

INTRODUCING PERSONAL SPIRITUAL RETREATS

**It was the practice of Jesus to disconnect from teaching, healing and social gatherings so that he could recharge in personal spiritual retreats (Luke 6:12).
He invites us to do the same (Mark 6:31).**

Personal spiritual retreats, scheduled several times a year from a few hours to a weekend or a week, are occasions for soul rest - physical, emotional and spiritual (Matthew 11:28-30). These periods that are free of assignments, allow for uninterrupted seclusion with God.

So plan spiritual retreats. Take a break and enjoy connecting with the Father through prayer, Bible study, reflection, and fasting where possible.

Learn from Jesus and enjoy the rest and peace he offers.