

For the Minister! - A Self-Given Retreat

I will present to you a handy “personal 24-hour retreat” given to me by a workaholic, ultimate doer and caregiver. I don’t know the source, but I do know that it has often helped me to center myself and heal myself with the best medicine I know... the love of Christ. It’s best to do this retreat by yourself. This is when an answering machine may be helpful to keep you from picking up the phone. Make sure you have food in the house and a bible. And remember if you set a goal — and don’t complete it, you can always begin again!

A Personal 24-Hour Retreat

The evening before...

- 7:00 p.m. 30-minute walk (or 30 minutes of silence in nature)
- 7:30 Read six Psalms
- 8:00 Light snack
- 8:20 Personal reading and journaling
- 11:00 Sleep

In the morning

- 7:00 a.m. 30-minute walk (jog or aerobics)
- 7:30 Shower
- 8:00 Read six Psalms
- 8:30 Breakfast
- 9:00 Spend the next 1-1/2 hours in prayer; include in your prayer:
 - * Adoration/thanksgiving
 - * Confession
 - * Intercession
 - * Petition
- 10:30 Stretch
- 10:45 Personal Reading

- 11:45 Lunch
- 12:30 p.m. 15-minute walk
- 12:45 Brief nap or rest
- 1:30 Read six Psalms
- 2:00 Set goals for the week to come — attainable ones
- 3:00 Stretch and walk
- 3:30 Personal reading and journaling
- 4:30 Close the day with a prayer of Thanksgiving

Psalms

The evening before...

- Psalm 63:1-8 Psalm 42
- Psalm 91 Psalm 19: 12-14
- Psalm 13 Psalm 130

In the morning...

- Psalm 139: 1-8 Psalm 107: 1-32
- Psalm 146: 1-4 Psalm 19: 8-11
- Psalm 131 Psalm 121

During the day...

- Psalm 145 Psalm 100
- Psalm 27 Psalm 107: 33-43
- Psalm 101 Psalm 150

Delis Alejandro is a licensed clinical worker and is Young Adult Ministry Coordinator at St. Monica's in Santa Monica, in the Archdiocese of Los Angeles.