



Courageous Women's Prayer Retreat

During your time alone, consider a few of these options:

Silence – sit or walk without engaging any other activity. Allow yourself to just be with the Lord.

The Art of Noticing – take time to breathe and attune to your five senses. Take in what you see, smell, feel, hear, and taste as you walk/sit with the Lord.

Meditate on a particular scripture over and over again. Choose different words to accentuate and notice how it speaks to your heart.

Write without any inhibitions. This is called freehand, where you just write down anything that comes to your mind. It doesn't need to make sense to you, but it does make sense to the Lord.

Love Letter – write a letter from the Lord to you. Take time to listen and then write what comes to mind as He speaks specifically to you and how much He loves you.

Psalms – write a psalm – start with a lament and allow yourself to complain, as King David did. Allow yourself to be as real as you can be with the Lord and then end with a praise, naming who God is and why you can still hope despite your reality.

Sketch/Doodle

Listening Prayer – ask God a question and then wait for the answer. Write down what your impressions are and what you think He is saying to you. Keep asking and listening until you feel like nothing else is coming. Then read what you wrote and consider the words.

Cast your Cares/Fears – list all the things on your heart and mind you need to dump onto the Lord and trust Him to take them carefully for you.

Pray out Loud

For your Children – pray for them specifically and pray scripture over each of them and their unique needs & challenges.

For your Husband (or future Husband) – pray for him and the desires of your heart for your marriage.

Art – Create a piece that expresses your fears, pain, loss, and broken dreams
Create a piece of hope – reminding you of who you are and who you belong