

# **St John's Retreat in Daily Life**



**Breakfast on the Beach**

**John 21:1-23**

**30<sup>th</sup> May- 11<sup>th</sup> July 2021**

If you agree to join in, you are promising to spend about 20-30 minutes a day in prayer, listening to God. You will be allocated a prayer partner with whom you will be able to meet once a week. You should spend 40 minutes to an hour together, listening to each other's experiences.

You will have the name and contact details of a supervisor for your pair. You don't need to contact them, except if something comes up which concerns you, or which you don't feel able to cope with. Contact them then to talk it through.

**Your commitment** during these 7 weeks is to set aside time to pray each day. During this time you may like to do one or more of these things:

- Spend a few minutes focusing on the presence of God
- Read and reflect on the chosen passage of Scripture
- Talk to God about your real feelings, your real needs
- Listen quietly noting anything you sense God may be showing you.
- Write or draw in your journal
- Walk, sing, light a candle or sit in silence
- Experiment with a new way of praying

**Our commitment** to you over the next 10 weeks is :

- to arrange a prayer partner for you to journey with.
- to give you contact details of someone to reflect any difficulties you may have, If you need further help.
- to pray for you.

Don't make the 30 minutes a punishment- if you miss one, don't beat yourself up! The following instructions are really suggestions: do what you think is good for you, as long as you listen to God and don't talk to Him.

## **Suggestions for using the 20-30 Minutes**

- Find a good time where you can be quiet for 30 minutes, no interruptions, no noise.
- Have a notebook and pencil handy.
- Sit comfortably with your feet on the floor and your back supported.
- Make sure you have 30 spare minutes, and don't keep looking at the clock.
- Relax (you can do this by tensing and letting go of muscles throughout your body).
- Spend 5- 10 minutes going over your day (or yesterday). Think about the people you met and the things you did. Where did you feel furthest from God? Why? Where did you feel nearest to God? Why? Think about what that teaches you about your relationship with Him.

- Spend 5- 10 minutes going into silence:

- 1.Relax again
- 2.Listen to your breathing
- 3.If you like, say "Yah" on the in breath and "Weh" on the out breath. Or find another word- "Jesus" or "Peace". Or say the "Jesus" prayer: "Jesus, Son of God, have mercy on me, a sinner" (or any other version of that).
- 4.When you are focused on breathing and on the words, stop saying the words and let yourself go into silence.
- 5.You may find that other thoughts intrude: in which case, go back to step 2 and focus again.
- 6.See what happens. It may be silence or you may hear words.
- 7.Sometimes this is a really easy and productive exercise, the very best thing. At other times it's really hard. Persevere with it!

- Spend 10 minutes (or the rest of the time) doing the exercise we have suggested for the week.

- Write down what you have learned in a journal: this may not be every day- just as it happens.

This is only a suggested outline. If the "silence" takes up the whole time, then fine. If you find yourself spending longer, even better!

This year we are using the passage John 21 1-23 as a basis for meditation. The passage for each week is printed at the top of the page for the week. Meditate on that for the first day.

## Week 1 May 30th

### So, what just happened?

John 21:1-3



*Afterward Jesus appeared again to his disciples, by the Sea of Galilee. It happened this way: <sup>2</sup> Simon Peter, Thomas (also known as Didymus), Nathanael from Cana in Galilee, the sons of Zebedee, and two other disciples were together. <sup>3</sup> “I’m going out to fish,” Simon Peter told them, and they said, “We’ll go with you.” So they went out and got into the boat, but that night they caught nothing.*

### Lectio Divina

In this exercise you should find a Bible passage (see below) and read it slowly, two or three times, to let its meaning sink in.

Think about what you have read, its implications for understanding Who God is, and who we are.

If a phrase or thought stands out for you, then think about what this means for you.

Listen to what God might be saying through this passage.

### Possible Passages:

Day 1	John 21 v 1-3	Gone fishing
Day 2	Matt 22 v 1-10	Why Galilee?
Day 3	Luke 24 v 36 - 43	He is risen! How do I feel
Day 4	John 20 v 24-29	Thomas – seeing and believing
Day 5	John 6 v 67 -69	Do you want to leave?
Day 6	Matt 4 v 18 - 22	The first fishing trip!
Day 7	Mark 1 v 35-39	“Everyone is looking for you.

You can, of course, choose any other reading you like, as long as it is no more than about 10 verses long. If you find that one of the passages really speaks to you, then spend more than one day on it.

## Week 2 June 6th

### Who is He?

#### John 21:4-6

*Early in the morning, Jesus stood on the shore, but the disciples did not realise that it was Jesus.*

*<sup>5</sup> He called out to them, "Friends, haven't you any fish?"*

*"No," they answered.*

*<sup>6</sup> He said, "Throw your net on the right side of the boat and you will find some." When they did, they were unable to haul the net in because of the large number of fish.*

### Ignatian Meditation

This is a form of prayer in which you enter into the Gospel story.

- Read the passage slowly once or twice
- Retell the story to yourself.
- Chose one of the characters in the story and retell the story to yourself, imagining yourself to be there.
- Spend some time reflecting on what you have learned about Jesus or yourself and bring it to God.
- As with the other exercises, if you find a rich experience, then stay with the same reading. You may want to imagine it from different viewpoints. Listen to what God might be saying about which character to choose.
- This exercise is sometimes extremely difficult for some people. If you find it impossible, then go back to Lectio Divina and do the passages using that technique.

Day 1	Use the passage above: what do you learn about Jesus from it?	
Day 2	Matthew 3:13-17	<b>The Beginning</b>
Day 3	John 2:1-11	<b>Provision for All: Water into Wine</b>
Day 4	Mark 8:20-26	<b>Healing the Sick</b>
Day 5	Luke 7:11-17	<b>Raising the Dead</b>
Day 6	Mark 4:35-41	<b>Stilling the Storm</b>
Day 7	Luke 24:13-35	<b>Risen Lord: On the Road to Emmaus</b>

As with the other exercises, if you find a rich experience, then stay with the same reading. You may want to imagine it from different viewpoints. Listen to what God might be saying about which character to choose.



## Week 3. June 13th

### “It is the Lord!”

#### John 21:7-8

*Then the disciple whom Jesus loved said to Peter, “It is the Lord!” As soon as Simon Peter heard him say, “It is the Lord,” he wrapped his outer garment around him (for he had taken it off) and jumped into the water. <sup>8</sup> The other disciples followed in the boat, towing the net full of fish, for they were not far from shore, about a hundred yards.*

##### **DAY 1: Recognition: Read verse 7 (and Matt.5:8)**

Reflect on John's sudden recognition of Jesus.

**Question:** Pause and remember; when have you realised that God was making himself known to you in the past and more recently?

**Prayer:** Spend time earnestly asking for your eyes to be opened to see God clearly again.

##### **DAY 2: Sharing what you know: Read verse 7 (and John 4:27-30)**

When John recognised Jesus, he immediately told Simon Peter.

**Question:** What kinds of situations make you want to tell people something important to you? A movie you loved? A sports result you want to pass on?

**Prayer:** Ask God to put something in you that is so rich, fresh, personal, helpful, joyful, that you can't but help want to share it with someone else.

##### **DAY 3: Getting dressed?: Read verse 7 (and Matt.14:25-33)**

Consider Peter's impulsive actions: Why was he getting dressed?

**Question:** Was he clothing himself to hide shame (like Adam and Eve were clothed?) Did he just want to be modestly dressed for his Master?

**Prayer:** If you were to abandon normal English reserve, with no limits on what you can express, and simply speak and act from your heart, what would you want to say to the Risen Christ today? Say it and do it.

##### **DAY 4: Jumping in the water: Read verse 7 (and Ezekiel 47:1-12)**

Reflect on how it feels to swim. The water carries you. It completely covers you. You leave behind firm things and trust yourself to fluidity.

**Question:** Are you happy to float freely towards God, with nothing fixed to hold onto?

**Prayer:** Spend time in your mind 'floating' in the presence of God. Take your time. Push away from the side and lean back. Wait and see what happens. Don't rush to the other side. Only finish when it is the right time.

##### **DAY 5: The work of towing in a miracle: Read verse 8 (and Mark 6:39-44)**

Imagine, that you find out that six friends in town have become Christians this week and want to talk to you.

Imagine that your boss, colleague or neighbour knocks on your door because they've had a dream and think that it is something to do with God - and they need your advice.

**Question:** How would you feel? How might you feel if God moved and you had to pick up the pieces?

**Prayer:** Ask God to take you further in your expectations than before. Ask God to do some things that could only happen by his power. Tell God that you'll do your bit too.

##### **DAY 6: A net full of fish: Read verse 8 (and Luke 6:38)**

Consider the sizeable impact of whatever Jesus did. Thousands healed. Many fed, Millions forgiven. Step into the story and be an amazed disciple; laughing at another grand event, another dramatic change, with Jesus smiling at the big catch of fish. Again.

**Question:** What has to change in your heart, to believe that it is normal for Jesus to do big things?

**Prayer:** Confess any unbelief as sin. Ask for forgiveness. Receive a fresh start from Jesus.

##### **Day 7: Arriving at Jesus: Read 8 (and Phil.3:7-11)**

As with the boat, Jesus wasn't far away. By his Spirit, you don't have to travel far to find him.

**Question:** Are you aware of the proximity of Jesus today? Do you understand that he is in your room, where you are right now?

**Prayer:** Take a step in your heart, closer to Jesus. Choose intimacy with him. Tell him you want to be close. Feel his touch. Listen to his breath. Don't move away, stay with him.



## Week 4. June 13th

### Breakfast on the Beach

#### John 21:9-14

*<sup>9</sup> When they landed, they saw a fire of burning coals there with fish on it, and some bread.*

*<sup>10</sup> Jesus said to them, "Bring some of the fish you have just caught." <sup>11</sup> So Simon Peter climbed back into the boat and dragged the net ashore. It was full of large fish, 153, but even with so many the net was not torn. <sup>12</sup> Jesus said to them, "Come and have breakfast." None of the disciples dared ask him, "Who are you?" They knew it was the Lord. <sup>13</sup> Jesus came, took the bread and gave it to them, and did the same with the fish. <sup>14</sup> This was now the third time Jesus appeared to his disciples after he was raised from the dead.*

Day 1	John 21: 9-14	Welcome!
Day 2	John: 18:18	Warm yourself
Day 3	Rev: 3:20	Come, eat...
Day 4	Luke: 22:19	Take, eat..
Day 5	John 21:6	Peter- a man of strength
Day 6	Luke 15: 3-7	Each accounted for
Day 7	Matt 4: 18-20	Fishers of men



## Week 5. June 27th

### Do you love me?

#### John 21:15-19a

*When they had finished eating, Jesus said to Simon Peter, "Simon son of John, do you love me more than these?"*

*"Yes, Lord," he said, "you know that I love you."*

*Jesus said, "Feed my lambs."*

*<sup>16</sup> Again Jesus said, "Simon son of John, do you love me?"*

*He answered, "Yes, Lord, you know that I love you."*

*Jesus said, "Take care of my sheep."*

*<sup>17</sup> The third time he said to him, "Simon son of John, do you love me?"*

*Peter was hurt because Jesus asked him the third time, "Do you love me?" He said, "Lord, you know all things; you know that I love you."*

*Jesus said, "Feed my sheep. <sup>18</sup> Very truly I tell you, when you were younger you dressed yourself and went where you wanted; but when you are old you will stretch out your hands, and someone else will dress you and lead you where you do not want to go." <sup>19</sup> Jesus said this to indicate the kind of death by which Peter would glorify God.*

In his book 'Dare to journey with Henri Nouwen' Charles Ringma says:

"Forgiveness carries seeds of change and hope".

It can defuse difficult situations.

It can remove the wall of separation

It can heal our hurts. And always it can, not only change the enemy into a friend, but it can change the hard parts of ourselves into places of love and openness.

Day 1	John 21:17-19a	Forgiveness. Jesus shows Peter forgiveness in a practical way (v 15-18). In an echo of the 3 times that Peter denied that he knew Jesus before the cock crowed, Jesus is questioning Peter 3 times, gently leading Peter to receive and act on the forgiveness of Jesus in language that Peter would understand with the 'feed my lambs... take care of my sheep... feed my sheep. Jesus is the shepherd of the sheep (His people) but He wants his disciples to carry on looking after the sheep (people) when He returns to be with His Father in heaven.
Day 2	Jeremiah 31:34. Isaiah 43:25	I will forgive their wrong-doing and forget their sins completely.
Day 3	Isaiah 58:11	Refreshing water: "You will be like a well-watered garden" Imagine standing under a waterfall, cascading down pure springs water, cleansing and renewing you" ...
Day 4	Luke 15:20	"The Prodigal Son" "His Father was filled with compassion and ran to him" Do you feel forgiven or do you carry guilt?
Day 5	Matthew 18 v 21 -22	"How many times should I forgive" Do I have unforgiveness in my heart?
Day 6	Colossians 3:13	Make allowances for each other
Day 7	Luke 23 v 34	"The Crucifixion" "Father forgive them" How do you feel to be forgiven? "Are you free"?



## Week 6. July 4th

### “Follow Me”

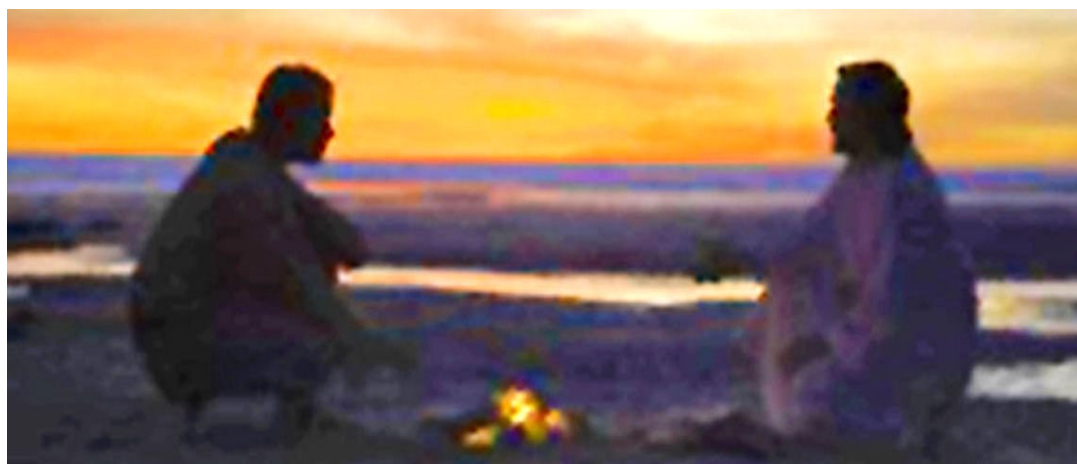
### John 21:19b-23

*Then he said to him, “Follow me!”*

*<sup>20</sup> Peter turned and saw that the disciple whom Jesus loved was following them. (This was the one who had leaned back against Jesus at the supper and had said, “Lord, who is going to betray you?”) <sup>21</sup> When Peter saw him, he asked, “Lord, what about him?”*

*<sup>22</sup> Jesus answered, “If I want him to remain alive until I return, what is that to you? You must follow me.” <sup>23</sup> Because of this, the rumour spread among the believers that this disciple would not die. But Jesus did not say that he would not die; he only said, “If I want him to remain alive until I return, what is that to you?”*

Day 1	John 21:19b-23	Follow Me
Day 2	Matthew 4:18-20	How do we start again?
Day 3	Matthew 18:18-22	Counting the Cost: How can I give my ‘ALL’ to Jesus?
Day 4	Proverbs 3:5-6	Trust
Day 5	Romans 12:1-2	Living Sacrifices! What is God’s good, perfect and pleasing will?
Day 6	Ephesians 2:8-10	What has God prepared for ME to do?
Day 7	Luke 22:8, Acts 3:1-10, Romans 12:4-6	Working Together. How can we complement each other?



## Week 7. July 11th

### Praise God

Reread John 21 1-23.

Look at your first ideas about the passage. How have your ideas changed?

Praying with Psalms

Read over the psalms: there are some suggestions below, but if you want you can choose your own to meditate on or return to an earlier week if you want to.

Psalms of praise: Psalm 145- 150.



## Resources

If you have enjoyed this process, then these are some suggestions for going further:

Churches together in Britain and Ireland Lent 2021 resources:

<https://ctbi.org.uk/lent>

Courses in Coventry Diocese:

<http://www.passionatespirituality.org.uk/>

Guenther, Margaret: *Holy Listening: The Art of Spiritual Direction*. Boston: Cowley Publications, 1992.

Ignatian Spirituality website:

<http://www.ignatianspirituality.com>

Julian of Norwich: *Revelations of Divine Love* :( Penguin Classics) ed E Spearing 1998

D, SF and M Linn: *Sleeping with Bread*: Paulist Press, 1995













