

What is a 'Quiet Day' or 'Day of Reflection'?

A day that will include times to be quiet together and space for individuals to be quiet on their own.

The day commences with a time for registration and morning tea, after which the quietness begins.

The day consists of 2 or 3 sessions which includes a bible reading, a reflection on the particular passage by the leader and then there is time (30-45 minutes) for private individual reflection.

Now if you have never been to a Quiet Day or Day of Reflection before, you may be feeling a bit nervous, a bit unsure or it may even sound threatening. Hence I have put together some suggestions which you may like to utilize so you are a bit more prepared.

1. **Do nothing at all.** sit, kneel or lie down. and wait for God to lead, to speak, to put ideas and thoughts and prayers into your mind. Relax and rest. If literally doing nothing at all is impossible, do something creative with the hands.
2. **Use something to 'spark off prayer':** the Bible, the hymn book, phrases or short prayers; use something quite short and dwell on it. Read books about prayer or a book of prayers, being prepared to stop reading in order to pray.
3. **Walk about outside in the garden,** thinking, taking no notice of anyone else, being aware of God.
4. **Stay in the church** and use the time for your own usual prayers, with the added help that there is more time than usual.
5. **Use the time to pray for others...**perhaps only one (not a long list). Bring them to God to share his presence with you in the quietness.
6. **Face up to yourself and your particular needs, knowing that God will deal with these if you give Him time and room.** Do not dwell only on the need but on the receiving of help.

