



WEEKS 31–32

2ND SEMESTER · DISCIPLESHIP & SERVICE

# Break, Reflection, and Prayer Retreat

*Personal reflection, prayer retreat, restoration*

SPIRITUAL THEME

**Break – Reflection and Prayer  
Retreat**

PERSONAL THEME

**Personal reflection, prayer  
retreat, restoration**

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**Contents:** Personal Reflection, Prayer Retreat, Restoration

### MAIN IDEA

These weeks should help students rest with Jesus, reflect honestly, pray deeply, and return to service with renewed humility, obedience, and strength.

## 1. Why a Break Can Be Spiritual

A break in Bible school is not only empty time. It can become a holy pause before God. After many weeks of teaching, ministry practice, examination, and responsibility, students need time to listen, pray, rest, and reflect. This is not laziness. Jesus Himself called His disciples away to rest when ministry pressure was high.

**Biblical rest is not escape from God's calling. It is returning to God so that we can serve from grace, not exhaustion.** A student who never stops may become proud, shallow, tired, or careless. A student who rests with Jesus can return with a softer heart, clearer obedience, and renewed love.

## 2. Key Bible Passages

Mark 6:31 says, "Come away into a deserted place, and rest awhile." Psalm 46:10 says, "Be still, and know that I am God." These two passages guide the break weeks. Jesus invites tired servants to come away and rest. The psalm calls God's people to stop striving and know that God is God.

**Stillness before God reminds us that we are servants, not saviors.** The church belongs to Jesus. The mission belongs to Jesus. The fruit belongs to Jesus. We serve faithfully, but we do not carry the weight that only God can carry.

## 3. Sketchnote: Rest With Jesus

*Sketchnote: Rest with Jesus, reflect honestly, and return to serve.*

## 4. Personal Reflection Questions

Students should use the break to reflect honestly before God. Reflection is not self-centered when it leads to repentance, gratitude, faith, and obedience. Give students a notebook exercise with these questions.

- What truth from this trimester changed the way I see Jesus?
- Where did God expose sin, fear, pride, or unbelief in me?
- What habit helped me grow, and what habit weakened me?
- Where did I see fruit in ministry practice, evangelism, testimony, or service?

- Who helped me grow, and who should I thank?
- What is one area of obedience I must continue after the break?

Encourage students to write honestly. They do not need religious language for God. They need truth. God gives grace to the humble.

## 5. A Simple Prayer Retreat Plan

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The prayer retreat can be done as one day or spread across several quiet times. Keep it simple and realistic for the students.

- Begin with worship: read Psalm 103 and thank God for specific mercies.
- Confess sin: read Psalm 139:23-24 and ask God to search the heart.
- Return to Jesus: read John 15:1-8 and pray to remain in Him.
- Pray for others: classmates, family, local church, leaders, and people reached in evangelism.
- Listen through Scripture: read Mark 6:30-34 and write one step of obedience.
- End with surrender: give plans, ministry, fears, and future service back to God.

**A prayer retreat does not need to be complicated. It needs Scripture, honesty, silence, prayer, and obedience.** Students should not try to create a special feeling. They should come to God through Christ and let the Word guide their prayer.

## 6. Restoration After a Hard Season

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Some students may enter the break tired or discouraged. Others may feel guilty because they failed in some area. Others may be excited and need wisdom. Restoration means bringing the real condition of the soul to Jesus. He restores through forgiveness, truth, rest, counsel, and renewed obedience.

**Jesus restores servants not so they can become comfortable, but so they can return to faithful love.** Peter was restored after failure and then called to feed Christ's sheep. The goal of restoration is not passivity. It is renewed fellowship with Jesus and renewed usefulness in His hand.

Practical application: If a student has unresolved sin, he should confess it. If he is exhausted, he should rest and rebuild healthy rhythms. If he is bitter, he should forgive and seek peace where possible. If he is afraid of the future, he should pray and entrust the next step to God. If he has grown, he should give thanks without pride.

## 7. Returning to Serve

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The break should not disconnect students from the mission of Christ. It should prepare them to return. After rest and reflection, each student should write a simple return plan.

- One spiritual habit I will continue.
- One person I will encourage or mentor.
- One ministry responsibility I will carry faithfully.
- One temptation I will watch carefully.
- One way I will stay connected to the local church.
- One prayer request for the next season.

**Healthy rest leads back to humble obedience.** If rest makes us selfish, it has turned away from Jesus. If rest renews love for God and people, it becomes a gift of grace.

## 8. Teacher Guidance

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The teacher should present these weeks gently. Some students may come from cultures or church settings where rest is viewed as weakness. Others may use a break only for distraction. Teach both sides: rest is needed, and rest should be received before God. Encourage students to plan quiet time, not only free time.

It may help to give students a simple written assignment after the break: one page of reflection, one answered prayer or lesson from the retreat, and one practical obedience plan. This keeps the break spiritually purposeful without making it heavy.

## 9. Closing Prayer

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Lord Jesus, You invited tired disciples to come away and rest. Teach us to rest with You. Search our hearts, restore our souls, forgive our sins, renew our joy, and prepare us to serve again. Help us be still and know that You are God. We give You our studies, ministry, future, and lives. Amen.

## 10. Source Note for the Teacher

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This reflection document is built mainly on Mark 6:31 and Psalm 46:10, with the wider discipleship pattern of resting with Jesus and returning to faithful service. The Bible text in the handout is from the World English Bible, public domain.