Dear Gunnar,

I hope you had so much fun on the retreat. Since I’m not sure what you learned about this weekend, I thought I’d talk a little bit about why it is important for us as Christians to go on retreats periodically.

First of all, it’s important for us to go on retreats to rediscover God. Sometimes, we get caught up in the hustle and bustle of life and we forget to “Be still and know that He is God” (Psalm 46:10a).

On retreats we often find a need to “refill” our cups. As Christians, it is easy to run out of patience, forgiveness, kindness and even love. So, one way we can refill that cup is by going on retreats. Psalm 23:5-6 (The Message), “You serve me a six-course dinner right in front of my enemies. You revive my drooping head; my cup brims with blessing. Your beauty and love chase after me every day of my life. I’m back home in the house of God for the rest of my life.”

Sometimes we need to get away from life and just get back to God. Psalm 119:113 (The Message), “I hate the two-faced, but I love your clear-cut revelation. You’re my place of quiet retreat; I wait for your Word to renew me. Get out of my life, evildoers, so I can keep my God’s commands.” And Jeremiah 16:19-20, “God, my strength, my stronghold, my safe retreat when trouble descends…”

Even Jesus took time to retreat from the world when He knew that He would soon be crucified. In Matthew 4, the Bible tells that Jesus went into the desert for 40 days and nights. He fasted all 40 days. Jesus was tempted by the Devil, but did not fall into temptation.

Sometimes on retreats we find that we need fellowship—to spend time with other Christians just having fun and growing closer to one another. Acts 2:38-47 (New Living Translation), “Peter replied, ‘Each of you must repent of your sins and turn to God, and be baptized in the name of Jesus Christ for the forgiveness of your sins. Then you will receive the gift of the Holy Spirit. This promise is to you, and to your children, and even to the Gentiles—all who have been called by the Lord our God.’ Then Peter continued preaching for a long time, strongly urging all his listeners, ‘Save yourselves from this crooked generation!’ Those who believed what Peter said were baptized and added to the church that day—about 3,000 in all. All the believers devoted themselves to the apostles’ teaching, and to fellowship, and to sharing in meals (including the Lord’s Supper), and to prayer. A deep sense of awe came over them all, and the apostles performed many miraculous signs and wonders. And all the believers met together in one place and shared everything they had. They sold their property and possessions and shared the money with those in need. They worshiped together at the Temple each day, met in homes for the Lord’s Supper, and shared their meals with great joy and generosity— all the while praising God and enjoying the goodwill of all the people. And each day the Lord added to their fellowship those who were being saved.”

So, Gunnar, all this means that there are often times in our Christian walks when we need to retreat. We need to retreat away from the world so that we can advance our spiritual lives and our walks with Christ. God did not say that the narrow path would be easy, but he did give us many tools to seek Him and His help. A retreat is just one of those tools.

I really hope you grew closer to God this weekend. I know that He was seeking your company.

You’re almost done Gunnar! Keep up the good work!

Love,  
Your Angel