

# Poustinia



**Are you finding life particularly busy at the moment?**

**Are you struggling to find good quality time with God?**

**Is life really hectic?**

**Do you feel that your relationship with God is suffering?**

**Are you struggling to hear from God?**

**Are you finding prayer hard at the moment?**

**I would like to share with you two resources that have helped me enormously and hopefully might help you too.**

**(please see over)**

You will be very welcome to an evening with  
**Tea/coffee and flapjack**  
on Thursday 22 May 7.30-9pm in the crèche  
at St Michael's Bishops Cleeve.

You will have the opportunity to watch a video of Pete Greg,  
the founder of 24/7 prayer movement, speaking about  
**'How to hear God' a simple guide for normal people** and I  
will try to help you understand how the availability of a  
**Poustinia** in the area could help you.

## **Poustinia**

Literally meaning a 'desert', the poustinia is rooted in the Russian Christian tradition to describe a sparse cabin or hut where believers retreat to pray. The poustinia is a place of sparsity and withdrawal. A place of silence and solitude. A

place of prayer and encounter. A place to be transformed. It follows a path sown in Scripture of the desert place giving way to a spacious place of profound preparation: Elijah's flight to the desert place, Jesus in the wilderness, John the Baptist set apart in the desert to prepare the way for the Lord.

There is so much pressure on us in this modern world to do stuff and not simply to be.



I have found over the years that my retreat times, even though they have been difficult to arrange or put into place have never disappointed me. Many Christian friends have been good enough to offer me a place for retreat in their homes or garden buildings often when they're out at work or away from home.

We are very fortunate to have a summer house in our garden and I felt God challenge me to convert my summer house into a **Poustinia** but not just for myself but for anyone who would like to get away on their own for an hour or two to seek God in prayer and to allow the Holy Spirit to minister to you perhaps to restore or empower you and may be to give direction or conformation about a future decision or service for God. May be you just need time out and that's fine too.

A fan heater and tea and coffee making facility are provided please bring your own milk.

The **Poustinia** has been insulated and lined to enable it to be available though out the year. Two chairs, a small cabinet and an adjustable writing/reading table is also provided. Access will be via a key safe found on the wall adjacent to the double gates below the Bungalow Key Safe.



Please contact me on 07866 162228 before setting out to make sure the **Poustinia** is free and to get the key safe code. For most of the time, particularly during the week days the **Poustinia** is in a very quiet spot situated adjacent to the playing field but I can't say the same for Saturdays and Sundays. If you would like any further information please ring me.

May you know God's grace, peace, mercy and love as you seek to deepen your relationship with Him may be by using the **Poustinia**

Every blessing  
James