THE NECCESSITY OF RETREAT

…TRANSCRIPT OF A TEACHING ON KINGDOM EXPLORERS BY REV. TEMILOLU A. ALIU

Good evening brethren

Blessings in Jesus name

We are grateful to God for all you are, and for all you do. The Lord bless and increase you ever more in Jesus Name

Father we bless you for the privilege we have again tonight to partake of your word. We humbly ask that your word will come once again with life and power.

Teach us from your very heart in Jesus Name

Amen

Our topic tonight is **THE NECCESSITY OF RETREAT**

Isaiah 40:29-31

He giveth power to the faint; and to them that have no might he increaseth strength.

Even the youths shall faint and be weary, and the young men shall utterly fall:

***But they that wait upon the LORD** shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint.*

Retreat simply means to withdraw to a quiet or secluded place for communion with God

Many times, when people think of retreat, they think of something that you do once in a while. Most people's idea of a retreat is something they do once a month or even once a year

But in the real sense of the word, retreat... It's something that should punctuate our daily living. This text shows us that one of the purposes of a retreat is renewal of strength.

Bible tells us in 2 Corinthians 4:16

*For which cause we faint not; but though our outward man perish, yet **the inward man is renewed day by day.***

Did you see that? For a believer, retreat must be a daily affair! You need a daily renewal of your inward man. Paul was very clear about this. He said... ***For which cause, we faint not***

So we see 4 things from Isaiah 40:31; two of which Paul repeats in 2 Corinthians 4:16

1. Renewal of strength

2. Mounting up

3. Running without weariness

4. Walking without fainting

These 4 things are very pivotal to our Christian life

Some people are weak because they do not understand the necessity of retreats

Some people are below because they do not understand the necessity of retreats

Some people are weary because they do not understand the necessity of retreats

Some people faint because they do not understand the power of retreats.

Brethren, we need the strength of divine grace to ascend above this world

We need divine grace to run the race before us

We need the strength of divine grace to walk with the Lord as we ought

And we need to get a daily dose of this strength in the place of retreat.

There are 3 forms of retreat

1. Daily Quiet Time

Your daily quiet time is the basic unit of your spiritual life. It's like what cell is to a living organism

You must set aside time daily to retreat with God. You must find time each day to withdraw from the hustles and bustles of life to commune with God

Jesus showed us an example in Mark 1:35

And in the morning, rising up a great while before day, he went out, and departed into a solitary place, and there prayed.

2. Consecrated retreats

These are special times consecrated for regular communion with God

For instance, weekly retreats, monthly retreats and so on

I counsel people to do it this way
1 day of fasting in a week
1 weekend of personal retreat in a month
1 week of personal retreat in a year
That's the barest minimum, it should increase as you grow

Jesus also showed us an example of consecrated retreats
See Luke 5:16
*But Jesus **often withdrew** to lonely places and prayed.*

He had a regular system of retreat in place
He would often withdraw to lonely places to pray

3. Necessitated retreats

These are occasional times when you withdraw to wait on God because there is a situation that necessitates it
It could be to seek divine direction over a matter
It could be for spiritual warfare
It could be because of certain needs
These are like SOS calls

Jesus also showed us an example of this in Mark 14:34-35
And saith unto them, My soul is exceeding sorrowful unto death: tarry ye here, and watch.
And he went forward a little, and fell on the ground, and prayed that, if it were possible, the hour might pass from him.

Jesus separated himself from everyone else to pray because the HOUR was near.

I already mentioned 4 things that retreats do. I'll give you a few more reasons why retreat is necessary

1. Retreats afford you the privilege of concentrating in God's presence to pour out your heart and hear his voice without distraction.

Psalms 27:4

One thing have I desired of the LORD, that will I seek after; that I may dwell in the house of the LORD all the days of my life, to behold the beauty of the LORD, and to enquire in his temple.

2. Retreats open up the channel of your spirit for divine direction.

It shows your dependence on God. The fact that you do not attempt to be self-sufficient outside of God.

Proverbs 3:5-6

Trust in the LORD with all thine heart; and lean not unto thine own understanding.

In all thy ways acknowledge him, and he shall direct thy paths.

3. In the place of retreat, God loads you up with life, power, and strength against the storms of life. You are strengthened to soar high above the storms

Psalms 84:7

They go from strength to strength, every one of them in Zion appeareth before God.

4. Retreats give you a break from all the cares and concerns of this world and brings you to a place of rest in God

Matthew 11:28

Come unto me, all ye that labour and are heavy laden, and I will give you rest.

5. Another thing that retreats do is that it trains your ears to be inclined to God's word

If Jesus thought retreat was necessary, who are you not to take retreats seriously?

Don't joke with your daily quiet time

Have a regular schedule of retreats

When issues of life arise, make your SOS call!

It could be to seek divine direction over a matter
It could be for spiritual warfare
It could be because of certain needs... and so on

Finally, let me share 7 quick tips on how to prepare for consecrated and necessitated retreats. Those are special times of waiting upon the Lord.

1. Deal with sin

Habakkuk 1:13

Thou art of purer eyes than to behold evil, and canst not look on iniquity...

2. Go with great expectation

Proverbs 23:18

For surely there is an end; and thine expectation shall not be cut off.

3. Approach God with faith

James 1:6-7

But let him ask in faith, nothing wavering. For he that wavereth is like a wave of the sea driven with the wind and tossed. For let not that man think that he shall receive any thing of the Lord.

4. Prepare a seed

Deuteronomy 16:16

Three times in a year shall all thy males appear before the LORD thy God in the place which he shall choose; in the feast of unleavened bread, and in the feast of weeks, and in the feast of tabernacles: and they shall not appear before the LORD empty-handed

5. Pay attention to all divine instructions.

Proverbs 23:12

Apply thine heart unto instruction, and thine ears to the words of knowledge.

6. Deal with offenses.

Matthew 5:23-24

Therefore if thou bring thy gift to the altar, and there rememberest that thy brother hath ought against thee; Leave there thy gift before the altar, and go thy way; first be reconciled to thy brother, and then come and offer thy gift.

7. Pray ahead as you set your expectation in faith.

John 16:24

Hitherto have ye asked nothing in my name: ask, and ye shall receive, that your joy may be full.

May the Lord bless these words in your heart

May fresh for fall upon your alters

God bless you real good, beloved

Remember to put these into practice

1. Daily Quiet Time

2. Consecrated retreats

3. Necessitated retreats

Shalom!

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