

Prayer Reflections for a Beach Retreat

As you walk on the beach, find one object—a stone, a shell, whatever strikes you—that you would want to keep as a reminder of this day.

The Journey Inward

The Waves

There is an ebb and flow to the spiritual life, just as there is an ebb and flow to the waves breaking onto the sand. It is much like breathing. Inhaling and exhaling. Inhale as the waves come in. Take in an expectation of everything God might have for you today as you fill your lungs. Exhale as the wave returns to the sea. Breathe out any heaviness you have on your heart or mind or in your physical being. In and out. Receiving and releasing. There is a consistency of God in the waves. There is a consistency of God in you. Let him fill you.

The Stones

What is cluttering your mind this day? What worries consume your thoughts? What do you need to turn over to God? Find a stone on the beach. Allow it to represent all that you need to give up to God. When you are ready, throw the stone into the ocean. Watch God receive it.

RELEASE

Jesus said, "Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest." Matthew 11:28

CONFESSION

Nathan said to David,
"You are the man!...[I gave you everything you have], and if that had been too little, I would have added as much more. Why have you despised the word of the Lord, to do what is evil in his sight?
2 Samuel 12:7-9a (paraphrased)

Sand

Feel the sand on your feet. Let it fall between your fingers. Know that God has numbered the sands on the shore just as he knows how many stars he has set in the sky. How big is your God? Write a word to describe God in the sand. Leave it there as you continue the journey.

Dunes

Look at the dunes along the shore. In many places they are the only protection a house has from the wildness of the sea. How has God been your dune? What are you afraid of right now? Ask God to help you see the dunes he's placed in your life.

Note to God

In the space provided, share with God what you want to tell him.

Dear God,

TRUST

Be still, and know that I
am God! Psalm 46:10

Love, _____
(your name)

Meeting God

Find a place to sit. Make it holy space. Meet with God. Rest in God.
Feed on God. Listen for God.

TRANSPARENCY
Search me, O God, and know my heart;
test me and know my thoughts. See if
there is any wicked way in me, and lead me
in the way everlasting. Psalm 139:23-24

The Journey Outward

PURPOSE
Who knows? Perhaps you have
come to royal dignity for just such
a time as this. Esther 4:14b

Shell

Find a shell on the beach. How similar is it to other shells? How unique? How has the water and the sand and time weathered and shaped that shell? How are you like that shell? What does God see when he looks at you?

Footprints

Look behind you at the footprints that have led you to this place in your walk this morning. Have they been in a straight line? Do they meander? What events in your life have been like those footprints? How has God directed that path? Where do you think he might be taking you next? What might the next step be? Is it exciting? Unclear? Frightening? Talk to God about his direction for your life.

What mark do you want your footprint to leave on the world when you are no longer here?

Horizon

Look out onto the horizon. Take in the vastness of the sea. Are there boats? How far away are they? Think about the distance to Bermuda. To Europe. Think about how far the east is from the west. That is how far he has removed our sin from us. We are free. Free to be everything God created us to be. Free to be used by God. The possibilities are as endless as the horizon.

Note from God

In the space provided, write what God wanted you to know today.

Dear _____ (your name)

SERANTHOOD
Jesus said to Simon Peter, "Simon, son
of John, do you love me more than
these?" He said to him, "Yes, Lord; you
know that I love you." Jesus said to him,
"Feed my lambs." John 21:15

Love, God

DIRECTION
He has told you, O mortal, what is good;
and what does the Lord require of you but
to do justice, and to love kindness, and to
walk humbly with your God? Micah 6:8

Returning Home

Take home the object that you found on the beach and
keep it to remember this day and your walk with God.

Go in peace, to love and serve the Lord.