



Time out with God
Saturday morning 21st May 2022
Finding authentic hope in troubled times

“My endurance has perished; so has my hope... My soul... is bowed down within me, yet this I call to mind, and therefore I have hope”
from Lamentations 3:18-21

Developed by the Christian Medical Fellowship in the West Midlands, Time out with God, is a guided online retreat being held via Zoom.

About this Event

Many of us find it difficult in our hectic lives to set aside time to be alone with God. With so many pressures on us, it might seem particularly selfish when life is frenetic, but Jesus knew the importance of taking time to withdraw to be alone with his Father. In drawing breath and being refreshed, we allow ourselves to be filled and resourced to give out in our day-to-day work during these challenging times.

This is a second opportunity to join this guided on-line retreat on the morning of Saturday 21st May 2022. Over the morning we will be exploring the timely theme of Finding authentic hope in troubled times with reflective talks by Ross Bryson (GP) and Liz Bryson (Hospital Chaplain)*. This is an opportunity to spend time with God, listening to and communicating with Him and is intended to be a time of personal communion between you and God rather than an interactive session between participants.

The Bible (as in Jeremiah’s outburst in Lamentations 3) can be ruthlessly honest about life’s difficulties, but curiously, it still offers a ‘hope that does not disappoint us’ (Romans 5:5). What is this hope? How does it correlate with healthcare affected by a global pandemic? What steals our personal sense of hope and how can we nurture hope?

The programme will consist of short talks and meditations from the Bible alternating with longer times for meditation and reflection to personally consider these questions. To minimize distractions, participants will be muted and videos switched off. There will, however, be an opportunity for personal prayer with the prayer team at the end of the morning from 12:30 to 13:30 when the retreat will end.

Register via [eventbrite here](#).

Programme

- 9:15 Participants log in and prepare for 9.30 start
- 9:30 Welcome and introduction to the morning personal retreat
- 9:40 Guided part of the retreat (A)
- 10:15 Time alone with God (A)
- 11:00 Guided part of the retreat (B)
- 11:35 Time alone with God (B)
- 12.20 Concluding Comments
- 12:30 Formal end of retreat & opportunity for prayer & time for personal reflection

*Talks were recorded during a previous retreat on the 22/1/22.