

## Retreat Guide

### Psalm 63

*A Psalm of David, when he was in the Wilderness of Judah*

O God, you are my God, I seek you,  
my soul thirsts for you;  
my flesh faints for you,  
as in a dry and weary land where there is no water.  
So I have looked upon you in the sanctuary,  
beholding your power and glory.  
Because your steadfast love is better than life,  
my lips will praise you.  
So I will bless you as long as I live;  
I will lift up my hands and call on your name.

My soul is satisfied as with a rich feast,  
and my mouth praises you with joyful lips  
when I think of you on my bed,  
and meditate on you in the watches of the night;  
for you have been my help,  
and in the shadow of your wings I sing for joy.  
My soul clings to you; your right hand upholds me.

But those who seek to destroy my life  
shall go down into the depths of the earth;  
they shall be given over to the power of the sword,  
they shall be prey for jackals.

But the king shall rejoice in God;  
all who swear by him shall exult,  
for the mouths of liars will be stopped.

[New International Version](#)

## Looking Back

In Psalm 63 David puts his mind to remembering the LORD. When you stop and remember God's work in your life, what comes to mind? How would you describe the song your soul has been singing the past few months?

Were there any particular sections of the passages about Saul today where God met you? What do you want to remember from those passages? Take time to talk with Jesus about what you heard from those texts.

As you think back to the end of last semester, is there any unfinished hopes, expectations or relationships that you need to bring to Jesus before the new semester begins?

As you reflect back on last year, in what ways did God stretch and grow you? Spend time with Jesus talking about your experience on staff and in life last year.

How has God spoken to you over the past few months? What have you heard?

Are there areas that you've been seeking God on, but have not heard from God on yet? What would you like to say to God about these areas tonight?

In what areas of your life is your trust for God strong? In what areas is it weak?

## Looking Ahead

(note- this second section was designed to be used in the morning after individuals had a chance to sleep and reflect on the section titled Looking Back)

Additional Resources for Spiritual Formation and Prayer can be found at:

As you settle into this reflection time, is there anything from last night that you want to pick back up and hold in God's presence?

Did you wake during the night with anything on your mind? Was there an invitation from the LORD into conversation?

Reading back over Psalm 63, what sections can you pray with your whole heart? What sections are you more distant from, or would you have trouble praying?

How would you compare your focus and hunger for the LORD to David's?

Looking ahead to the new semester, in what areas are you wanting to stretch or grow? What do you need to ask from the LORD to step into these places?

What do you need to trust God for as you come in to the new semester?