

COMFORT AGBEL

Recharge

A christian retreat guide for
those unsure where to start.

This is not just a book, this is a guide.

Including Sermon / Music recommendations

These recommendations are as important as the material you are about to read.

*If you want to have better insights, it is important not to neglect the links you
will meet as you proceed.*

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ACKNOWLEDGEMENT

Every teacher whose teaching is captured in this book.

Recharge is a timely and timeless guide to having a wholesome getaway time with Abba. It was created with love for every hungry believer; especially for those who want to get into a retreat but are not sure how to go about it, what to do during a retreat, what a retreat should be like or what to expect. If you can relate with any of these, you have a useful tool in your hands.

In this guide, you will find clear steps and messages that will enable you move from just repeating a prayer routine, into a reflective and intimate time with God. This is not just a guide, it is an invitation to a sacred experience.

Whether it's your first retreat or you are seeking fresh inspiration, ***Recharge*** is the companion to trust.

It's a noisy world, everyone is talking and sharing ideologies; some, insisting that their ideologies are the standard for every man, anywhere and in any situation. How will you find and hold on to truth if you don't disconnect from the noise once in a while?

INTRODUCTION

Life moves in such a fast pace, so much that we sometimes forget the importance of stillness. Periodic retreats provide an opportunity to take a pause from constantly trying to catch up with life, set aside distractions, reconnect with God, and recharge.

An effective retreat can strengthen your relationship with God, transform the course of your life, set you on the right path as well as prepare you for seasons of your life to come. If you want to build intimacy with God or carry out your life's assignment as God will have you do, it is important to constantly practice what it takes to build intimacy. In Jesus' life, we see how He often withdrew to solitary places to wait on God, and renew His strength. This clearly demonstrates what the life of a Believer should be like. You will struggle in your walk with God and other areas of your life if you don't find time to constantly plug yourself to God whom you have acknowledged as your source.

People get into retreats for different reasons; however, whether you are seeking intimacy, clarity, healing, or simply the joy and calm of being with the Lord, it's important to do it with the consciousness that God takes pleasure in our fellowship with Him and wants us in this posture often.

Remain in me, as I also remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me. I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit. Apart from me, you can do nothing.

(John 15:4-5 NIV)

All that you desire in life and every fruit you want in your life is dependent on whether you stay in the vine. And this cuts across every area of our lives.

For your sake, don't skim through this guide. I have included links to recommended materials that will give you a broader understanding, prayerfully take in every detail. Before you are even half way done, I believe you will have a clear understanding of what a retreat should be like; clear enough to embark on one. If you are ready, let's take the first step.

*A retreat changed my life, and I believe you can have
a wholesome retreat too.*

Retreat! What does that even mean?

During my early teen days, when I hear adults talk about a retreat, it painted a fiery mountain experience in my head. It had to be a mountain with large stones, with trees tall enough to touch the sky, and a person who is up there insisting on getting blessed. You might have the same mental picture of a retreat (especially if you've never gone on a retreat), or an even more detailed imagination.

Whatever the case, a retreat is a mountain experience. But you get to choose your mountain, and unlike my childhood imagination, it's not just a time to insist on blessings. Sometimes, we get on the mountain for the peace of being in God's presence. Other times, it is for clarity, for direction, to renew strength or just climbing because the Lord said so.

A retreat is a *getaway*, but this time, with Abba. It is a time of aloneness with God on a mountain that you choose. Just you and the Lord, shutting out every distraction. Your mountain could be your apartment (most suitable if you live alone), a solitary field in or out of your neighborhood, a rented room etc. And if an actual mountain provides the kind of privacy and serenity that you need, by all means, climb it.

How is a retreat different from our everyday fellowship?

These are both vital parts of a believer's relationship with God, and one typical thing in both cases is communication / communion with God. Unlike the everyday fellowship, retreats provide an extended experience. Communication is a two-way thing, you speak and listen. You ask of the Lord and listen for his voice. But how much of listening time can you afford daily with the constant rush and hassle in the world? An everyday listening culture is encouraged, however retreats provide an extended period of listening and meditation.

Planned getaways with friends are exceptional and usually the most enjoyed. You know the parks you want to visit and what meals you want to try. This is what a proper retreat should be like; a structured, well-planned getaway. If all you did was fast and pray while scrolling through different social media apps, it can pass as your usual daily fellowship. When you decide to have a retreat, disconnecting from distractions and the noise in the world is essential.

As we proceed, and in one of the recommended materials, you will have a full grasp of what a proper retreat should be like. Don't miss it!

How long should a retreat last?

God deals with each of us uniquely, so when it comes to our individual time with him, we cannot operate the one-size-fits-all principle. What this means is, the ideal length of a retreat is relative to every person, depending on factors like what they are seeking, availability of time, personal preference or the leading of the Spirit. One time, I was led into a retreat without knowing when it was going to end until I was two days in.

I like to believe that people have planned three days retreats and felt the need to extend it by the second day. If you have just begun this amazing ritual, you can start with shorter retreats and gradually move into longer ones as you experience its benefits. However, extended retreats are encouraged, especially for the overwhelmed and those in a season of transition. This provides the chance to fully disconnect and get into a state of connection and rest.

What is most important is to make the most of the designated days, whether you know exactly how long it will be or not. It is important to know that an effective retreat is not defined by its length but by the depth of your connection with God during the retreat, the state of your heart and what you really do during your retreat.

How important is this thing called a retreat?

Earlier this year (2024), I was instructed to plan a mid-year retreat for myself.

First, I was excited, then I forgot as months moved by. One evening in June, I was on a call when I felt a sudden urgency for the retreat. I had not planned, but with the urgency in my spirit, I moved. And oh! I have that recorded as one of my best decisions of the year and for life; a spontaneous one. It was such a wholesome experience. I cannot share the details of my personal experiences here, but if are thankful that this guide was created, give applaus to an experience with God. It was during my mid-year retreat that I received the instruction to put together this guide for YOU and every other person who needs an understanding of what a retreat should be like. And even if it was only for one person; only for you, I hope the assignment has been done.

No time with God is ever a waste, how much more a time where you put out every distraction and sit before Him with undivided attention. Anything that is capable of distracting you should not follow you to your mountain, put them all down, especially social media. Praying 4 hours and scrolling 1 hour on Instagram defeats the idea of disconnecting from the noise. If your mobile device must go with you to the mountain, I recommend uninstalling your social media apps for the period of your retreat.

If you are struggling in your walk with God, getaway experiences with Abba can bring you to a place of intimacy and love with the Father, as well as deliver keys to the things you desire.

This year has made a mark on so many people, great and painful alike, and without apologies, she's walking out like nothing happened. It should be a big relief that the year is running out, right? When we can wear our hats of *new beginnings*, but I read something that says "Next year is just another tomorrow". This implies that if we don't plan, position properly and have insights, the coming year might just be *the return* of 2024 but in different clothing. Don't trivialize an end-of-year retreat if you are expecting a better experience in your walk with God and other areas of life in the coming year.

For the believer, nothing prepares you for tomorrow, a new season or a new year more than knowing the heart of your Father for that season. Call it a clarity session because it really is.

A proper retreat is a whole treat! There is nothing you need to excel in **every** area of life that doesn't exist in Christ. Naturally, as humans we are drawn to people who seem to have answers to the questions in our hearts, people who are solution providers and one conversation with them brings ease to a situation. If you can have faith in a mortal to give us answers, how much more the God who made this mortal you trust?

Just the two of you!

You and Abba...

Corporate retreat is a beautiful thing; a time to seek God with family, friends, or together with your Christian community. However, I encourage you to have personal retreats too. A date where it's just you and your Father in the entire restaurant, a date where you speak freely and honestly knowing that no one else will hear your conversations. Where you are able to speak of your tiredness without shame, point to your scars openly as no one else will see it there. Just the two of you.

Find a place that will give you this experience and make it your mountain. A place that puts you far from people and things that can be a distraction.

Take this from Jesus' walk on earth; He fellowshiped with His disciples, but when it came to weightier matters, He withdrew to be alone with God (Mark 6: 46, Luke 5:16).

What do I need for a retreat?

The most important thing you need for a retreat is a ready and willing heart, this is the heart posture that will fight distractions and what-ifs. As you plan to go on a retreat, the enemy will give you countless reasons why it's not convenient at that time, but a willing heart receives grace to overlook these inconveniences to the flesh.

Some other retreat essentials are:

- ✚ A *personal* bible.
- ✚ A journal and a pen (or whatever you prefer). I mean, if you anticipate that the master in **all** things will be speaking to you, you should go in ready to write. You need to be ready to document all that the Lord will pour out into your spirit.
- ✚ A book to read if you ever take a break (this is optional)
- ✚ Floor mat (exclusive to outdoor retreats)

Feel free to include any other thing you consider essential for your experience. Remember, these “essentials” must not rob you of the essence of your retreat. Don't pick your distraction as an essential.

Elements of an effectual retreat

Fasting and prayer while binge watching your favorite series will not give you a wholesome experience or create an atmosphere for the kind of connection you desire. So what makes a retreat? What should you do during a retreat?

A retreat should be packed with prayers of thanksgiving, inquiry, meditative Bible study and deep reflection.

There's so much I can say on this topic but I will point you to those who through experience and grace communicate it better. If you skip any of these links, you might miss the entire point of having this guide.

Major exercises that make up a retreat

The link below carries a detailed teaching that highlights core activities that you should engage in during your retreat. If you follow this teaching to the end, you will know exactly what to do during a retreat now and always.

https://youtu.be/BNiY7Kwekv4?si=rHBcY_SnG2HH9M71

A prayer Charge

If you are struggling to maintain communion with God in prayer, this will liberate you. This is available on YouTube and Spotify.

YouTube: https://youtu.be/zpMVA_OMmrk?si=vC13hF7_j6IIwFQ

Spotify: <https://tinyurl.com/yc539pnb>

On thanksgiving

Is there more to thanksgiving other than singing and jumping in the midst of other believers? Or is there thanksgiving that counts, and that which is unacceptable? One of the many lessons from the story of Cain and Abel in Genesis 4, is that you can be in the gathering of the saints, jumping and singing, but your heart doesn't bear the posture of thanksgiving. Cain brought his offering too, as Abel did, but his heart was not right.

The gratitude that counts: <https://youtu.be/u3W4cA-eMVs?si=Y7tjXbRLfm4v50w6>

Lo-fi Sounds

I have attached also, one of my favorite playlist for meditation and prayer.

Spotify: <https://tinyurl.com/3cz834sa>

Beyond these recommendations, open your heart to the leading of the Holy Spirit. Pray more in the Spirit during your retreat, this will charge you up and make you more sensitive to the leading of the Holy Spirit. You can be led to study a chapter of the bible or listen to a message. Look out for messages that speak to the current season of your life, and where you need help or growth. Find messages that generally align with the purpose of your retreat and feast on them.

Where I take a bow

If you got to this point, congratulations!

Before I close this up, I would like to leave you with this reminder: A retreat is not an end-of-year experience **ONLY**. It can and should happen at any time of the year, in any season.

You either read this book because you want an intimate time with God, but you *were* not sure how to go about it. You may have had several retreats in the past but you are seeking a new experience now; whatever is your case, I hope this has made a difference for you.

I'm super grateful for and to the skilled and detailed people who worked with me to get this assignment done. I will forever remember the kindness.

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ABOUT THE BOOK

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It was created with love for every hungry believer but especially for those who want to get into a retreat but are not sure how to go about it, what to do during a retreat, what a retreat should be like or what to expect. This is an absolute guide for YOU!

In Recharge, you will find clear steps and messages that will take you beyond routine into a reflective and intimate time with God. This is NOT just a guide, it's an invitation to a sacred experience.

Whether it's your first retreat or you're seeking fresh inspiration, ReCharge is a companion to trust

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