



Semi-Silent Retreat

JANUARY 2, 2026
TRUSTWORTHINESS





Reflection Guide

Begin with 15 minutes of silence.

Silent Prayer

"I have stilled and quieted my soul" (Psalm 131:2)

Definition: A wordless way of resting in the presence of God with an attitude of openness, contrition, and longing.

A "silent assent" — permission-giving — to the inner workings of the Holy Spirit, to heal, restore, mend, mold.

- Identify a word or phrase that represents your desire today: could be healing, wholeness, peace, Jesus, grace....Whatever. (it's valuable just to ask this question!)
- Enter into silence and still your mind. When your mind wanders, use that word or phrase to bring your attention back to simply resting in God's presence.

Today's word in silence:



Reflection Questions

- What's been occupying your imagination?
- What worries have you been returning to?
- Write down one or two noteworthy things that have happened to you as you look back on the last month -- ask God to bring things to mind. Speak with God about those now....
- Take a moment to prayerfully review your relational landscape, at home and at work, particularly notice if there are any relationships that are in need of forgiveness. Talk with God openly about those relationships today. Consider what forgiveness could look like on your part.
- As you look to the month ahead, what concerns would you like to specifically bring before God? Take time to do that now. Be sure to listen... what might God be whispering about these areas of your life?



Trustworthiness

Welcome to 2026! Hopefully you've had some time for true rest and restoration during these last few weeks. Perhaps Year-End is feeling strong for you... reassuring you of the direction, purpose, and impact of your life. Perhaps you're barely breathing as you careened across the finish line of 2025 and can't believe this is the first day of business in 2026.

Either way, you're welcome here! And, as we launch into this new year, today's retreat will provide another opportunity to intentionally set down your responsibilities and engage with God directly. Time to care for your own soul.

Our theme this month is focused on a characteristic of God... something vitally important for us to spend some time in as we begin a new calendar year. For all our hopes, dreams, and plans for this year, God's trustworthiness is a vital anchor for our souls.

Trustworthy. Worthy of trust. Worthy of confidence. Reliable. Steadfast.

As we enter this new year, full of hope and optimism for the days ahead, let's anchor our hope firmly in the One who is the ultimate basis for our hope. We dream, we plan, we work hard... and ultimately we release ourselves and our circumstances fully to God in whose hands we can trust – fully trust – the future.

God is trustworthy, and God's trustworthiness is the security our souls ultimately need. Outcomes may differ from our imagined-to-be-preferred timeframes, or from the forms we might have expected, but resolutely within the realm of the trustworthiness of God.

- As you start 2026, how does the trustworthiness of God impact your planning? Does it make you more bold? More cautious?
- When has God's trustworthiness been apparent to you? When have you had to trust in his character, without evidence of outcomes?
- Pause to speak directly with God about this topic... what comes up for you? Worship? Doubt? Be honest with God... pause to listen, What might God want you to know about his trustworthiness?
- Jesus understands the human condition first-hand. And, he fully understands the reality of the unseen Kingdom of the Heavens, and invites us to live without worry. We will spend time in Matthew 6 today!



Soul Care Plan Creation

Planning for Soul Health

If you haven't already considered a personal soul care plan for 2026, take time to prayerfully engage in that today. Here's a simple process:

Reflect

How is your soul these days? Without judgment or self-recrimination, take a few minutes to reflect on your soul's health of late... if helpful, work through the questions on our Soul Health Assessment, being careful to note any that particularly stand out to you: [\(HERE\)](#)

Circle the score you received, or simply draw an "x" on the line that feels right for you on a progression from Healing through Strengthening and into Flourishing.

Healing

Strengthening

Flourishing

More specifically, take time to note your current state of being in each of these areas... they all relate to a sense of human flourishing; they all matter to God!

Dimension of Flourishing

Current State

Spiritual

Relational

Mental/Physical

Financial

Vocational

Imagine

Now take time to imagine a version of your life a year from now... what could be true in each of these areas by then? What would you want that lived experience to be like?

Dimension of Flourishing

Future State

Spiritual

Relational

Mental/Physical

Financial

Vocational



Soul Care Plan Creation

Next, for each of these areas, consider some potential actions you could take to initiate motion towards that desired future state. Keep in mind that sometimes progress comes from taking something away, not simply adding new things!

Dimension of Flourishing

Potential Action Steps for Progress

Spiritual

Relational

Mental/Physical

Financial

Vocational

Now finally.... bearing these in mind, spend time talking with God about it all. This is not to be an effort of human willpower; this is to be a process of allowing God to speak into intentional steps you will take in caring for your soul.

If it helps, lay these ideas figuratively on the table before His Presence with you. Which of these ideas seem to have the breath of God's affirmation? Which do you feel particularly drawn to?

In a time of discernment like this, it may also be beneficial to bring these ideas to a trusted advisor or friend for feedback on which might be most important in this next season of your life.

Summarize the FEW commitments you'd like to make to yourself here:

- Dimension(s) of Flourishing I feel invited to focus on:

- Next step(s) I'm committing to:



Lectio Divina

Matthew 6:25-34

Take time to read this passage slowly, at least three times.... Do your best to read prayerfully, not analytically. And not self-critically. Just with a listening posture for what God may be inviting, reinforcing, or otherwise highlighting for you today.

This is a form of prayer called Lectio Divina, or a divine reading.

Where we are reading, yes. But more importantly, we listen. It's creating intentional space for conversation with God, not just talking to God or only reading about God.

We will hold specific questions before God and invite the Spirit to speak. We are creating space for conversation rather than approaching the scripture with analysis and study.

These are three prayers to hold space for, as you read through each time. After each reading, set a timer for 1 - 5 minutes of silence to simply listen.

1) First Reading: What if anything stands out to you? Is there a particular word or phrase? Circle it and note it here:

2) Second Reading: As you read through it again... ask God, to what area of my life does that particular word or phrase connect? Write your thoughts here:

3) Third Reading: As you read a third time, ask God, Is there an invitation for me? Is there a response of some kind that God is inviting me into? Again, note any sense you have of that here:



Matthew 6:25-34 (NIV)

Do Not Worry

“Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear.

Is not life more than food, and the body more than clothes?

Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them.

Are you not much more valuable than they?

Can any one of you by worrying add a single hour to your life?

“And why do you worry about clothes?

See how the flowers of the field grow.

They do not labor or spin.

Yet I tell you that not even Solomon in all his splendor was dressed like one of these.

If that is how God clothes the grass of the field,
which is here today and tomorrow is thrown into the fire,
will he not much more clothe you—you of little faith?

So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’

For the pagans run after all these things, and your heavenly Father knows that you need them.

But seek first his kingdom and his righteousness, and all these things will be given to you as well.

Therefore do not worry about tomorrow, for tomorrow will worry about itself.

Each day has enough trouble of its own.