

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