

Spiritual Retreat Days for Ministers

A planned day away from work to focus exclusively on your personal spiritual life - your heart, soul, and mind

Dos

- Do have a plan for your day
- Do create margin, work ahead, so you're not focusing on the work you're missing instead of what God has for you
- Do something out of the ordinary (from your typical daily spiritual habits)
- Do avoid technology
- Do let family and staff you work with know of your intentions so they can leave you alone, and as needed, how to contact you/find you
- Do know your spiritual pathway and plan around that
- Do read the Bible
- Find a day to be away from the office where your absence will not cause undue issue for co-workers (missing critical meetings or during peak loading weeks)

Don'ts

- Don't assume Satan isn't paying attention
- Don't use it as a personal catch up day
- Don't try to accomplish too much in your time (this leads to making you feel rushed and tired when they day ends)

Best practices

- Take an afternoon, evening, and morning and stay at a local state park
- Find an encouraging book on Soul Care
- Use the first part of the day to get quiet. Use journal to capture all your random thoughts so as to clear your head
- Do your serious praying and thinking first
- Use last moments of time to plan future trips and consider how you can improve the use of your time in future retreat days
- Buy your spouse a special gift for supporting your investment in soul care
- Find a place where you will not encounter friends, family or church members
- Get a good night's sleep several nights before so you are as fresh as possible
- Understand it is supposed to be a blessing, not a duty or obligation

Best places

- Brentwood Public Library
- Scarritt Bennett Center
- Radnor Lake
- Nashville public library
- Upper Room
- Timberland Park on the Natchez Trace Parkway