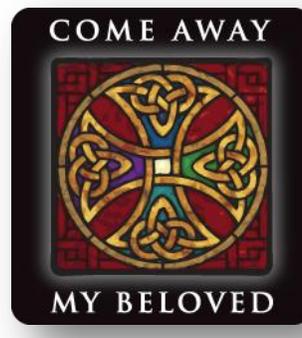


# “Come Away My Beloved”

## Syllabus



**Title:** *“Come away, My Beloved”*

**Description:** A five-day spiritual practicum designed to turn hearts inward, outward, and upward toward God. Through a community-based learning experience, the participant will journey into a guided rhythm of rest and interaction with fellow retreatants to rediscover ancient pathways of spiritual disciplines, listening to life stories, and hearing God’s distinctive voice for oneself. The unique aspect of this retreat is engagement in spiritual formation as a community guided by facilitators who are established and knowledgeable about pathways to spiritual rest and healing.

### **Theme Verse:**

*“Let the beloved of the LORD rest secure in him’  
For he shields him all day long’  
And the one the LORD loves rest  
between his shoulders.”*

Deuteronomy 33:12

**Inward:** *“rest secure in Him”* - the joy of inward rest and healing

**Outward:** *“he shields him all day long”* – the peace of outward protection

**Upward:** *“between his shoulders”* – the hope of upward lifting

**Goals:** At the end of the eight days spent in training, the participant will have gained the following objectives:

#### **To better know . . . .**

- one’s own life story
- Other pilgrims / saints
- Spiritual classics and writers
- The art of spiritual disciplines/practices
- God’s speaking into one’s life
- directional personal and vocational goals or themes

#### **To actually do . . . .**

- a spiritual autobiography
- practice lectio divina in the Word
- practice spiritual disciplines such as Sabbath-keeping, silence and solitude, confession, reflection, and office hours
- develop a rule of life for oneself
- read and discuss a spiritual classic
- receive spiritual direction

#### **To experience and become . . . .**

- more rested in one’s rhythm of life
- invited into genuine community
- directed toward inward, outward, and upward in worship
- centered in God’s love
- more certain of God’s attentive involvement in one’s life
- to be listened to, affirmed, and valued
- more in tune with one’s prayer and assurance for the future

**Schedule:** The schedule is based upon five days of journeying together. We start on the first Saturday afternoon at a retreat center designed to maximize the experience and will end on the second Friday, following breakfast.

**Assignments/ before the retreat:** Participants will be requested to prepare the following work prior to arrival:

1. Prepare a spiritual autobiography according to notes provided and Richard Peace's Spiritual Autobiography: Discovering and Sharing your Spiritual Story.
2. Read an assigned spiritual classic and prepare a report on the book to be shared with the community based upon: content, what you learned, what you pushed back against.
3. Be prepared to lead at least two lectio divina times during the retreat
4. Be prepared to lead at least one office hour during the retreat
5. Write a paper reflecting on the state of your soul

**Assignments/during the retreat:** Participants should be ready to:

1. Share their spiritual autobiography
2. Share their spiritual classic reading
3. Share a colleague study
4. Lead lection divina times
5. Lead an office time
6. Write a beginning rule of life

**Text books (these books might help in your preparation – not required to buy):**

The Holy Bible.

The Common Book of Prayer.

Adele Ahlberg Calhoun. Spiritual Disciplines Handbook: Practices that Transform Us. (Downers Grove, IL.: IVP, 2005).

Thelma Hall. Too Deep for Words: Rediscovering Lectio Divina. (Mahwah, NJ.: Paulist Press, 1988).

Richard Peace. Spiritual Autobiography: Discovering and Sharing Your Spiritual Story. (Colorado Springs, CO.: Nav Press, 1998).

Richard Peace. Meditative Prayer: Entering God's Presence. (Colorado Springs, CO.: Nav Press, 1998).

Richard Peace. Spiritual Journaling: Recording Your Journey toward God. (Colorado Springs, CO.: Nav Press, 1998).

Richard Peace. Contemplative Bible Reading: Experiencing God through Scripture. (Colorado Springs, CO.: Nav Press, 1998).

**Location: Oak Haven Resort, Sevierville, TN**

**Dates: April 9-15, 2016 or September 17-23, 2016**

**Cost: \$695 single / \$960 couple (shared room)**

We highly recommend for maximum benefit each individual have their own room, even if married.

**Need-based scholarships available upon request.**

Any questions can be directed to: Dr. Herb Lamp, "Come Away My Beloved Retreats" at [HLamp@barnabas.org](mailto:HLamp@barnabas.org).