



WHAT TO EXPECT

To retreat is to practise silence and solitude. The invitation of the Lord is “Come away with me. Let us go alone to a quiet place and rest for a while” (Mark 6:31). Set in the serene beauty of Origins Retreat Centre, Hekpoort, this retreat promises a time of deep connection and renewal. Learn to hear His voice more clearly (or maybe for the first time). This is an accessible retreat for first timers and for those seasoned.

ARRIVAL AND DEPARTURE

Arrival and check in is from 9am on the 25th July. We will formally kick off things at 9:45am. Day retreaters are welcome to join on Saturday the 26th. Arrival from 8 and we will start at 9am, finishing at 3pm.

Sunday 27th July we will conclude at 11am.

Should you need to arrive late on Friday we would love for you to still join (please contact us to discuss options - southafrica@24-7prayer.com).

WE PROPOSE

This is a spiritual journey and we often encourage fasting in the lead up to retreats. It is not a requirement, but attached is a guideline if you would like to try. Be mindful that this is not a journey the evil one wants you to take and so the battle might be very real for you this week. Be encouraged though that there are, and has been, a team of people praying over you in the lead up.

WHAT TO BRING

GUESTS ARE KINDLY REQUESTED TO BRING THEIR OWN:

- | | | |
|---------------------------------------|--|-----------------|
| ▪ Bath towel | ▪ Warm jacket, beanie, gloves | ▪ Journal & pen |
| ▪ Toiletries | ▪ Hat and sun block | ▪ Bible |
| ▪ Mosquito repellent | ▪ Own snacks and drinks (some snacks will be provided) | ▪ Water bottle |
| ▪ Flashlight | ▪ Comfortable clothes & shoes | |
| ▪ Pillow/blanket/chair to sit outside | | |

IMPORTANT NOTES:

- Guests are requested not to remove any items/linen etc from rooms.
- Origins' rooms are smoke-free.
- Guests are responsible to keep their room neat and tidy, as there is no housekeeping or room service.
- You will also be requested to wash your own dishes after meals and tea breaks.
- Please only park where indicated.
- Please consider other people with regards to cell phone use. We request that cell phones be switched off during the day. Signal is not always good anyway. If you are concerned of family needing to reach you, please give them my number. Vanessa 0722608716
- The venues will close at **21:30**. We request Retreatants to return to their rooms before this time.

DIRECTIONS & MAP

AT THE TRAFFIC LIGHTS AT THE SASOL GARAGE (5) WHERE THE N14 FROM PRETORIA, HENDRIK POTGIETER DRIVE FROM ROODEPOORT AND THE R28 FROM KRUGERSDORP MEET;

OR

IF YOU COME FROM PRETORIA ON THE N14, TURN RIGHT TO CONTINUE ON THE N14 TOWARDS TARLTON / VENTERSDORP;

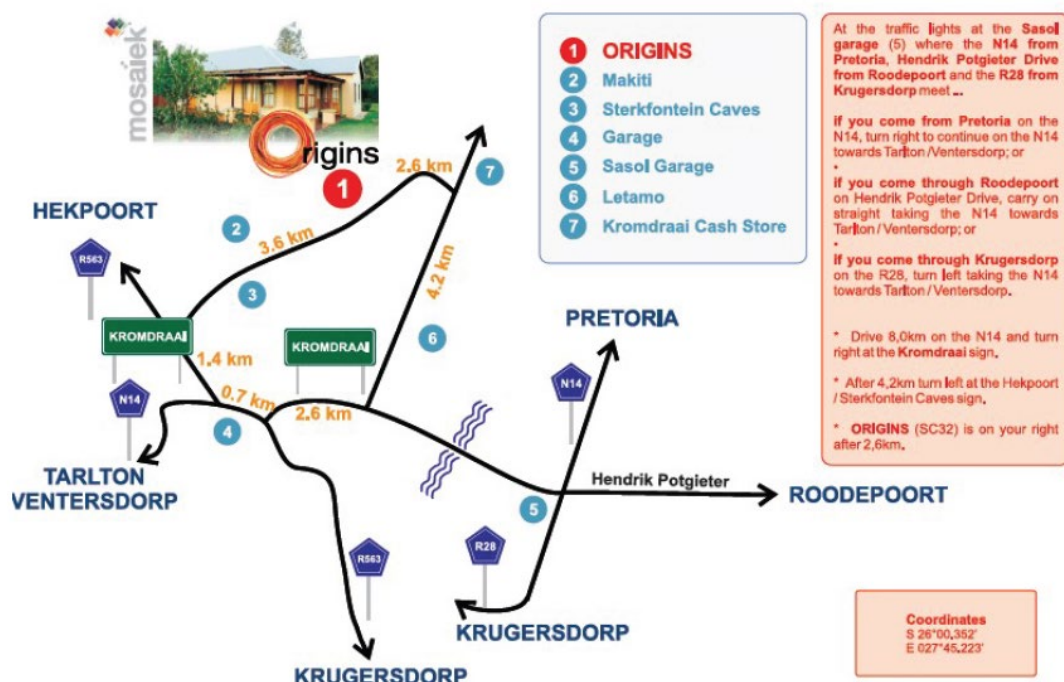
OR

IF YOU COME THROUGH ROODEPOORT ON HENDRIK POTGIETER DRIVE, CARRY ON STRAIGHT TAKING THE N14 TOWARDS TARLTON / VENTERSDORP;

OR

IF YOU COME THROUGH KRUGERSDORP ON THE R28, TURN LEFT TAKING THE N14 TOWARDS TARLTON / VENTERSDORP DRIVE 8,0KM ON THE N14 AND TURN RIGHT AT THE KROMDRAAI SIGN, AFTER 4,2KM TURN LEFT AT THE HEKPOORT / STERKFORTEIN CAVES SIGN,

ORIGINS WILL BE ON YOUR RIGHT AFTER 2,6KM.



ACCOMMODATION AND FACILITIES

All meals and some snacks provided. Tea, coffee and rusks are always available. Please communicate any dietary restrictions. There are no shops close by to pop out so please consider that in your planning.

Accommodation options:

Single Room with en suite bathroom (shower)- R2200

Batchelor unit with private kitchenette - R2600

Sharing with 1 other en suite bathroom (shower) - R1900

Dormitory with total of 3 (male & female separate) - R1600

- 6 beds per dorm, 2 beds per cubicle, separate male/female ablutions

Assignment of rooms is first come first served basis.

PAYMENT

Payments can be made via EFT or Snapscan. Please use the reference Origins Retreat (Name)

VIA EFT

Name 24 7 PRAYER SOUTH AFRICA

Electronic Account No.

50014496660

Bank: Investec

Branch Code : 580105

Account Type : Current

VIA SNAPSCAN

<https://pos.snapscan.io/qr/EFQsVXDx>

Fasting



Up until recently, Christians fasted 2 times a week as a regular practise. In Matthew 6 Jesus says “when you fast”... not “If you fast”. He assumed we (his apprentices) would follow his example and incorporate fasting into our discipleship. Instead, this spiritual practise has all but disappeared in the western church.

Our team have personally found this practise of fasting to be transformative and powerful and our desire is to use this opportunity of a retreat to take you on a journey of fasting.

Potentially you have never fasted before or haven’t for a while and we would love to encourage you to start and join us for the first time in the lead up to the retreat. If you have fasted before or make it a regular practise, maybe there is more that you can learn from this fast or fasting in this journey. Maybe in the past you have practised more abstinence than fasting and we would encourage you to dive in completely. Maybe you have fasted for a day and we would encourage you to push your comfort zone and do 3 days. There is something for everyone in this journey as we prepare our hearts for this time with our Lord.

It would be quite special to take this journey as a couple and to break the fast together in a feast on the Friday night. We feast as we come into Gods presence and meet him at his table, anticipating the feast of the remaining hours and days together, feasting on his word and his communion.

This is not compulsory and there is no right way for anyone as we understand people can have complicated relationships with food. We encourage you to offer up this time and see how God leads you in it.

RESOURCES

We have compiled a few resources you can read and watch/listen to if you want to understand more about this practise and consider it for our time together.

- [Beginner’s Guide to Fasting](#) – quick read.
- Practising the Way – A pathway for apprenticeship to Jesus

I have signed up to the course and if you would like access to the videos drop me a note and I will send you the link. There are 4 videos (each about 30 min in length) for four reasons for fasting:

- i. To offer ourselves to Jesus
 - ii. To grow in holiness
 - iii. To amplify our prayers
 - iv. To stand with the poor
- If listening to podcasts is easier for you, they have also done 4 sessions on the Rule of Life Podcast.
 - If you love books maybe you would prefer reading God's Chosen Fast by Arthur Wallis.

TIPS



from the Practising the Way guide

1. Start small

Start where you are, not where you “should” be. If a full day of fasting a week is too much, start with one meal and break the fast at lunch instead of dinner. The smaller the start, the better chance you have of really sticking to it and growing over time.

2. Think subtraction, not addition

Please do not add fasting into your already overbusy, overfull life. You are likely already stressed and tired. Instead, on your fasting day(s), think: What can I cut out? How can I slow my day down? Where can I find a little more time to pray and focus on God? Formation is about less, not more. About slowing down and simplifying your life around what matters most: life with Jesus.

3. You get out what you put in

The more fully you give yourself to this Practice, the more life-changing it will be. The more you just dabble with it and the more shortcuts you take, the less transformation you will experience.

4. Remember the J_curve

Experts on learning tell us that whenever we set out to master a new skill, it tends to follow a J-shaped curve; we tend to get worse before we get better. You may not even notice if you go half a day without eating due to busyness with work or school or life, but when you try fasting, you might wake up with your stomach screaming at you! That’s okay. Expect it to be hard at first; it will get easier in time. Just stay with the Practice.

5. There is no formation without repetition

Spiritual formation is slow, deep, cumulative work that takes years, not weeks. The goal of this four-session experience is just to get you started on a journey of a lifetime. Upon completion of this Practice, you will have a map for the journey ahead and hopefully some possible companions for the Way. But what you do next is up to you.

- If a full day is too much for your body or soul, start smaller. Skip breakfast and break the fast at lunch or 3p.m. Remember: The goal is to make fasting a part of your regular life, not try it once or twice, hate it, and never try it again. Start where you are, not where you feel like you “should” be.
- In the time you’d normally be grocery shopping, cooking, eating, or cleaning, give yourself to prayer. Let your desire for food point you to Jesus as you open yourself to him.
- In your dedicated times of prayer, or each time a hunger pain comes, you may want to pray Romans 12v1-2, or simply, “God, I offer my body to you in worship. Please transform me.”
- As you go about your day — your morning commute, caregiving, email, errands — just enjoy God’s company and attempt to open your heart to him all through the day.
- Note: Please modify as needed for health reasons, and also consider whether it would be supportive for you to meet with a therapist or doctor as you think about engaging in this practice.