

holy reset



rest. receive. rejoice.

All-church retreat (from home)

February 2021

Village Presbyterian Church

villagepres.org/holyreset2021

H O L Y R E S E T

prepare

Set aside time.

This is a chance to connect with yourself and with God.
(Maybe others, too—that part's up to you!)
It could be a whole day, or just a few hours that you
carve out.

Decide what rest is for you—and what is work.

(Hint: refrain from work.)

Gather items you will need.

Do this the day before if possible.

Get psyched to "let go."

Many of us go 100 miles an hour. Stop for a reset.
This time can transform you.

"He makes me lie down in green pastures; he leads me beside
still waters, he restores my soul."

—Psalm 23:2-3a

when the day comes

Honor the time you have set aside.

Try not to make last-minute changes or put it off
(except for true emergencies).

Make the space cozy.

Get blankets, light a fire, light candles, let yourself settle in.

Make the space sacred.

Gather your Bible, any devotion books, poetry, music or
other spiritual aids.

Do you need a break from technology?

Set devices aside in a box or basket—for the day or for a
few hours.

Open your time with prayer.

Give thanks to God for this time.

Ask God to open your heart to rest, receive, and rejoice.

Pray throughout the day, as you feel the need.

Resist the urge to work, be productive, or get things done.

*Our only productivity is true rest today - a sacred time set aside to
lean into God.*

Close your time with prayer.

Give thanks to God for this time.

Ask God to bless all you have received.

"I will satisfy the weary, and all who are faint I will replenish."

—Jeremiah 31:25

HOLY RESET

rest



Slow down.

Take a nap.

Sit in a hot bath or take a hot shower – linger for a bit!

Deep breaths.

“Come to me, all you who are weary and are carrying heavy burdens, and I will give you rest.” —Jesus in Matthew 11:28

HOLY RESET

receive



Give God thanks.

Open your heart.

Unclench your jaw.

Open your hands.

Breathe.

Inhale God's mercies.

Exhale tension and stress.

Acknowledge all that comes to you as gift from God.

Check out some Sabbath readings at
villagepres.org/holyreset2021.

"Remember the Sabbath day, and keep it holy. Six days you shall labor and do all your work. But the seventh day is a Sabbath to the Lord your God; you shall not do any work."

—from the Ten Commandments, Exodus 20:8-10

(Even God rested. Let's learn from God by intentionally setting aside time on our seventh days.)

H O L Y R E S E T

rejoice



Be in the moment.

Notice the little things.

Usher in a sense of wonder.

Seek beauty everywhere.

Delight in what you are able to experience.

“Rejoice in the Lord always; again I will say, Rejoice.”

—Philippians 4:4

HOLY RESET

prayers



Rest:

Receive:

Rejoice:

“Cast all your anxiety on God, because God cares for you.”

—1 Peter 5:7

HOLY RESET

journal, draw, dream,



"God blessed the seventh day and hallowed it, because on it
God rested from all the work that God had done in creation."

—Genesis 2:3

HOLY RESET

journal, draw, dream,



A prompt for journaling, prayer, artwork and contemplation:

Am I a human being or a human doing?

“Rejoice in hope, be patient in suffering, persevere in prayer.”

—Romans 12:12

HOLY RESET

journal, draw, dream,



"I hereby command you: Be strong and courageous; do not be frightened or dismayed, for the Lord your God is with you wherever you go." —Joshua 1:9

H O L Y R E S E T

In God a - lone my soul can find rest and peace, in
Mon â - me se re - po - se en paix sur Dieu seul: de

God my peace and joy. On - ly in God my
lui vient mon sa - lut. Oui, sur Dieu seul mon

soul can find its rest, find its rest and peace.
â - me se re - po - se, se re - po - se en paix.

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What a blessing to experience a holy reset together.
May it set the tone, pace and intention for your week.
Our hope and prayer is that you encountered God in deep,
tangible ways...that brought you peace and hope.



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