



LISTENING TO JESUS

Fall 2025 Prayer Retreat Guide

As we continue our emphasis on listening to Jesus, we invite you to take a short prayer retreat (~ 1 hour) to rest in Jesus, abide in him, and listen to his voice. We encourage you to use this resource as a guide for your set apart time with God. Likely, the greatest challenge will be choosing to step out of your normal routine, but we trust it will be worth it.

Go ahead and plan when and where you would like to rest with God in the middle of this holiday season. You might find a cozy spot in your home or choose a refreshing place outdoors. What matters most is selecting a quiet space where you can be free from interruptions and distractions.

Bring your Bible, a journal, a pen, and a way for you to listen to music online (we have created a playlist for you at vrbc.net/retreat for your convenience). If you feel unsure about praying in this way, we hope this prayer guide will be a support to you. There is no right or wrong way to pray. Simply draw near to God and he promises he will draw near to you.

ENTER & SURRENDER

- Take some time to enter this sacred time of being with God.
- You might listen to some music that helps you worship and prepares your heart to listen. We have included a playlist of suggested songs including “Be Still” (by Steven Curtis Chapman), “Draw Me, Lord” and “Wonderful Merciful Savior” (both by Selah) at: vrbc.net/retreat
- And/or you might pray over portions of the Psalms, such as:
 - Psalm 37:7 *“Be still before the Lord and wait patiently for him.”*
 - Psalm 63:1 *“O God, you are my God, I seek you, my soul thirsts for you...”*
 - Psalm 138:3 *“On the day I called, you answered me, you increased my strength of soul.”*
 - Psalm 143:8 *“Let the morning bring me word of your unfailing love, for I have put my trust in you. Show me the way I should go, for to you I entrust my life.”*
- Offer up a short time of prayer in response to your time of worship through music and/or the Psalms. Express your love to God. Surrender this time to him.
- Sit quietly for a few minutes. You might open your hands and turn your palms up as you pray.

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MEDITATE (choose one or both meditation invitations)

1) Meditate on Matthew 11:28-30.

- Read this teaching of Jesus at least 3 times and answer the questions that follow.
 - o What are Jesus' invitations? Write them down or underline them.
 - o What are Jesus' promises? Write them down or circle them.
 - o How do these invitations resonate with you?
 - o What is one way you can accept Jesus' invitation in the coming days?
- Talk with God about the thoughts or feelings that arise as you meditate on this passage. Write down your thoughts as you pray.

2) Meditate on Matthew 20:29-34.

- Read the story at least 3 times and use your imagination to put yourself in the story, then answer the questions that follow.
 - o What is the atmosphere?
 - o Who are the people?
 - o What is Jesus like?
 - o What might the two blind men have been thinking or feeling as they encountered Jesus?
- Now imagine Jesus sitting with you right now and asking you, "What do you want me to do for you?"
 - o In what way do you need Jesus right now?
 - o What is one desire you have for your relationship with him in this season of your life?
- Think about it and talk to God about it. Write down your thoughts as you pray.

BE STILL & LISTEN

- Be still and quiet for a while.
- What do you sense God saying to you through his word or through your thoughts as you seek to listen to the Holy Spirit?
- Write it down so you can be reminded of this conversation with God.
- If nothing comes to mind, that is just fine. Rest in God's love and care for you.
- Just be. Enjoy God's presence. Savor the quiet.

GIVE THANKS

- Read Psalm 73:25-26, *"Whom have I in heaven but you? And there is nothing on earth that I desire other than you. My flesh and my heart may fail, but God is the strength of my heart and my portion forever."*
- Spend time thanking God for his presence and love.
- If you would like to close this prayer retreat with a song, we recommend "Jireh" (by Elevation and Maverick City Music) available on our playlist at vrbc.net/retreat