

REFRESH

Fountain of Life Virtual Family Camp Making Space for God

By Steve Stuckey and revised by Sarah Groot

Settling in: Take some time to settle yourself and invite Jesus to give you a plan for the day: If you are tired, budget time to nap. If you are restless, take a walk. Find a quiet place and use the retreat guide to help focus your thoughts.

Invocation: “One thing I ask of the Lord, this is what I seek: That I may dwell in the house of the Lord all the days of my life, to gaze upon the beauty of the Lord and to seek him in his temple. For in the day of trouble he will keep me safe in his dwelling; he will hide me in the shelter of his tabernacle and set me high upon a rock.” Psalm 27:4-5

Looking to the Past: Take some time to settle yourself. Invite the Lord to guide and direct your thoughts for the time. Think back over where you have been in the past month. Review your journal. What burdens, emotions, and concerns do you carry? What are you thankful for? When have you experienced the Lord’s presence? Journal your thoughts and offer these to the Lord.

Scripture Reading- a Song for Pilgrims



Psalm 121- A song of ascents.

“1 I lift up my eyes to the hills—where does my help come from? 2 My help comes from the LORD, the Maker of heaven and earth. 3 He will not let your foot slip; he who watches over you will not slumber; 4 indeed, he who watches over Israel will neither slumber nor sleep. 5 The LORD watches over you— the LORD is your shade at your right hand; 6 the sun will not harm you by day, nor the moon by night. 7 The LORD will keep you from all harm— he will watch over your life; 8 the LORD will watch over your coming and going both now and forevermore.”

Reflection- Read the passage through slowly three times. Pay attention to your heart as you read. If something catches your attention, return to explore that section of the Word. Journal your thoughts. This ancient psalm was used by pilgrims traveling up to Jerusalem to meet with the Lord. The life of a pilgrim was arduous and often lonely. Where do you initially look for help and fulfillment? Describe the characteristics of the one who keeps or watches over you. The right hand was the sword hand for a soldier—his most vulnerable body part. Where are you most vulnerable? What harm do you fear for you, your family or the community you come from? The Lord does not promise a cushioned life but a well armed life that lasts forever. Give some thought to God’s forever love and protection for you and those you love.

Reading for Reflection-

If you want to see God, then attain purity of heart: If you want an undivided heart then live a simple life—and that involves systematically eliminating whatever makes it unnecessarily complex. In other words, it involves renunciation. So long as we live fragmented existences any pursuit of contemplative experience is likely to be frustrated. - Michael Casey in Strangers to the City page 17

Attentiveness is acquired by most people through a habit of reflectiveness—learning to step back from experience to ponder its meaning. Most often meaning presents itself to a gently disengaged consciousness—fierce interrogation habitually yields nothing. As Archimedes discovered, insights often come at the most unlikely moments. Those who give a high priority to the pursuit of wisdom should, accordingly, try to structure their lives so that times of disengagement are multiplied. -Michael Casey in Strangers to the City page 30

Leisure means living gently; it is the opposite of being driven or obsessed. It involves getting on with the job at hand and detaching oneself from it when it is time to move on to something else. -Michael Casey in Strangers to the City page 30

We learn the value of solitude by living. How God teaches us to enter into solitude is unique to each person. For some God uses the exuberating experience of success. For others he uses the wrenching experience of the cross to awaken them to the solitary dimensions of life. For most of us God makes use of both successes and crosses to bring us to the more qualitative aspects of growth in him. - Nemeck and Coombs in The Way of Spiritual Direction page 37

You are sent into a world full of tortured, twisted, overdriven souls:...How are you going to show these souls, who need it so dreadfully, the joy and delightfulness of God and surrender to God, unless you have it yourselves? But that means giving time, patience and effort to such a special discipline and cultivation of your attention as artists must give if they are to enter deeply into the reality and joy of natural loveliness and impart it in their work. Evelyn Underhill, Concerning the Inner Life, Page 20

Benediction: Father, I abandon myself into your hands; do with me what you will. Whatever you may do, I thank you; I am ready for all, I accept all. Let only your will be done in me, and in all your creatures. I wish no more that this, O Lord, into your hands I commend my soul; I offer it to you with all the love of my heart, for I love you, Lord and so need to give myself, to surrender myself into your hands, without reserve, and with boundless confidence. -Charles de Foucauld