



PACEM in TERRIS

HERMITAGE RETREAT CENTER

A RETREAT FOR BUSY PROFESSIONALS

The Gift of Enough

For those who believe they have no time. A compact, honest retreat that meets you in your urgency and invites you into a freedom you forgot was possible.



A Three-Day Self-Directed Silent Retreat

Foundation: Before You Begin

An honest reckoning · Why you're actually here

THE REAL PROBLEM

You don't lack time. You lack permission.

Most busy professionals do not need a time management solution. They need permission to stop — permission they have never given themselves because somewhere along the way they learned that their worth is located in their output. This retreat begins with that truth, not around it.

“What does it profit a man to gain the whole world and forfeit his soul?”

— Mark 8:36

THE STRUCTURE

Shorter periods, equal depth

Prayer periods are 30 minutes rather than 45. There are movement practices built into each day. There is no guilt for the wandering mind. The point is not perfect prayer. The point is showing up.

BEFORE YOU BEGIN

One honest question

Write in your journal: What am I afraid would happen if I actually slowed down and let God meet me? Do not soften it. Write what is actually true. This is your starting place — and it is, in itself, a prayer.

“Be still, and know that I am God.”

— Psalm 46:10

Day One: *The Burning Bush*

God interrupts the ordinary · Permission to stop

Moses was busy — managing a flock, moving through a familiar desert. God did not wait for Moses to schedule time with him. He interrupted the workday. Today we practice being interruptible.

MORNING · 20 MIN

The most important 20 minutes

Read Exodus 3:1–6. Moses ‘turned aside to see.’ The miracle was not just the burning bush — it was that Moses noticed it and turned toward it. Before your first task: sit for ten minutes in complete silence. Just breathe. God is already here.

“When the Lord saw that he turned aside to see, God called to him out of the bush.”

— Exodus 3:4

FIRST PRAYER PERIOD · 30 MIN

What are you carrying?

Read Matthew 11:28–30. Jesus offers rest specifically to those who labor and are heavy laden.

Journal: Make a list of everything you are currently carrying — professional, personal, internal. Then read it back as a prayer. You are not handing God a list. You are handing him each one.

WALKING PRAYER · 20 MIN

Moving as surrender

Walk outside, slowly. With each step, name one thing you are releasing. Do not solve. Do not plan. Simply walk and release.

MIDDAY EXAMEN · 15 MIN

1. What is one moment of genuine gratitude from this morning?
2. Where did I feel God’s presence — even briefly?
3. What is one thing I am holding too tightly right now?

AFTERNOON PRAYER · 30 MIN

The Sabbath is not laziness

Read Genesis 2:1–3 and Mark 2:27. God rested — not because he was tired, but because rest is built into the structure of a well-ordered life. Sabbath was made for you.

Journal: When did rest become a guilty pleasure rather than a sacred rhythm?

Evening

Read Psalm 127:1–2. You do not have to earn tomorrow. Sleep as an act of faith tonight.

“In vain you rise early and stay up late — for he grants sleep to those he loves.”

— Psalm 127:2

Day Two: The One Thing

What actually matters · Identity beneath achievement

Martha was busy with many things. Jesus said only one thing is necessary. Today we locate the one thing beneath the accumulation of urgent tasks.

MORNING PRAYER · 30 MIN

Mary and Martha

Read Luke 10:38–42. Martha's work is not condemned — her anxiety is. The issue is not the to-do list; it is the distraction that comes from believing the to-do list defines her worth.

Journal: What is my 'one thing' — the deepest longing beneath all the activity? If I accomplished nothing else in life, what would I want to have been true of me?

"Martha, Martha, you are anxious and troubled about many things, but one thing is necessary."

— Luke 10:41–42

FIRST PRAYER PERIOD · 30 MIN

Who are you when no one is watching?

Read Psalm 139:1–6. God knows your sitting and your rising. The self that is known by God is not your professional self.

Sit in silence for fifteen minutes with this question: Who am I when I am not achieving?

SECOND PRAYER PERIOD · 30 MIN

The idol of productivity

Read Ecclesiastes 2:4–11 and 2:24–26. Qoheleth tried everything and found it vapor. But finding satisfaction in work as a gift from God — that is different.

Journal: Is your work a vocation or a compulsion right now? What would have to change for it to become an act of worship?

AFTERNOON ACTIVITY · 30 MIN

Do something purposelessly delightful

Take thirty minutes to do something with no productivity value whatsoever — something purely for joy. Delight is a form of gratitude. Play is a form of prayer.

Evening

Read John 15:4–5. Not ‘achieve for me.’ Not ‘manage for me.’ Abide. Fall asleep asking:
what would it mean to simply abide tomorrow?

Day Three: Sent, Not Driven

Returning to work as vocation, not compulsion

The goal is not to return to your life unchanged but slower. The goal is to return sent — with clarity about why you work, for whom you work, and what you will and will not sacrifice.

MORNING PRAYER • 30 MIN

Vocation, not performance

Read Colossians 3:23–24. ‘Work heartily, as for the Lord and not for men.’ This does not mean work constantly. It means work purposefully — with integrity, presence, and freedom from the tyranny of others’ approval.

Journal: What would my work look like if I did it entirely for an audience of One?

THE SUSCIPE — FOR THE PROFESSIONAL

Lord, I give you my calendar, my ambitions, my unread emails, my quarterly targets. I give you the version of myself that works too hard and rests too little. Take all of it. In exchange, give me the clarity to know what matters, the courage to protect it, and the grace to let the rest go. Give me only your love and your grace. (After St. Ignatius of Loyola)

FINAL PRAYER PERIOD • 30 MIN

The boundary as spiritual practice

Read Mark 1:35–39. Jesus, at the height of his ministry, withdrew to pray before dawn. When the disciples found him and said ‘Everyone is looking for you,’ he moved on rather than staying for the demand.

Journal: What is one boundary you will set this week as an act of spiritual faithfulness?

CLOSING • 20 MIN

Three truths and one practice

4. Name three things you will take from this retreat back into your work.
5. Name one concrete boundary or rhythm you will protect this week.
6. Write one sentence — the truest thing God said to you in these three days.

Go, Beloved Professional

You were not made to be productive. You were made to be beloved, and from that belovedness to offer your gifts to the world — generously, sustainably, and freely.

Core Practices & Extra Scripture

Micro-practices for the busy · Extra scripture

PRACTICE

The two-minute examen

At noon and before sleep: one thing I'm grateful for. One place God showed up. One thing I'm releasing. Two minutes. Every day.

PRACTICE

The phone-free first hour

Protect the first hour of the day from screens. Use it for silence, prayer, or writing. This single change restructures the entire day.

EXTRA SCRIPTURE

For further prayer

- Isaiah 40:28–31 — Those who wait on the Lord shall renew their strength
- Proverbs 3:5–6 — Trust in the Lord with all your heart
- Matthew 6:33 — Seek first the kingdom of God
- Philippians 4:6–7 — Do not be anxious about anything
- Psalm 23 — He makes me lie down in green pastures
- Hebrews 4:9–11 — There remains a Sabbath rest for God's people

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