

SHE RETREATS



**A Strategic
Withdrawal
Workbook**

WWW.LEADWOMEN.CA

BY CARMEN KAMPMAN

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A NOTE FROM THE AUTHOR

This is my first e-book designed to help you discover the refreshing, renewing, and transformational power of the Spiritual Discipline of Retreat.

As a pastor, one of my deepest longings is to help you know & encounter the Living God so that you might live and lead better.

It's my prayer that as you journey through these pages, you'll experience many "aha!" moments and that you'll bask in Jesus' love for you. May you hear the voice of Wisdom and fall deeper in love with Jesus.

It's my hope that this e-book will aid you in discerning who you want to become and what practices can help you get there.

With love and anticipation for all that is to come,

Carmen Kampman

Carmen Kampman
LEAD Women Collaborative Inc.



HOW TO USE THIS WORKBOOK

Sometimes knowing where to start can be both frustrating and confusing, causing us to lose valuable time. I hope this little *how-to* can be a time-saver for you, not a time-waster.

You'll want to start by reading the section *What is Retreat?* The introduction will orient you to the *Retreat* practice. Following that, you'll want to take some time to decide how and when you'll retreat.

Do you want to start with a short, daily amount of time? You'll want to pick one of the themes and consider daily focusing on one of the questions until you're satisfied you've accomplished what you set out to do.

Are you able to set aside a full day? Get up early, remove distractions, stay focused and you'll likely be able to work through one theme in a day. But be kind to yourself, God may be inviting you to linger longer in specific questions - follow the Spirit's leading.

Are you able to set aside a few days? You may then find you have the time to work through one, two or all of these themes. My suggestion to you is to ask Holy Spirit what matters most.

Whatever you do, don't rush the journey. Joy and peace and love and clarity are found by staying with God and with the questions that are on our heart.

Because this is an e-book, I would suggest two other options. First, print a copy for yourself if you're a hard copy type of gal. Second, if a digital gal, upload a copy into your favourite digital journaling app, like GoodNotes or Notability, and fill your answers and thoughts in digitally.

Carmen Kampman

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What is Retreat?

Friend, it's time to get honest about where things are at and it's time to discover what *Retreat* is all about.

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Taking Inventory

You'll be doing some deep reflection in this section with a goal of getting clear on our current reality.

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Spiritual Freedom

What life longs to live in you?
Where are you stuck?
What might God say to you?

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Discerning God's Voice

Jesus was clear, we could hear his voice!
It's time to grow our listening skills and to discern what Jesus is saying to you.

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Suggested Resources

You'll find a few of my favourite resources listed here and some suggested Bible passages for reflection.

contents

What is Retreat?

WHAT IS RETREAT?

A Retreat is quite simply a ***strategic withdrawal***.

Ruth Haley Barton, an expert in spiritual formation, says that, "No matter how far along we are in the spiritual life, there is no time when retreat - or a strategic withdrawal - ceases to be an essential practice."

Why are strategic withdrawals so important?

Before I answer that question, I'd like you to be a reflective practitioner on your life. Take some time to reflectively work through the questions on Worksheet 1. Be, without judgement or shame, as honest with yourself as you possibly can.

Complete Reflective Exercise: Worksheet 1

In the lonely place, Jesus finds the courage to follow God's will and not his own; to speak God's words and not his own; to do God's work and not his own. – Henri Nouwen



WORKSHEET 1

REFLECTIVE EXERCISE

QUESTION #1: IF I'M REALLY HONEST WITH MYSELF RIGHT NOW, HOW ARE THINGS WITH MY SOUL? DO I EVEN KNOW?

QUESTION #2: AM I DAILY LIVING WHO I WANT TO BE AND LOVING AND SERVING HOW I DESIRE TO BE? (NO JUDGEMENT OR SHAME, JUST AN HONEST REFLECTION.)

QUESTION #3: WHEN WAS THE LAST TIME I FELT A DEEP CONNECTION WITH GOD AND FELT HIS DELIGHT IN ME? WHERE I DELIGHTED IN GOD? WHERE I FELT THE PRESENCE OF DIVINE GRACE AND LOVE?

WHAT IS RETREAT? CON'T

Strategic withdrawals, often coupled with Silence & Solitude, help us get in touch with our deepest longings and needs. Retreats can vary in length and focus. For example, perhaps it's a time of rest or reorienting. It may also be a time of prayerful discernment or a dark night of the soul or a time of grief and letting go. It may also be a time of healing or much-needed restoration.

Over the years, my retreat types have varied in length and focus. My last long retreat, for example, consisted of discerning God's voice for my future and getting clarity on what decisions I needed to make now to prepare myself to step into that future. In *Worksheet 2*, you can further decide what type of retreat type will work right now for you.

In this book, I have shared with you my top three thematic retreats. They are *Taking Inventory*, *Spiritual Freedom* and *Discerning God's Voice*.

No matter the season of life you're in, no matter the current condition of your life and soul, the Discipline of Retreat should be a regular part of your life rhythm.

Complete Worksheets 2 & 3



WORKSHEET 2

MY TIME & FREQUENCY COMMITMENT TO RETREATING

INSTRUCTIONS: Check or circle your answers. Use the Notes section to capture any thoughts or ideas that come to mind as you think your commitment through.

HOW LONG WILL I INVEST?

- 20 MINUTES A DAY
- 60 MINUTES A DAY
- 90 MINUTES
- Half-Day, Day, or Multiple Days
- _____

STEP 1: CHOOSE LENGTH

Notes

HOW OFTEN WILL I DO IT:

- Daily
- Weekly
- Monthly
- Bi-Annually or Annually

STEP 2: CHOOSE FREQUENCY

Notes

WHAT IS MY RETREAT PURPOSE

- To Take Inventory
- To Find Spiritual Freedom
- To Discern God's Voice
- _____

STEP 3: CHOOSE RETREAT FOCUS

Notes

"Holiness is not a condition into which we drift."

-John Stott



WORKSHEET 3

SETTING MYSELF UP FOR SUCCESS

QUESTION #1: WHY WOULD THE RETREAT THEME I CHOSE BE MOST HELPFUL FOR ME RIGHT NOW?

QUESTION #2: WHEN AND HOW WILL I RETREAT? MAKE A DECISIVE PLAN AND SCHEDULE IT IN.

QUESTION #3: WHAT THINGS DO I NEED TO ACCOMPLISH SO I CAN RETREAT SUCCESSFULLY? (A RETREAT PREPARATION CHECKLIST IS INCLUDED NEXT.)



PRINTABLE CHECKLIST

PREPARING TO RETREAT

INSTRUCTIONS: This is a short checklist to aid you in your retreat preparation. It is meant to offer suggestions of things to think through and book, if wanted or required.

- SCHEDULE YOUR RETREAT INTO YOUR CALENDAR
- DECIDE ON RETREAT TYPE
- BOOK SPIRITUAL DIRECTION
- SECURE CHILDCARE
- PURCHASE NEW JOURNAL
- CHOOSE BOOK TO READ (RESOURCE LIST INCLUDED)
- ASK A FRIEND TO PRAY FOR YOU

**“But Jesus often withdrew to lonely places and prayed.”
(Luke 5:16, NIV)**

Taking Inventory



TAKING INVENTORY

Why do we need to take an inventory?

Taking Inventory helps us get a sense of what's working and what's not working in our lives. It can give us a basis from which to reflect, aiding us in our decision making because it provides us clarity on what's working, not working or perhaps missing.

Too often in life we avoid taking the time to get clear on our current reality. Then, instead of living the life we want, we find ourselves wandering through our life without much purpose or direction.

What life longs to live in you?

Pause on that question for a few minutes. Do you know the answer? Are you living your life with the clarity you need to be able to sufficiently answer that question?

Many of us were never taught to be reflective practitioners of our own life. Many of us were never taught to mine for the precious diamonds of learning we can get when we go through hard things. Many of us were never taught some of the processes you will be learning in this workbook.

Why do processes matter? Well, because as one of my favourite teachers said, "You let the process do the heavy lifting."

Processes help us get the clarity we need. It's that simple.

Complete Worksheets 4-7



WORKSHEET 4

TAKING INVENTORY

QUESTION #1: WHAT'S WORKING IN MY LIFE RIGHT NOW? WHAT CAN I CELEBRATE?

A large, empty rectangular box with a light gray background, intended for the user to write their response to Question #1.

QUESTION #2: WHAT'S WRONG? (NO SHAME OR GUILT, JUST HONEST REFLECTION.)

A large, empty rectangular box with a light gray background, intended for the user to write their response to Question #2.



WORKSHEET 5

TAKING INVENTORY

QUESTION #1: WHAT'S CONFUSING IN MY LIFE RIGHT NOW?

A large, empty rectangular box with a light gray background, intended for the user to write their response to the first question.

QUESTION #2: WHAT'S MISSING?

A large, empty rectangular box with a light gray background, intended for the user to write their response to the second question.



WORKSHEET 6

TAKING INVENTORY

QUESTION #1: FROM ALL OF THE ABOVE, WHAT'S THE THINGS I NEED TO FOCUS ON?

A large, empty rectangular box with a light gray background, intended for the user to write their response to Question #1.

QUESTION #2: WHY DOES THIS MATTER THE MOST TO ME, RIGHT NOW?

A large, empty rectangular box with a light gray background, intended for the user to write their response to Question #2.



WORKSHEET 7

INSTRUCTIONS: Spend some time over the next few days answering these questions as they relate to what you want to focus on from the *Taking Inventory* section.

QUESTION #1: WHAT DOES SUCCESS LOOK LIKE?

QUESTION #2: WHAT'S STANDING IN MY WAY?

QUESTION #3: WHAT HAVE I DONE TO FIND A SOLUTION OR ANSWER?

QUESTION #4: WHAT WILL HAPPEN IF I DON'T TAKE THIS STEP?

QUESTION #5: WHAT ARE MY NEXT STEPS MOVING FORWARD?

Spiritual Freedom



SPIRITUAL FREEDOM

What is Spiritual Freedom?

"Spiritual freedom is not the freedom to do anything I want. It is freedom from everything that is not God; it is being solely oriented and responsive to the person of Christ in the depths of our being."

– Ruth Haley Barton

Walking in greater and greater levels of spiritual freedom will be a life-long journey. There are no short cuts to spiritual freedom. We must attend to our soul and to our relationship with God.

Retreating for the purpose of being alone with God so that we might be, as Ruth says, "responsive to Christ in the depths of our being," is critical.

You have Jesus who loves you. Who died for you. Who is waiting to connect with you.

Let's do this. I know you can. And I know you'll be better on the other side of this journey! Jesus is waiting.

Complete Worksheets 8 & 9



WORKSHEET 8

SOUL CONNECT

"Where the Spirit of the Lord is, there is freedom."

2 Corinthians 3:17

INSTRUCTIONS: Use the below space to fill in this sentence stem.

If I'm really honest with myself, the areas I feel stuck are ...

A large, empty rectangular area with a light gray background, intended for the user to write their response to the sentence stem.



WORKSHEET 9

INSTRUCTIONS: At your own pace, work through these questions.

QUESTION #1: WHAT DOES SPIRITUAL FREEDOM LOOK AND FEEL LIKE?

QUESTION #2: WHAT INVITATIONS DO I HEAR FROM GOD?

QUESTION #3: HOW AM I RESPONDING TO GOD?

QUESTION #4: IS THERE ANYTHING I NEED TO CONFESS?

QUESTION #5: WHAT IS HOLY SPIRIT ASKING ME TO RECEIVE, DO, OR ACKNOWLEDGE IN THIS MOMENT SO THAT I MIGHT IN WALK IN GREATER SPIRITUAL FREEDOM?

NOTE: It may be helpful for you to book a time to meet with your spiritual mentor, a friend, a counselor or pastor so that you can process any lingering questions or discern best steps forward.

Discerning God's Voice



DISCERNING GOD'S VOICE

“My own sheep will hear my voice and I know each one, and they will follow me.” (John 10:27, TPT)

The Bible is very clear that we can know and hear God's voice. God delights in speaking to us. Jesus longs for a relationship with us.

The early church ordered their lives around what they heard the Spirit saying.

Take, for example, Peter. Peter had gone up onto the roof top to pray - a strategic withdrawal to be with God - and he ends up having a vision from the Lord. When he came out of his trance, he hears the Spirit say to him, "Simon [Peter], three men are looking for you. So get up and go downstairs. Do not hesitate to go with them, for I have sent them." What does Peter do? He obeys, goes downstairs, invites the men in, and then the very next day leaves with them (Acts 10:19-23).

Another example of the Holy Spirit's leading can be found in Acts 16:6 which says, “And they went through the region of Phrygia and Galatia, having been forbidden by the Holy Spirit to speak the word in Asia.” (ESV) To be forbidden by the Holy Spirit is strong language, but I use this text to point out that Jesus' disciples who are led by the Spirit can discern and hear God's will.

Complete Worksheets 10-13



WORKSHEET 10

INSTRUCTIONS: At your own pace, work through these questions.

QUESTION #1: GOD, WHAT DO YOU LIKE ABOUT ME?

QUESTION #2: GOD, WHAT DO YOU SEE WHEN YOU LOOK AT ME?

QUESTION #3: JESUS, IS THERE ANYTHING GETTING IN THE WAY OF MY HEARING YOU?

QUESTION #4: JESUS, IS THERE ANYTHING THAT KEEPS ME FROM FULLY SURRENDERING MY LIFE TO YOU?

QUESTION #5: HOLY SPIRIT, WHAT THINGS DO YOU WANT ME TO PRAY FOR?

NOTE: It may be helpful for you to book a time to meet with your spiritual mentor, a friend, a counselor or pastor so that you can process any lingering questions or discern best steps forward.



WORKSHEET 11

DISCERNING GOD'S VOICE

"GOD, HELP ME SEE MY LIFE AS YOU SEE IT AND MYSELF IN IT AS YOU SEE ME."

-RUTH HALEY BARTON

QUESTION #1: WHERE IS GOD ALREADY AT WORK AND SPEAKING IN MY LIFE THAT I CAN PRAISE HIM AND GIVE THANKS FOR?

QUESTION #2: WHAT ARE MY BURNING QUESTIONS RIGHT NOW?



WORKSHEET 12

DISCERNING GOD'S VOICE

QUESTION #1: WHO AM I BECOMING THROUGH HOW I AM LIVING MY LIFE? HOW ARE MY CHOICES AFFECTING WHO I AM BECOMING?

QUESTION #2: WHAT PRACTICES, SPIRITUAL DISCIPLINES OR ACTIVITIES DO I NEED TO ADD? TO LET GO OF? TO LEARN MORE ABOUT?

**"DISCERNMENT CALLS US TO BE ATTENTIVE TO HOW GOD IS PRESENT
AND IS GUIDING US WITHIN OUR RETREAT TIME."**

-RUTH HALEY BARTON



WORKSHEET 13

DISCERNING GOD'S VOICE

INSTRUCTIONS: SPEND SOME TIME LISTENING TO THE HOLY SPIRIT AND JOURNALING WHAT YOU'RE HEARING.

QUESTION #1: HOLY SPIRIT, WHAT DO YOU WANT ME TO KNOW RIGHT NOW?

QUESTION #2: HOLY SPIRIT, WHAT ARE MY NEXT RIGHT STEPS, IN LOVE?

"They talked to God as if they were on good terms."

- Rosaria Butterfield

Suggested Resources



SUGGESTED RESOURCES

SOME OF CARMEN'S FAVOURITES

BOOK SUGGESTIONS

- *Strengthening the Soul of Your Leadership: Seeking God in the Crucible of Ministry* by Ruth Haley Barton
- *Rhythms of Renewal: Trading Stress and Anxiety for a Life of Peace and Purpose* by Rebekah Lyons
- *Invitation to Retreat: The Gift and Necessity of Time Away with God* by Ruth Haley Barton
- *Hearing God: Developing A Conversational Relationship With God* by Dallas Willard

MUSIC SUGGESTIONS

- Audrey Assad
- Shane & Shane
- Anything that nurtures, relaxes and feeds your soul.

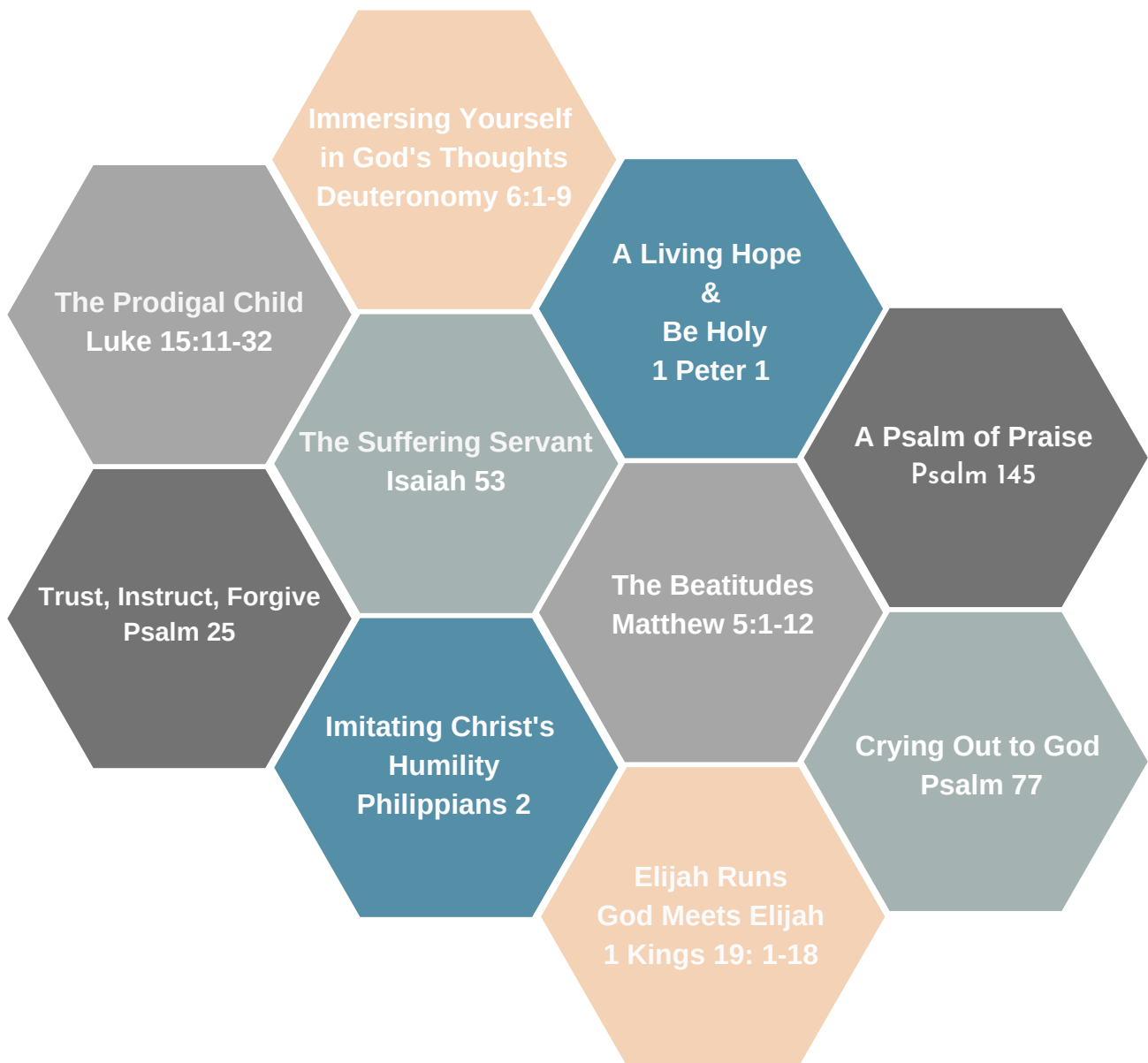
"Our failure to hear God has its deepest roots in a failure to understand, accept and grow into a conversational relationship with God, the sort of relationship suited to friends who are mature personalities in a shared enterprise, no matter how different they may be in other respects." - Dallas Willard



WORKSHEET 14

SCRIPTURE REFLECTIONS

INSTRUCTIONS: Use any of these passages as a means of focus while *Retreating*





MEET THE AUTHOR

CARMEN | MA, DMIN (STUDIES)

Carmen Kampman is the co-founder of LEAD Women Co. Her passion is to help people live and lead better.

Carmen has been married for 29 years, has six adult children, one son-in-law (thus far!) and an adorable Jackaweenie named Bella Grace.

You can read more about her at www.leadwomen.ca.

“The disciplines allow us to place ourselves before God in order to receive his Grace and be transformed by it.” – James C. Wilhoit

HAVE QUESTIONS?

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