

Personal Retreat Day

*My beloved speaks and says to me:
“Arise, my love, my beautiful one,
and come away”*
Song of Solomon 2:10

Sit with the Lord quietly, letting His invitation to come away and be with Him sink in. Be honest about how you respond to that invitation. Are you in a place of receiving this as a gift? Is there something that makes this hard? Take time to know your own heart about this before the Lord. Ask the Holy Spirit to help you truly come away, and invite His work in your life – right here, right now.

When you're ready, read through **Psalm 130**. Follow its lead in laying your life before the Lord.

vv. 1-2 *Out of the depths I cry to you, O LORD!
O Lord, hear my voice!
Let your ears be attentive
to the voice of my pleas for mercy!*

- **What are the depths you cry out to the Lord from today? What do you long for the Lord to hear your cries over? For what are you pleading with Him? Describe this in as much detail as you can.**

v. 3 *If you, O LORD, should mark iniquities,
O Lord, who could stand?*

- **Confess. Look over your life in the past week, month, etc. Where has sin be given free reign in your life? Have you willfully been running from Him, or His work in your life in any way? Have you been disobedient to a step of faith He's been urging you to take? Has hardness or coldness of heart toward God or others set in in any way? Have you responded to someone else's sin with your own sin? Is there something else He's bringing to your attention? Confess this. Be as explicit as you can. Consider what might be beneath these sins, in attitude or thought. Confess and repent as He reveals things to you.**

v. 4 *But with you there is forgiveness,
that you may be feared.*

- With your confessed sins fully in mind, reflect on what God's forgiveness means as **THE** answer your sin. Let the reality sink in that your sin is gone, wiped away, dealt with. Will you believe this? What does it look like to live out of this forgiveness? Be as specific as you can with each sin you confessed.
- Let your confession and forgiveness lead you to a humble fear of your Lord. Will you be chastened?

vv. 5-6 *I wait for the LORD, my soul waits,
and in his word I hope;
my soul waits for the Lord
more than watchmen for the morning,
more than watchmen for the morning.*

- How is your soul waiting on God today? For what are you waiting? What is it that you need from Him? How is He your **ONLY** hope? What of His Word is your hope – what promises are you clinging to?
- As the watchmen strain to eagerly see the morning, how much more so are you eager to see God? What difference would it make?

vv. 7-8 *O Israel, hope in the LORD!
For with the LORD there is steadfast love,
and with him is plentiful redemption.
And he will redeem Israel
from all his iniquities.*

- God is pursuing you with *steadfast love*. Meditate on that. He will not relent in loving you and loving His world. How does that give you hope today?
- And with Him is *plentiful redemption*. What is needing redeeming in your life or around you? How is it Good News to know that with the Lord redemption is *plentiful*? And that God **WILL** accomplish it?
- End by writing out truths you heard today in your time *away* with the Lord. What do you *know* to be true about Him? What is true about yourself or the circumstance that's weighing on your heart? List as many things as you can. Spend some time speaking these truths back to God in praise and thanks.