strengthen my hands.**

**Increase my faith.**



**GOD,  
I WON'T LET  
YOU GO  
UNLESS YOU  
BLESS ME.**



**LORD,  
TEACH ME TO  
PRAY.**



**GOD,  
GO WITH ME.**





**GOD,  
HAVE  
MERCY ON ME,  
A SINNER.**



**CREATE IN ME  
A PURE HEART,  
O GOD.**



PRAY 360°

**HERE AM I.  
SEND ME!**



**I PRAY THAT  
MAY  
KNOW YOU  
(BETTER).**





**LORD,  
MAKE ME  
SUCCESSFUL  
TODAY.**



**NOW  
STRENGTHEN  
MY HANDS.**



**LORD,  
INCREASE MY  
FAITH.**

PRAY 360°

PRAY 360°

# A TIME TO PRAY



10:02

---

**D**isciple Makers worldwide are taking the command of Jesus in Luke 10:2 seriously. They are asking God earnestly—“beseeching” Him—to thrust an unprecedented number of workers into the ripening and already ripe harvest fields. Praying at 10:02 is a simple, yet powerful habit to begin. Set your alarm to go off at 10:02 every day - AM or PM. When your alarm goes off, follow Jesus’ simple command by praying for more workers to be sent into his harvest field.

Invite others to join you in this prayer. You may even want to call or text each other to agree in prayer together.





**LORD,  
SEND  
WORKERS  
INTO THE  
HARVEST  
FIELD.**



**HOW TO  
PLAN  
A RETREAT FOR  
PERSONAL  
RENEWAL**

PRAY 360°

# WHY TAKE A PERSONAL RETREAT?

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**W**e all need space, time and solitude to reflect on God's activity in our life. More than that, we need to prioritize connecting (and reconnecting) with God in meaningful ways. Just as Jesus retreated to the hills to reflect and be alone with God, His followers must plan out a place and time to draw closer to God. This guide will help you do just that. Let me encourage you to keep it simple. The main point is to spend time with the Lord. I can summarize the book in one sentence, "Stop what you are doing and spend time with Jesus."

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## THE PURPOSE

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**T**he purpose is to create a quiet space free from distractions so that you can “rest” and listen for and discern God’s will relative to your personal life and call to ministry. In this resource you will have the opportunity to different ways of being with God and listening to him. It will encourage you to get in with your interior life and give God the opportunity to minister to you.

## MY PURPOSE



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## PLAN IT

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**P**ick a day and write it in ink. The biggest barrier to a personal retreat is busyness. Pick a day and time and prioritize this experience in your schedule. Then choose the length of your retreat and a special location. Try to find a place that is free from your day to day distractions. The location you choose is not as important as making it happen. Don't wait for the perfect location to open up, instead plan a retreat for this week and then do it again when preferred locations are available.

## DETAILS



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## GATHER RESOURCES

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**G**rab your Bible and your journal and you are ready to go. You may want to include a worship playlist or additional reading. For your Bible reading I recommend passages that focus on the person and ministry of Jesus.

Choose a reading from this list or select your own:

## DECIDE ON A SCRIPTURE

Choose from this list or select your own:

- \* Matthew 3:13-17 (Jesus' baptism)
- \* Matthew 4:1-11 (Jesus' temptations)
- \* John 1:35-42 (the Lamb of God)

- \* John 2:1-11 (marriage feast at Cana)
- \* Luke 4:14-22 (Jesus at Nazareth)
- \* Matthew 4:23-5:12 (the Beatitudes)
- \* Mark 10:46-52 (Bartimaeus)
- \* Luke 8:26-39 (the Gerasene demoniac)
- \* Luke 19:1-10 (Zacchaeus)
- \* John 6:1-15 (feeding of the 5,000)
- \* Mark 8:27-30 (“Who do you say that I am?”)
- \* Mark 8:31-33 (suffering foretold)
- \* Matthew 8:23-27 (storm on the lake)
- \* Luke 5:17-26 (paraplegic healed)
- \* Matthew 14:22-33 (Jesus walks on water)
- \* Matthew 10:1-16 (Jesus empowers his disciples)
- \* John 2:13-22 (Jesus cleanses the temple)
- \* Luke 6:6-11 (Jesus heals on the Sabbath)

## IDEAS TO CONSIDER

- **Music:** If you enjoy entering God’s presence through music and song, bring along some music and songs and use them to help you connect with God throughout your day.
- **Devotional Reading:** A retreat is a great time to read the reflections of other disciples of Jesus Christ and benefit from their experiences and insights.

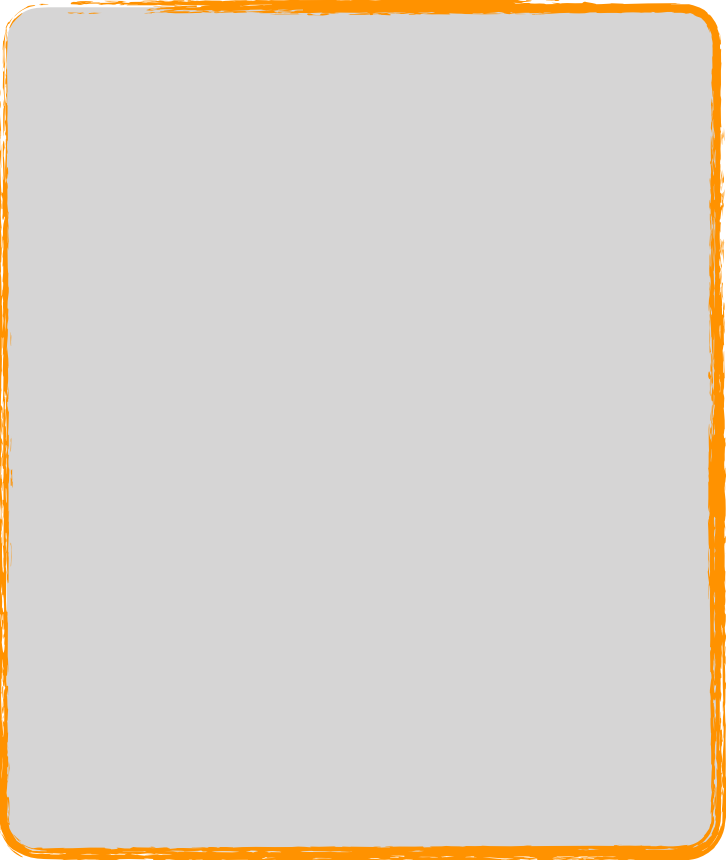
- **Slow down.** Sleeping, napping and staring at the passing clouds and birds can be part of a time of spiritual refreshing. Wasting time with God might be a way of expressing it.
- **Journaling.** Use your journal to document what you're learning and any resolutions you are making. Also consider writing a letter to God or writing out your prayers to make them more tangible.
- **Walk and pray.** They really can go together. Praying while walking through places of natural beauty—and while sitting on a rock or log along the trail—can be an important part of your retreat time.
- **Coffee Break.** Have a coffee break with God. Talk to him as you would talk to a friend you are having coffee with.
- **Memorize.** Memorize a scriptural promise God gave you. Study. Study a specific book, chapter or word in the Bible.
- **Fellowship.** Go on the retreat with a small group of friends. Take time out at various points in the day to share what God is teaching you and to pray and/or sing together.
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## THINGS TO AVOID

- **Technology.** Nothing will kill your retreat faster than being distracted by calls, emails, text, social media, etc. You need to unplug from things to plug in to God.
- **Your kids.** Don't try to incorporate your children into your retreat. Family time is important, but there's a time and place for everything (see Ecclesiastes 3).

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- **People.** It's nice to have fellowship at points throughout your day, but be very careful not to lose the day socializing and spending time with people.
- **Distractions of food.** Don't eat too much or too little. The goal is to make food and meals as little of a distraction as possible.
- **Anything that distracts you.** God is jealous for you and doesn't want to lose His time with you. Don't bring anything that will pull you away in mind, body or spirit.



## RETREAT SCHEDULE

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**W**e all relate to God differently. Use this schedule as a guide, but be sure to create a retreat that works for you. Keep in mind that this retreat is about you meeting with God. Do what works for you.

## SAMPLE SCHEDULE

### **9:00 to 9:15** CALL TO WORSHIP

Start the day with a time of prayer and worship. Play a worship song and bring your attention toward God.

## **9:15 to 9:30 BE STILL**

Practice stillness by sitting outside or in view of nature. Physically be still. The purpose of this time is to relax the body and prepare the mind to become more attentive as you enter into your special time alone with God. Some people do so by sitting quietly, others by calmly moving around such as taking a walk. Often when we begin, our minds are cluttered and we feel distracted. Don't fight your thoughts during this time, but keep bringing your attention back to the fact that you are in God's presence. You can keep praying Psalm 61:1, "Here my cry, Oh God, Listen to pray."

## **9:30 to 10:00 THE WORD OF GOD**

Read and reread your selected passage. It may help to read it out loud because there is great power in the spoken Word. When something in the passage strikes you, write it down and reflect on that idea. How does this passage apply to your current life situation today.



## **10:00 to 10:45 REFLECT & MEDITATE**

So often we go through life in autopilot, not really knowing what is inside of us. 1 Peter 5:7 says, “Cast all your cares on Him for He cares for you.” This is your time to be fully authentic and honest with your Creator. He wants to know every little detail about what’s going inside of you. What we conceal, He does not heal.

## **10:45 TO 11:30 JOURNAL**

Use this time to discern and distill what God is teaching you. There’s an old saying that goes, “Thoughts untangle themselves when they move from your lips to your fingertips.” That idea is that you will find clarity when you write it down.

## **11:30 to 12:00 MOVE**

Take a walk with God or choose another activity that awakens your mind and body.

## **12:00 to 12:30 EAT**

Enjoy a light meal as you prepare for the prayer time.

## 12:30 to 1:30 PRAY FOR ONE HOUR

Spend an extended amount of time in prayer. Your prayer time can include the expression on the following page (from *The Hour that Changes the World*).

## WAYS TO PRAY

**Structured Prayer:** Begin your prayer time by reciting a written prayer.

**Praise:** Choose a specific theme for praise, such as God's righteousness, mercy or Fatherhood. Drawing on your selected theme, declare vocally all who God is and does.

**Waiting:** After your time of praise, bring your mind and spirit into a time of complete silence to the world. Try to think no thoughts except thoughts of God the Father, His Son, Jesus or the Holy Spirit. If your mind wanders, gently bring your attention back to God. Concentrate fully on the love aspect of God's nature during the silence.

**Confession:** Ask God to search your heart for any unconfessed sin. Confess it and ask God for His supernatural healing and help in that area.

**Intercession:** Make a list of people who come to mind that need prayers and pray for each one.

**Petition:** Offer up to God any specific needs that have come to mind from your retreat time.

**Thanksgiving:** Offer specific thanksgiving for spiritual,

material, physical, and external blessings. Try to thank God for something in specific that you haven't thanked him for before.

**Singing:** Pause in your devotional hour to sing a specific song onto the Lord.

**Listening:** In the "listening" time of prayer do not hesitate to ask God very specific questions about difficult problems or situations. Search scriptures for specific answers to your questions. Mentally evaluate all circumstances that relate to a specific problem. Ask God to show you His plan through those circumstances. Be prepared to write any ideas God may share concerning the details of solving a specific problem.

**Praise AGAIN:** Focus your praise on His omnipotence (power), His omniscience (knowledge) and His omnipresence (presence). With the psalmist let us, "Praise God because He has done it." Look back at your prayer time and praise God for hearing each of your requests. Make your AMEN strong. That is your agreement with God that He has heard your prayer.

## **1:30 to 2:00 WRAP**

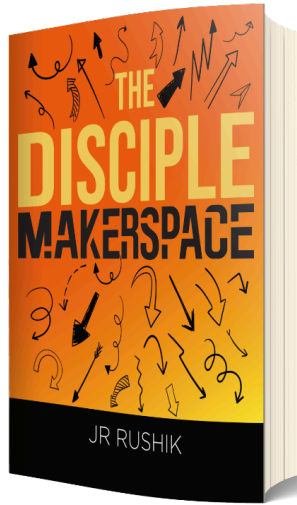
Reflect on your day and write key take away of anything God has promised you or any changes you want to make in your life.

## **SCHEDULE YOUR NEXT RETREAT**

## **PACK UP & HEAD HOME**

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# THE DISCIPLE MAKERSPACE

**Dr. JR Rushik**

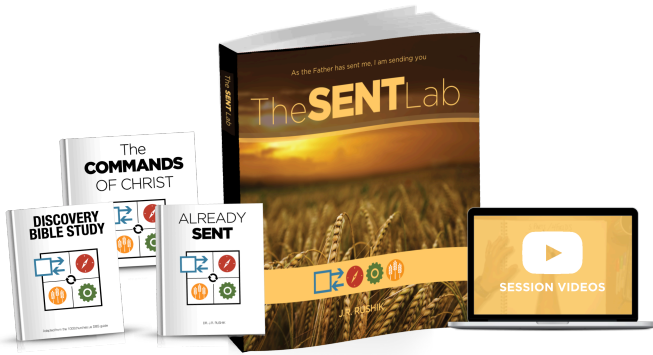
Rapid kingdom expansion without compromising the beauty, simplicity, and power of the Biblical church.

This book will challenge you to think of disciple-making in the context of positioning your church as a Disciple 'makerspace'. A place where every disciple is given the tools and the freedom to bring their unique contribution to the ministry of the church and to the Kingdom of God.



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# THE SENT LAB

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JR RUSHIK

"The Sent Lab" is a guidebook for Christians who want to live a life of mission and impact in their local communities. Discover how to be sent by God to be ambassadors of his love and grace, and make a difference in your neighborhoods, workplaces, and schools.

Expect practical tools and resources for Christians to identify their unique calling and develop a missional lifestyle.

