

The January Quiet

A Guided Retreat-at -Home



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Serenity in Suffering

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Welcome

This retreat is an invitation to step away from urgency and into stillness. No need for a cabin in the woods or a weekend away. You only need a quiet corner, a softened heart, and a willingness to let God meet you where you are.

Move slowly. Let winter set the pace.

Prepare Your Sacred Space

- Light a candle
- Wrap yourself in a blanket
- Brew something warm
- Silence notifications
- Take three slow breaths

Pray softly: *“Lord, I am here. I am listening. Meet me in the quiet.”*

RETREAT MOVEMENT 1: Rest in the Hidden Work

Theme: The Hidden Work of Dormancy

Reflection: Where does your life feel still or dormant?

Scripture: Read Psalm 46:10 slowly.

Practice: Sit in silence for two minutes.

Prayer: “God, help me trust the work You are doing in the quiet places.”

Journal prompt: Where in your life feel like “nothing is happening,” and how might God be working beneath the surface?

RETREAT MOVEMENT 2: Listen for the Whisper

Theme: When God Whispers

Reflection: What subtle invitations from God have you sensed?

Scripture: Read Isaiah 30:21 slowly.

Practice: Read a short Scripture passage slowly. Notice what shimmers.

Prayer: “Speak, Lord. Your servant is listening.”

Journal prompt: What whispers from God have you been too busy to hear? What might He be saying in this quieter season?

RETREAT MOVEMENT 3: Release the Hustle

Theme: Unhustled

Reflection: What expectations or pressures are weighing on you?

Scripture: Read Isaiah 30:15 slowly.

Practice: Write down one thing to release. Fold it and place it under your candle.

Prayer: “Lord, free me from the need to rush.”

Journal prompt: Where is hustle stealing your peace? What might “doing less” look like as a spiritual practice this month?

RETREAT MOVEMENT 4: Trust the Slow Unfolding

Theme: The Slow Unfolding

Reflection: Where does the waiting feel hard?

Scripture: Read Habakkuk 2:3 slowly.

Practice: Watch a candle flame for one minute.

Prayer: “I trust Your timing.”

Journal prompt: What part of your life feels like liminal space right now, and how might God be inviting you to trust His timing?

RETREAT MOVEMENT 5: Allow the Softening

Theme: Softening at the Edges

Reflection: Where do you feel guarded or resistant?

Scripture: Read Ezekiel 36:26 slowly.

Practice: Place your hands over your heart. Breathe deeply.

Prayer: “God, soften my heart.”

Journal prompt: Where have your edges grown hard, and what might God be inviting you to soften or release?

RETREAT MOVEMENT 6: Welcome the Quiet Reordering

Theme: The Quiet Reordering

Reflection: What is God inviting you to rearrange or reclaim?

Scripture: Read Proverbs 16:9 slowly.

Practice: List three things that matter most to you right now.

Prayer: “Lord, reorder my heart according to Your wisdom.”

Journal prompt: What priorities or desires might God be gently rearranging in this season?

Closing Blessing

May the quiet of winter wrap gently around your soul. May you find rest where you once felt pressure, softness where you once felt strain, and holy stillness where you once felt noise. May God meet you in the hush, shape you in the silence, and prepare you for the spring to come. Amen.

