

STORIES RETREAT ASSIGNMENT GUIDE

The purpose of the retreat is to spend an extended amount of time together to connect relationally and encounter authentic community by sharing your life stories. Authentic relationships require closeness. To grow closer to the members of your group, they need to get to know you and you need to get to know them.

VERSE

Choose one of the following verses that resonates with you:

1 Thessalonians 5:16–18

Ephesians 6:18

Psalms 5:3

Colossians 4:2

This verse should be used for memorization or meditation until the next meeting.

PRAYER PRACTICE

In this session, you will be using [The Prayer Practice: Practicing the Way](#) guide. Each week has a Prayer Practice and a Reach Practice. You will be engaging with the Prayer Practice and listening to the podcast in the Reach Practice section. The book reading is optional, and you will engage with the Reach Practices in future LDG sessions.

Welcome and Tips

Read pages 2–7.

Week 1: Talking to God

Practice the prayer on pages 9–12.

Listen to [Episode 1](#) of the *Prayer* series from the *Rule of Life* podcast by Practicing the Way.

Week 2: Talking with God

Practice the prayer on pages 19–22.

Listen to [Episode 2](#) of the *Prayer* series from the *Rule of Life* podcast by Practicing the Way.

Week 3: Listening to God

Practice the prayer on pages 27–29.

Listen to [Episode 3](#) of the *Prayer* series from the *Rule of Life* podcast by Practicing the Way.



Week 4: Being With God

Practice the prayer on pages 34–39.

Listen to [Episode 4](#) of the *Prayer* series from the *Rule of Life* podcast by Practicing the Way.

Follow Up with your prayer partner a couple of times before the next session.

REFLECTION EXERCISES

Read Chapters 21–41 in [Renovation of the Heart in Daily Practice](#) by Dallas Willard and Jan Johnson. Read a chapter a day and complete the “Today’s Experiment” for twenty days.

Write out your answers to the following questions on *Renovation of the Heart in Daily Practice*:

- What chapter was most impactful and why?
- How did your relationship with God change because of what you learned?

Review the [Sharing Your Story Guide](#).

Prepare and practice sharing your story in 15 minutes.

Write out your answers to the following questions on the Prayer Practices:

- What prayer practice did you enjoy the most? The least?
- What did you learn about prayer from the podcasts that you want to remember?
- How did your daily prayer practice change?

