

# *He is Worthy*



*YOU ARE WORTHY  
our Lord and God  
to receive glory  
and honor and power  
Revelation 4:11*

A Guided Silent Retreat  
by Jackie Rettberg and Pam Cashion

## Welcome, my beloved one...

“Welcome, my beloved one”...this is how our faithful Father greets us. We simply come before him and are welcomed. By setting this time aside to draw away with the Lord, we open ourselves to his embrace and deeper communion with him.

The spiritual practice of withdrawing for a time of concentrated companionship with God has been modeled to us throughout the Bible. As we surrender ourselves and become fully present to God, he receives us completely.

Why the practice of silence? Psalm 46:10 answers, *Be still and know that I am God.* Silence fosters stillness, and in stillness, you create the space to be present to God, to know him more fully, and be awakened to his call. Dallas Willard in his book, *The Spirit of Disciplines*, says, “A proper abstinence [from speaking] actually breaks the hold of improper engagements so that the soul can be properly engaged in and by God.”

There is no right or wrong way to “do” a silent retreat. This is your time with the Lord, as directed by the Lord. These thoughts and prompts are simply an offering to help you to draw away from the daily distractions of life and be present with Jesus. The Holy Spirit is your Guide and Jesus is the focal point for the practice.

This retreat presents the theme, He is Worthy, and includes three guided meditations. These meditations include Bible verses, corresponding questions, and physical practices. These are NOT assignments that need to be completed or followed in order. Let the Lord direct your time. If you don't follow any of the meditations or end up spending time in just one verse of the suggested passage (or a different passage than is prompted), that is okay.

What a magnificent gift we have in our Lord and Savior, Jesus Christ. He is worthy! He has given us his Word, the Holy Spirit, and the world around us to reveal he is worthy of all our praise and attention. He authored the beautiful and multi-faceted moments of our story before the world began. In his sovereignty, he knew the day and time we would enter into life and incline our hearts to worship and adore him. He is the author and perfecter of our faith, and it is by the work of his Spirit we begin to comprehend the awesome truth of his holiness and infinite love.

*May your time spent in this retreat draw you into a deeper awareness of who God is and his unfailing love for you.*

He is worthy.

## Preparing Your Heart

As you physically step away from some of the distractions of your everyday life, you may find it challenging to let go and be with the Lord. Your mind, body, and spirit may feel restless and preoccupied. If so, here are a few suggestions to help redirect your attention to a posture of openness to receive what the Lord has for you.

- ❖ “Fast” from using your cell phone. Our cell phones connect us to the world and may distract us from connecting with the Lord. Go old school and use a watch, printed Bible, pen, and journal. You will be amazed at how turning off your phone quiets your mind.
- ❖ If any concerns, fears, or to-do’s come to mind, write them down on a piece of paper and place them in an envelope. Close the envelope as a recognition that the Lord is Lord of all and fully capable of holding and handling all the challenges and concerns of your day and life. If any distractions continue during your retreat, you may add them to your envelope. The Lord will hold them for you.
- ❖ If you feel like it, take a walk. Often, moving your body quiets your mind.
- ❖ There may be external noises during the retreat. Instead of trying to force quiet, simply accept where you are. God may be using this as a teachable moment. Consider your response to the annoyance and what he is trying to teach you in this distraction.
- ❖ Part of the discipline of silence is to process emotions and thoughts with God versus talking to someone else about them. This can be a challenge for some of us who are verbal processors and may require a little extra patience. Allow the Holy Spirit to be your Guide and God’s living Word to be your path and the Lord Jesus to be your desire.
- ❖ We offer several scriptures throughout the day for you to consider. You may enjoy those scriptures, or the Lord may take you to another passage in the Bible. The day is yours. Spend it however you wish, with the Lord.
- ❖ It is good to rest and even nap. Physical restoration is part of the gift God has for you. Just be mindful that sleep can become an escape.
- ❖ Open your time in prayer. Take a deep breath....or two or three, and exhale slowly. Quiet your soul. When you feel you are ready, enjoy your time with the Lord.
- ❖ This retreat guide is simply a suggested guide, not something to spend your whole time doing. Maybe you will go for a walk, close your eyes and rest for a short time, pray in a way that feels comfortable to you. The point of spending a few hours in silence and solitude is to draw near to God. You want to spend your time with him.

Meditation 1  
**HE IS WORTHY**

*I will exalt you, my God the King; I will praise your name for ever and ever.  
Every day I will praise you and extol your name for ever and ever.  
Great is the Lord and most worthy of praise; his greatness no one can fathom.*  
Psalm 145:1-3

In this beautiful Psalm, David's joyful praise to his God the King is contagious. As he boldly rejoices in praise and adoration, we see a powerful witness how intimate his knowledge is of the worth and greatness of his Lord. He adores his King so much that he wants to praise and extol God's name every day for ever and ever. As David exalts the Lord, we begin to sense the great joy we can also experience when we praise our Lord and King in confident assurance of his worth and greatness.

For your first meditation, think of one of those tube-shaped kaleidoscopes that you rotate and see beautiful multi-faceted images coming into focus. It is the same with our Creator God. As we gaze upon his attributes, we are able to see the many facets of his glorious character and how worthy he is of our complete adoration. The longer we fix our eyes on all he is, the more we will know, worship and adore him.

Take some time now to slowly, meditatively reflect on the list of the attributes of God on the next page. As you consider them, which facets of his character move your heart to rejoice? Why not stop and take some time right now to praise him? *For great is the Lord and most worthy of praise.* 1 Chronicles 16:25a.

If you would like, you can write out some of the attributes that have blessed you and put them in a special place as a keepsake.

*One thing I ask from the LORD, this only do I seek:  
that I may dwell in the house of the LORD all the days of my life,  
to gaze on the beauty of the LORD and to seek him in his temple.*  
Psalm 27:4

**ATTRIBUTES AND NAMES OF GOD  
THE FATHER, SON AND HOLY SPIRIT**

*Alpha, Almighty, Awesome, Advocate, Abounding, Answerer, Anchor, Amen*

*Breath, Bridegroom, Blessor, Beloved, Burden-Bearer, Barrier-Breaker,  
Boundless, Bountiful*

*Creator, Counselor, Conqueror, Companion, Center, Cornerstone,  
Compassionate, Comforter*

*Dwelling Place, Deliverer, Defender, Delight, Desire*

*Emmanuel, Everlasting, Eternal, Encourager, Exalted, Examiner*

*Father, Friend, Forgiving, Faithful, Finisher*

*Grace, Guardian, Good, Great, Glorious, Gracious, Gift-Giver, Gardener*

*Holy, Highest, Hallowed, Humble, Habitation, Hiding Place, Hope, Healer,  
Helper*

*I AM, Incarnate Word, Instructor, Immortal, Incomprehensible, Incomparable,  
Infinite, Infallible, Invincible, Intercessor*

*Jehovah, Judge, Just, Justifier, Jealous, Joy*

*King, Keeper, Kind*

*Lamb of God, Lord, Light, Life, Love, Leader, Long-suffering*

*Messiah, Maker, Most High, Master, Mighty, Meek, Merciful, Measureless,  
Majesty, Manna*

*Nourisher, Nurturer*

*Omniscient, Omnipresent, Omnipotent, Overcomer, Omega*

*Prophet, Priest, Paraclete, Prince of Peace, Patient, Peace, Purest, Pleasure,  
Protector, Provider, Preserver, Praiseworthy, Precious*

*Redeemer, Refiner, Refuge, Righteous, Radiant, Reprover, Reformer, Renewer, Ransom, Refresher, Rescuer, Receiver, Rewarder, Ruler, Restorer, Rest*

*Son, Servant, Savior, Shepherd, Sacrifice, Salvation, Splendor, Satisfier, Source, Sanctifier, Stronghold, Strength, Strengthener, Shield, Steadfast, Sufficient, Strong, Supreme, Shade, Sovereign, Slow-to-Anger, Sanctuary*

*Triumphant, Transcendent, Transformer, Teacher, Treasure, Truth, True, Tender*

*Uncreated, Unchangeable, Understanding, Undefeated, Unhurried, Unfailing, Unhindered, Unwearied, Unlimited, Uniter, Uplifter, Upholder*

*Vine, Vindicator, Vanquisher, Victory*

*Way, Water of Life, Wisdom, Wonderful, Well-Spring, Worthy, Wise*

*Yahweh, Yoke-Fellow*

*Zeal, Zealous*

Meditation 2  
**HE IS TRUSTWORTHY**

*For the word of the Lord is right and true; he is faithful in all he does. The Lord loves righteousness and justice; the earth is full of his unfailing love.*

Psalm 33:4

One of the wonderful attributes of our Lord is that he is faithful forever! He will never leave his throne, and no one will replace him. Psalm 33 affirms that he alone is God and, therefore, he alone is trustworthy.

Take some time to think about your relationship with the Lord. Are you finding it difficult to trust the Lord today in a particular situation? If so, you may find the following exercise helpful.

Find a comfortable place to sit.

Remembering who the Lord is and that he cares about all of your concerns, you may want to write to him about the situation that is troubling you. Offer him your anxious feelings and allow him to calm your heart.

When you feel ready, offer this phrase to him, “Lord, I yield to your will. You are trustworthy”.

Try not to project what you imagine may happen in the future. Thank him as he begins to train your heart to trust him for the peace and hope you are seeking, one day at a time. If you find it helpful, take some time to reflect on how he has met you in the past and how he met you today. He alone is the ONE you can always trust.

Enjoy this opportunity to trust the Lord right now.

*Let us hold unswervingly to the hope we profess,  
for he who promised is faithful.*

Hebrews 10:23



Meditation 3

**LIVE A LIFE WORTHY OF THE LORD**

*“Paul, an apostle of Christ Jesus by the will of God, and Timothy our brother,  
To God’s holy people in Colossae, the faithful brothers and sisters in Christ:  
Grace and peace to you from God our Father.*

*We always thank God, the Father of our Lord Jesus Christ, when we pray for  
you, because we have heard of your faith in Christ Jesus and of the love you  
have for all God’s people—the faith and love that spring from the hope stored up  
for you in heaven and about which you have already heard in the true message  
of the gospel that has come to you.*

*In the same way, the gospel is bearing fruit and growing throughout the whole  
world—just as it has been doing among you since the day you heard it and truly  
understood God’s grace. You learned it from Epaphras, our dear fellow servant,  
who is a faithful minister of Christ on our behalf,  
and who also told us of your love in the Spirit.*

*For this reason, since the day we heard about you, we have not stopped praying  
for you. We continually ask God to fill you with the knowledge of his will  
through all the wisdom and understanding that the Spirit gives, so that you may  
live a life worthy of the Lord and please him in every way: bearing fruit in every  
good work, growing in the knowledge of God, being strengthened with all power  
according to his glorious might so that you may have great endurance and  
patience, and giving joyful thanks to the Father, who has qualified you to share  
in the inheritance of his holy people in the kingdom of light.*

*For he has rescued us from the dominion of darkness and brought us into  
the kingdom of the Son he loves, in whom we have redemption,  
the forgiveness of sins.*

Colossians 1:1-14

What a very precious privilege it is to listen in as Christians pray for their friends. In this prayer for the Colossians, Paul begins by thanking God for their faith in Christ Jesus and their love for all God’s people. Their belief in the message of the gospel is producing love, faith, hope, fruit, and a true understanding of God’s grace in their lives.

Paul tells the Colossians that he and the friends who are with him have not stopped praying for them. They continue to pray for God to fill the Colossian believers with the knowledge of his will through wisdom and understanding that comes through the Holy Spirit. He not only desires that they know God’s will, he hopes that they will embrace it so that they may live a life worthy of the Lord, pleasing him in every way.

He goes on to emphasize what pleases the Lord:



- \* Bearing fruit in every good work—work that is accomplished through complete dependence on the Holy Spirit.
- \* Growing in the knowledge of God—desiring to know the Lord in a deeper way.
- \* Being strengthened with all God’s power for great endurance and patience—in difficult situations and with difficult people.
- \* A heart of joyful thanksgiving that is constantly thanking the Father for making them worthy—they have inherited the Kingdom of light, they have been rescued from darkness and brought into Christ’s Kingdom, and they have received redemption and the forgiveness of sins.

This prayer is a wonderful model for today as we pray for ourselves and our friends with Paul’s same sense of urgency. What a privilege it is to pray for a growing desire to intimately know the Lord, earnestly seeking God’s will to be done rather than God’s will to be changed. The Lord is pleased when we pray for his strength in our difficulties because it produces great endurance and patience. He is honored when we give joyful thanks to him for qualifying us to be worthy to share in his Kingdom.

Take some time to pray. Perhaps you’d like to write a prayer putting into your own words the prayer of Paul’s for his dear friends in Colosse. Perhaps you’d like to write a prayer for yourself as you seek to live to please the Lord. He is worthy.

*Now may the God of peace,  
 who through the blood of the eternal covenant  
 brought back from the dead our Lord Jesus,  
 that great Shepherd of the sheep,  
 equip you with everything good for doing his will,  
 and may he work in us what is pleasing to him,  
 through Jesus Christ, to whom be glory for ever and ever. Amen.*  
 Hebrews 13:20-22

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## About NEWIM

The Network of Evangelical Women in Ministry is a non-profit, non-denominational organization that strengthens women who love and serve Jesus through:

Retreats—so we serve out of our love for Jesus

Relationships—so we can develop authentic, safe, trusted friendships

Resources—so we don't have to re-create the wheel

Our hope is that women will be filled with God's love as they pour themselves out in service.

### **Foundational Verse**

*“For this reason, since the day we heard about you, we have not stopped praying for you and asking God to fill you with the knowledge of his will through all spiritual wisdom and understanding, and we pray this in order that you may live a life worthy of the Lord and may please Him in every way: bearing fruit in every good work, growing in the knowledge of God, being strengthened with all power according to his glorious might so that you may have great endurance and patience, and joyfully giving thanks to the Father, who has qualified you to share in the inheritance of the saints in the kingdom of light.”*  
Colossians 1:9-12 (NIV)

## Upcoming Retreats

All of NEWIM's contemplative retreats are for the explicit purpose of giving women time to be **with the Lord and deepening their love for him**. So instead of fellowship times, there are hours dedicated to silence and solitude so that we can contemplate the goodness of his character, ponder the mysteries of his love, and pursue those spiritual activities that draw us closer to him.

### **The Springs Retreat**

The Springs Retreat is flexible, as it is intended to be a private retreat with various options so that you can design your own retreat. When we spend time with the Lord, we come to know his love more deeply and find out that his love is all we really need. Register and join us in the fall, winter, or spring each year. Specific information is available on our website: [www.newim.org](http://www.newim.org)

**Central California (two nights)** Cost includes private room and private bath, 5 meals

St. Anthony's Retreat Center in Three Rivers, California

**Northern California (two nights)** Cost includes private room and private bath, 6 meals

At Villa Maria del Mar, a retreat center on the beach in Santa Cruz, California

### **Pastors' Wives Retreats**

The Pastors' Wives two-night retreat is designed to give a small group of pastors' wives from all over the country the opportunity to come away for a weekend of rest, fellowship, renewal, worship, encouragement, beauty, wonder, and the lavish love of Jesus. The weekend is hosted by NEWIM—**there is no cost to the women who come**. The retreat takes place at various beautiful locations in California. Know a pastor's wife? Nominate her to be invited on our website.

For Information: <http://www.newim.org> - 408-218-8225 - Email: [info@newim.org](mailto:info@newim.org)

