

RETREAT #3

MEMORY WORK

The Apostles' Creed

I believe in God, the Father Almighty,
the Maker of heaven and earth,
and in Jesus Christ, His only Son, our Lord:

Who was conceived by the Holy Ghost,
born of the virgin Mary,
suffered under Pontius Pilate,
was crucified, dead, and buried;

He descended into hell.

The third day He arose again from the dead;

He ascended into heaven,
and sitteth on the right hand of God the Father Almighty;
from thence he shall come to judge the quick and the dead.

I believe in the Holy Ghost;
the holy catholic church;
the communion of saints;
the forgiveness of sins;
the resurrection of the body;
and the life everlasting.

Amen.

Psalm 139 :1-16 (NRSV)

¹ O Lord, you have searched me and known me.

² You know when I sit down and when I rise up;
you discern my thoughts from far away.

³ You search out my path and my lying down,
and are acquainted with all my ways.

⁴ Even before a word is on my tongue,
O Lord, you know it completely.

⁵ You hem me in, behind and before,
and lay your hand upon me.

⁶ Such knowledge is too wonderful for me;
it is so high that I cannot attain it.

⁷ Where can I go from your spirit?
Or where can I flee from your presence?

⁸ If I ascend to heaven, you are there;
if I make my bed in Sheol, you are there.

⁹ If I take the wings of the morning
and settle at the farthest limits of the sea,

¹⁰ even there your hand shall lead me,
and your right hand shall hold me fast.

¹¹ If I say, "Surely the darkness shall cover me,
and the light around me become night,"

¹² even the darkness is not dark to you;
the night is as bright as the day,
for darkness is as light to you.

¹³ For it was you who formed my inward parts;
you knit me together in my mother's womb.

¹⁴ I praise you, for I am fearfully and wonderfully made.
Wonderful are your works; that I know very well.

¹⁵ My frame was not hidden from you,
when I was being made in secret,
intricately woven in the depths of the earth.

¹⁶ Your eyes beheld my unformed substance.

In your book were written
all the days that were formed for me,
when none of them as yet existed.

– OR –

Matthew 6:25-34 (NRSV)

²⁵Therefore I tell you, do not worry about your life, what you will eat or what you will drink, or about your body, what you will wear. Is not life more than food, and the body more than clothing?

²⁶Look at the birds of the air; they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? ²⁷And can any of you by worrying add a single hour to your span of life?

²⁸And why do you worry about clothing? Consider the lilies of the field, how they grow; they neither toil nor spin, ²⁹yet I tell you, even Solomon in all his glory was not clothed like one of these. ³⁰But if God so clothes the grass of the field, which is alive today and tomorrow is thrown into the oven, will he not much more clothe you—you of little faith?

³¹Therefore do not worry, saying, ‘What will we eat?’ or ‘What will we drink?’ or ‘What will we wear?’ ³²For it is the Gentiles who strive for all these things; and indeed your heavenly Father knows that you need all these things. ³³But strive first for the kingdom of God and his righteousness, and all these things will be given to you as well.

³⁴So do not worry about tomorrow, for tomorrow will bring worries of its own. Today’s trouble is enough for today.

*So I say to you, ask, and
it will be given to you;
seek, and you will find;
knock, and it will be
opened to you.*

-Luke 11:9-10 (NRSV)