

Personal Retreats



@Binbrook Views

Binbrook – “a small refreshing stream”

Your hosts...

Carolyn and Peter Miller

email: binbrook2795@gmail.com

website: binbrook2795.com

Binbrook Views directions...

*Binbrook Views entrance is located on Diamond Swamp Road, @
Meadow Flat, NSW, 2795*

*If you are travelling south (from the highway) then the entrance is
on your right, about 250m before Eusdale rd.*

*If you are travelling north (from Tarana) then the entrance is on
your left, about 250m past Eusdale rd.*

*The entrance is sign posted
BINBROOK VIEWS*



Welcome to your very own personal retreat.

We pray that your time spent at Binbrook Views is spiritually refreshing and that you may leave here with a renewed hunger to seek the presence of God.

A personal retreat is about you being intentional in seeking God.

It is a place to put aside all the activities and concerns that fill your everyday life and give God a big chunk of your time.

It is a time to rest.

It is a time to refocus.

Your personal retreat is yours to own.

In this booklet you will find a myriad of ideas to help you connect with God.

**Choose some ideas that appeal to you
and then
choose some ideas that are not very attractive to you
(as these just may be the things that help you connect)**

There is no right or wrong way to go about a personal retreat.

**The main concept is to talk to God
as if He is on the retreat with you
...and He is**

The accommodation



Binbrook Views is a newly built two-bedroom cottage on the side of a hill with extensive views down the valley.

It sits on 17 acres in Meadow Flat, NSW.
(midway between Lithgow and Bathurst)

The owners, Carolyn and Peter, live on the property, about 200m away from the cottage. They may be contacted at any time during your stay, otherwise the cottage is private from their house and has its own driveway.

If you choose to come alone then the whole cottage is yours or you may choose to bring a spouse or a friend.

This is a not for profit ministry and therefore is available to anyone who wants to participate in a personal retreat.

There are no stairs and parking is at the door but unfortunately there is no wheelchair access inside.

All linen is provided and food packages are also available.

Please contact your hosts via email to enquire about costs.

Food

There is a café in Tarana that is open 7 days from 9am-3pm. This is 10 minute drive along country roads. They can also cook meals for you to take back to the cottage if pre-arranged. Contact the café... Mama Snows Country Kitchen

We can also provide a basic food package where you do the food preparation. There is a full kitchen provided.

Breakfast - cereals, yoghurt, fruit, home baked wholemeal bread, spreads, fresh eggs and bacon.

Lunch – wraps, salads

Dinner – a casserole or you may choose a bbq package instead

Coffee/Tea
Milk/Juice
Snacks
(available all day)

If you have a special diet then it may be best to bring your own.

food preparation

As you prepare the food, talk to God about how thankful you are to have food to sustain you

As you eat, be aware of flavours and enjoy the process of eating

As you clean up afterwards and wash your dishes and put them away, talk to God about how thankful you are to have nice accommodation and the good things that western society brings.

Ground Rules

Setting up some ground rules for your retreat will help take away some of the distractions.

your phone

Decide that you are not going to let your phone interrupt your time on retreat. Do not engage in social media. Some of you may need to receive some messages from a family member. This is fine but set aside some time to check your phone (eg: at 11am and 3pm). If you are concerned that someone may need to get in touch for an emergency then give them the host's number. Then turn your phone off.

Don't be tempted to keep google searching things to maybe find answers to your questions. Write down your questions and you can search them up when you get home. Ask God the questions and you may be surprised how he provides an answer in your heart.



other people on retreat

Please respect the quiet nature of the retreat and don't talk to the other person who you may have come with. Organise with them the times you can have a conversation.

MAP OF BINBROOK



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Blank pages for journaling

REST

Rest comes in many forms.
True rest is a break from striving.

It may involve *engaging in an activity*,
using *mindfulness techniques*,
sleeping
or *doing nothing*.

engaging in an activity

- Any of the activities on the following pages
 - Read a book
 - Exercise (such as walking)
 - Talk to the animals
 - Watch a movie

mindfulness

this is where you become aware of the present moment and the presence of God. It helps alleviate the worry of the future or dwelling upon the past. It involves engaging your senses and focusing upon your breathing.

Engage your 5 senses

- What do you see?
- What do you hear?
- What can you smell?
- What can you touch and how does it feel?
 - What taste is in your mouth?
- Ask God to open up your spiritual senses so you become aware of His presence

Breathing

- Breathe slowly and deeply
- Breathe out toxic thoughts, worries etc by verbally saying them
eg: "anxious thoughts", "negative thoughts"
- Breathe in the Holy Spirit to replace them, breathe in the Word of God to replace them

sleeping

Our bodies need 8-10 hours of sleep each night for good emotional and physical health.

If sleep is difficult then be intentional about a bedtime routine...

- Turn the lights down
- Have a warm shower
 - Read scripture
- Don't look at your phone
- Pray to God and talk to him about your sleep
- Write down all the things that are going through your mind and then you can pick them up again in the morning (there is nothing you can do about them now)
- As you lie on your bed, relax your muscles one by one starting at your toes, feet and working your way up your body.
- If sleep doesn't come, don't get frustrated but enjoy lying there in the presence of God, imagine he is holding you.

doing nothing

In our society our brains receive overload. Accept that it is healthy for your brain to relax and not take in information.

Prayer

THERE ARE DIFFERENT SORTS OF PRAYERS

- Praising God for who He is
- Thanking God for his goodness to you
- Prayers of confession – seeking and receiving forgiveness
 - Prayers for others
- Asking God to move in your life and help you
 - Listen (stop talking)

prayer walks

Walking as we talk to God can be more beneficial than sitting still. Our blood is pumping around our bodies and this helps us think clearly. It can also help us gauge our time better and keep us focused.

A prayer walk doesn't have to have an agenda as you can simply talk to God as you go for a walk.

You may also set up an agenda on your walk...
Choose a destination to walk to (eg: to the creek)
On the way, offer up one sort of prayer (see above)
and on the return journey offer up another prayer.
eg: a prayer of confession on the way to your destination and a prayer of praise on the way back.

You can also make your prayers very specific as you grapple with one particular concern. On the way to your destination tell God all about the problem and on the way back listen for him to speak into your heart.

Reading Scripture

The bible is large and often it is hard to decide what to read

You can choose a book of the bible and read it through as you would a story

or

You can choose one section, chapter, several verses, or paragraph to read slowly and digest each word as you go.

or

You can read one single verse and read it over and over again, put it to memory and meditate on it.

The main idea is to pray before you read the bible passages and ask God to speak to you. As you read, ask God to give you insight and to show you clearly what he is saying to you personally about your life.

Here are some verses to get you started...

Book of John
Psalm 46
Romans 8
Ephesians 1:15-23
Ephesians 3:16-19
Colossians 1:15-23
1 John
1 & 2 Peter
Isaiah 40
1 samuel 16:7
Exodus

Engaging with Creation

God is the Almighty Creator of the heavens and the earth.

Appreciating his creation helps us draw near to him.
It can often give us an insight into his very nature.

How do I engage with God's creation?

- Go for a walk and look intentionally and carefully at the trees and plants, grass and the sky, the hills and the valleys, birds, animals, insects and bugs. Enjoy being surrounded by God's creativity.
- Watch the sunrise. Settle in with a coffee or tea. Read some scripture about sunrise and talk to God about the new day. Be aware that every new day starts a fresh with God.
- Watch the sunset. Settle in with a cup of tea or maybe even a glass of wine and admire the colours and the shadows and how they shift and change. Thank God for the light show that he puts on at the end of each day, especially for you.
- Gaze at the stars at night. Lie on the ground (you may need a rug and a pillow) and wonder at the enormity of the heavens.

Be creative yourself?

You are made in Gods' image and so you are creative also.

Try a few different activities to see where your creative prowess may lie.

- Colouring (being creative with colours)
- Draw
- Painting (you need to bring your own supplies)
- Photography
- Poetry
- Writing
- Imagination – creating things in your mind.

Music

You will need to bring

- A phone
- Head phones or ear plugs
- Walking shoes

Go to the website carolynmmusic.com

Follow the map and walk to the different locations and listen to the music
and read the notes when you get there

Let the music wash over you rather than trying to analyse or grasp it

Play it several times if need be

Only move on when you feel ready to

There is also a reflection book that has the story of each piece of music
and a spiritual reflection. Take this with you and read this also. (this is a great
alternative if the weather is poor.... Settle into a warm place at the cottage
and read the reflections as you listen to the music.)

Worship Music

Music is such an amazing way to meditate on a particular aspect of Gods
nature. Listen to a worship song and lift your heart to God. Ask God to speak
into your heart a truth about Hm.

Forgiveness

Forgiveness is a vital part of our relationship with God.

God forgives us and calls us to forgive others. There is no escaping this truth.

Our heavenly Father has provided forgiveness for us.
It helps if we see it as a gift. It is for our own well-being.
It releases us from the pain and allows us to heal.

Who do I forgive?

- Others
- Myself
- God

How do I forgive?

- Others - Acknowledge the emotional pain. Put that person into God's hands to be the judge, let it go, pray for goodness for that person
- Myself – acknowledge that you are angry at yourself/your actions, receive God's grace/love
- God – tell God why you are angry at him, seek forgiveness for this anger, ask for a revelation of his love for you

Do something practical to acknowledge forgiveness.

It may be writing down the name of the person and then burning that piece of paper in the fireplace to acknowledge that it is gone out of your hands and God is taking care of it now.

Now what?

Forgiveness may take time. It may not happen immediately.

The deeper the pain, the longer it takes to let it go.

You may need to make this a regular time in your life until you begin to feel that forgiveness is breaking through.

The first step is always the hardest

Grief

Grief is not just about someone dying who is close to you.
Grief is an emotion that rises with regards to many losses.

It may be the loss of a job,
or a dream,
or a divorce,
a broken relationship with a friend,
loss of a pet,
loss of a business,
moving house or a
child leaving home.

Grief can arise with many experiences and often we don't know what to do
with it so we push it down and tell ourselves we are being silly.
But if grief arises then we are not being silly but feeling loss and mourning it.

So how do we deal with grief?

Partake in communion

Find a place that is pleasant to sit without any distractions

There is a bottle of red grape juice and some crackers at the cottage – take these with you

Take your bible also and maybe your journal and pen

Read the scriptures below or find your own

Take the communion

Include the following elements in your talk with God

Seek forgiveness for your sin

Thankful for his sacrifice

Adoration for God and who he is

Ask him for his presence and help

Bible verses

Journaling

Journaling is very helpful in helping us sort things out in our minds.

It is also a helpful way to stay focused when talking to God.

There are no rules to journaling... here are a few thoughts to get you started.

- Grab a note book that is set aside especially for journaling. And make sure you use a pen or pencil that you like writing with.
- Start by writing down all the things that are in your mind. This can be anything. It doesn't have to be spiritual or insightful, but juts anything that pops into your mind.
- Write down what is happening at that time, what you are doing
 - Write down how you are feeling
- Write as if you are telling God all these things. Address it to him.
 - Tell God the things you are thankful for
 - Tell God the things that you are struggling with
- Let him know if you are angry at him or at someone else or maybe even angry with yourself
- If a to-do list keeps popping into your head then write it down so you can stop thinking about it and come back to it later
- Read a passage of scripture and journal what it is saying to you. Write down any questions you may have so you can ask them later or look them up