



# Plan Your Own Kerith Ravine Retreat

By Leslie Bennett

## 12 TIPS FOR PLANNING A KERITH RAVINE

1. First, don't believe the lie that you don't have time. You do. God is Lord over time. He will give it to you if you ask (remember, you're starting small). Be wise to the enemy's obstacles and intense discouragement. A Kerith Ravine is the last thing he wants you to do, but Jesus can overcome the devil.
2. You'll need support from your family and possibly help from friends. Find a time that's agreeable for everyone who's impacted by your absence.
3. If it's feasible, schedule your time away from home in a secluded place that prompts reflection and relaxation.
4. In the preceding days, prepare your heart for intimacy with your Abba Daddy. Anticipate your hidden life in Christ going deeper ([Col. 3:3](#)) and your joy tank overflowing ([Psalm 16:11](#)). Ask a few faithful friends to pray for you as you seek the Lord and wait on Him ([Isa. 64:4](#)).
5. Have access to basic tools such as a Bible, journal, hymnal, worship music, and perhaps a spiritual book or commentary.
6. Turn off social media and phone notifications. Remaining plugged into the outside world will sabotage your Kerith Ravine. Use this period for a temporary break from being a slave to technology.
7. Don't be tempted to turn your retreat into an opportunity to make progress on work projects. If you need a working retreat, schedule it at a different time. Allowing your thoughts to be consumed with ministry work will dilute what God wants to work within you.
8. Invite the Lord to guide the agenda because He knows exactly what you need. Once, I took a lengthy nap because my physical body was nearing total exhaustion. Another time, God prompted me to organize my work space because the chaos was creating stress and an inability to rest in Him. The one practice that remains consistent is to begin by fully surrendering my life to God's plan.
9. By now it's clear that you won't be spending the duration of time on your knees although you're in continual communion with the Lord. Looking back over the years, different themes emerged at the right time: revival, repentance, surrender, forgiveness, idolatry, and restoration are examples.
10. Worshipping, journaling, meditating on and memorizing Scripture, and prayer walking are elements that make the time fly by (much too) quickly. You may even want to ask God for [a theme song](#) to make your heart merry!
11. Prepare in advance for intercession. Gather a list of your pastor and his family, your church staff and its leaders, the people you lead, and the people you serve with. Ask them ahead of time for specific prayer requests, and then use Scripture to pray over their needs. When I served as a staff Women's Ministry Director, I prayed by name over each woman in my church. Try "list-free" praying by asking the Lord who needs prayer right now.
12. I prioritize praying over my family and for the lost, especially those in my neighborhood and sphere of life. Include intercession for ministries, missionaries, and for revival and spiritual awakening.

## SAMPLE AGENDA FOR A HALF-DAY KERITH RAVINE

- 30 minutes Journal and sing to invite the Lord to have His way in your life, or read a devotional.
- 30 minutes Choose a psalm and pray it back to the Lord—silently or aloud—with adoration, thanksgiving, and confession.
- 60 minutes Wait on the Lord through Bible meditation: write out the truths the Spirit reveals, respond in obedience to His prompting, and copy verses that God is highlighting.
- 45 minutes Prayer walk to memorize Scripture or write letters of encouragement to others.
- 60 minutes Engage in intercessory prayer.
- 15 minutes Thank God for the amazing privilege of meeting with Him and plan action steps as needed.

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