



# Coming Home

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**A Journey to Making Retreat  
Life Your Everyday Life**

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*By SpringHill Women's Retreat Team*

# WELCOME HOME!

When we hear people say “Welcome Home” it usually marks a moment of joy, a celebration, or a long-awaited return. But what if coming home wasn’t just about where you live, or even a party, but about where your soul feels safe to just be... through it all, especially inside the challenges, the chaos, and the crises?

We’re so glad you’re here right now with this in hand! This devotional is your invitation to come Home to God, into your thoughts, your pace, your space, your own beautiful body the way it is right now, and most of all your heart that beats just as God created it to ...beat after your own sweet-hearted beat. Oh...how freeing it is to let comparison leak out of your life and just sit in these moments ahead. We are hoping you will share them too...or not. This is all about your time with yourself and what God says about you! He loves you more than you will ever know.

Are you coming to The Women’s Retreat? It’s September 26th to 28th at SpringHill Camp, Ewart Michigan. Just want to make sure you know we are so excited and have so many new things planned for you.

Whether you’re preparing for the SpringHill Women’s Retreat or simply need a sacred pause in your everyday life, these reflections will guide you, gently and honestly, back home with yourself with God. His unconditional love covers your thoughts, cares, and dreams.



Oh...quick note before you move through this devotional: If you’re new to a relationship with Jesus, or if you’re wondering what that even means, feels, or looks like, stay with us.

Each day’s word is an open invitation and there’s no “doing it right” or even keeping up with the days. If you miss a day, WHO CARES! These are just suggestions for you to connect with yourself and also ask God to move through your heart and thoughts and do His thing which is to show you what He is doing in your life, always underlined with Unconditional Love.

The best part is...there’s NO RULES. You don’t have to know all the answers in any situation that is challenging you right now or causing some serious suffering. God is with you, despite how you may feel.

As you move through each day, just show up and take a big deep breath first and as you exhale, perhaps say, "Okay God, I'm here. Let me hear from You." Then... see what rises up in your mind or guts or heart as you move through the devotion.

Randon thought. Why do people call stuff like this "Devotions". I was thinking about that the other day as it's kinda like an old word but here's what it means: love, loyalty, or enthusiasm for a person, activity, or cause. We all have day to day devotion – maybe to a TV show, baking, a spouse, friend, or a great ministry. All great things in balance, but if there's one thing we pray for you, it's not just that you know about God, but that you feel His presence and love for you, deepen your relationship with Him and literally maybe even get a huge peace-grin on your face when you think of His care for you. That comes from spending time with Him so let's do this!

Let this be your week of Home and Return. Warning... Don't Stop when some 'uck' comes up. If any of this feels uncomfortable or you catch yourself thinking this might be a waste of time, pause that thought and just don't stop. Plus we know there's some pretty unique suggestions we have waiting here for you. Go with it! Have a sense of humor with us. Or, face some things that only you and God can face together and make a change for a better, bigger life... together. You and Him... at HOME.

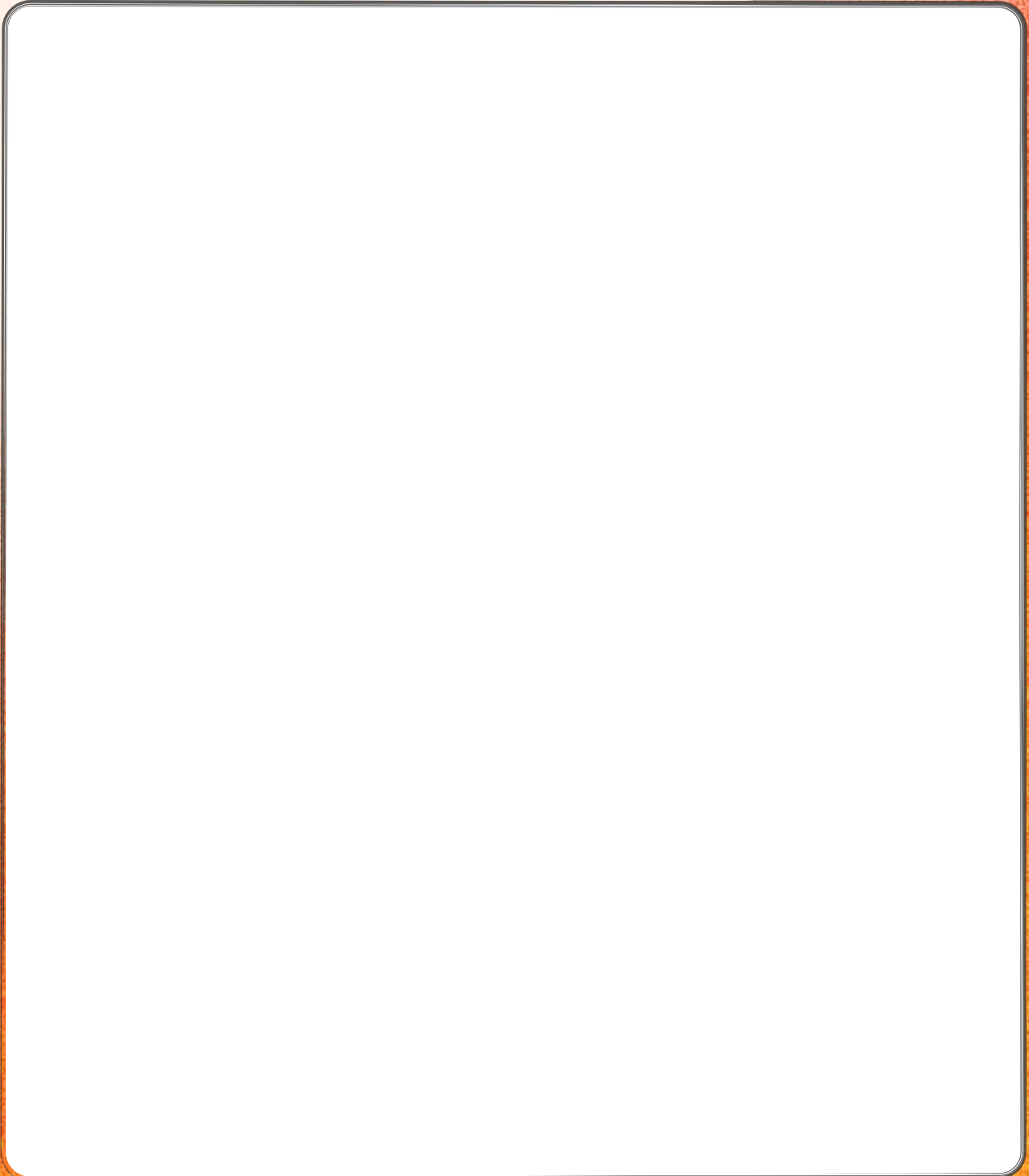
Remember, there is no such thing as wasted time with God. He delights in you. He sings over you! (Check out Zephaniah 3:17 and imagine God...singing over you a song you absolutely love.) Have you ever played Goodness of God by Cece Winans? The LIVE version is...well, just check it out and see if it speaks to you.

As you begin, know God designed you with purpose and joy and a with very specific DNA He chose just for you. Not one other person in all the world can bring what only YOU can bring. So, please breathe, relax, and enjoy showing up just as you are to your own Home Time with God. He loves hanging out with the real you.



## *Your Space to Reflect*

Jot it down, doodle it out, or just let your thoughts land here

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MONDAY

**ANCHOR THOUGHT:**

*"He who dwells in the shelter  
of the Most High will rest in  
the shadow of the Almighty."*

# Return

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## SCRIPTURES:

**Psalm 90**

**Psalm 91**

**John 1:14**

The Word became flesh and made his dwelling among us.  
We have seen his glory, the glory of the one and only Son,  
who came from the Father, full of grace and truth.

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## Let's Get Real

### Where have you left a part of yourself vacant, running on autopilot, on mute, or numbed out?

Maybe you didn't even notice it happening. But you do now. Or hey, maybe you're still not sure. So here's a moment we hope you create for yourself. Do a quick scan of your body. What feels tight? Where's the weird ache? Heart heavy? Regret stuck in your side?

Is a weight on your shoulders, ache in the stomach... or that one rogue 'big toe stub again' that just won't chill – a recurring thought of shoulda-coulda that just won't go away? It's not about being dramatic, it's just tuning in. Name it. Say HI to it.

Then remind yourself, it's temporary. Everything is temporary. Now ask God, "Hey, do You see this?" Spoiler alert: He does.

## *Let's talk about it*

**Please remember, humans will always fail you at some point.** Because, well, we're human. None of us are perfect. And funny enough (nothing HA-HA about it), it's usually the people who love us most who can also hurt us the deepest.

Or... yeah, sometimes it's a stranger who cuts us off in traffic or a co-worker says something disparaging and manages to wreck the whole vibe for the day. Either way, people will disappoint, but God doesn't. Even when it feels like He's quiet, He's not ghosting you. He's just waiting for the best moment to remind you He's still here, still for you, still working things together for your ultimate good. And yes, that can be hard to believe and hear sometimes, especially when life feels heavy or downright tragic with unspeakable loss. But this is your open invitation to hand those messy, tangled feelings and loss over to God too. He can handle them. And somehow, He's got these little surprise doses of peace ready to meet you when you least expect it. In fact, He may introduce you to other people to help you see what He has planned for you...or to open up new spaces of healing or rest. Watch for The Helpers. It's always why we are so excited about SpringHill Women's Retreat!

## Something to try

### **Jam Out! The Playlist of Today's Word: Return**

**Create a 5-song playlist that brings you back to YOU**, or maybe to a memory that just feels like Home. Be free with it! Throw in some 80's jams (or whatever decade speaks to your soul) or that one song that reminds you of someone you've loved or lost. Sing along, no matter how off-key. Car ride? Turn it up...nothing like the road and the music flowing...a few of us travel between Michigan and Indiana at SpringHill Camps and we surely have put this into "play".

Here's something really awesome that happened too. One of our friends listened to a voicemail from her mom she lost for the first time in 3 years. The grief was still there, but so was the gratitude and the joy that she shared came from God as He moved her heart along. She played her mom's favorite song next after that voice-mail and let the good kind of tears fall, smiling, 'devotion to God.'

That's the power of remembering through music or even a really powerful song to play...or, in this case listening to the voice of someone you love who is not with you and feeling at Home.

**Invite God to hang out with you** as you play your soundtrack for a walk, a drive, or even a kitchen dance party. Let 'devotional moments' wake up parts of you that might have gone quiet. Laugh. Cry. Remember.

Be Courageous and Brave when grief or pain may rise...but again, **keep going and let God handle your emotions as you make space. Ask Him to see what you can do next to handle to also heal** and most of all enjoy the power of music or poetry or even laughter...together.

There's so many times when I know we just get up, go through the motions, or just try to get by day to day... but God wants so much more for us!



## A Moment to Pray

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*God, I want to come home to You every single day. Help me notice where I've pulled away or numbed out or just been going through the motions. Make Your house in my heart feel like my favorite place to be. Home with You...not just when things are going good but through it all. Amen.*

*Feel something shift or have a great tune that moves your heart? Share your playlist with a friend that may be attending The Women's Retreat with you and ask if she has a song you both will use to remember the good times ahead! Make it a song you can send to each other when things get tough.*

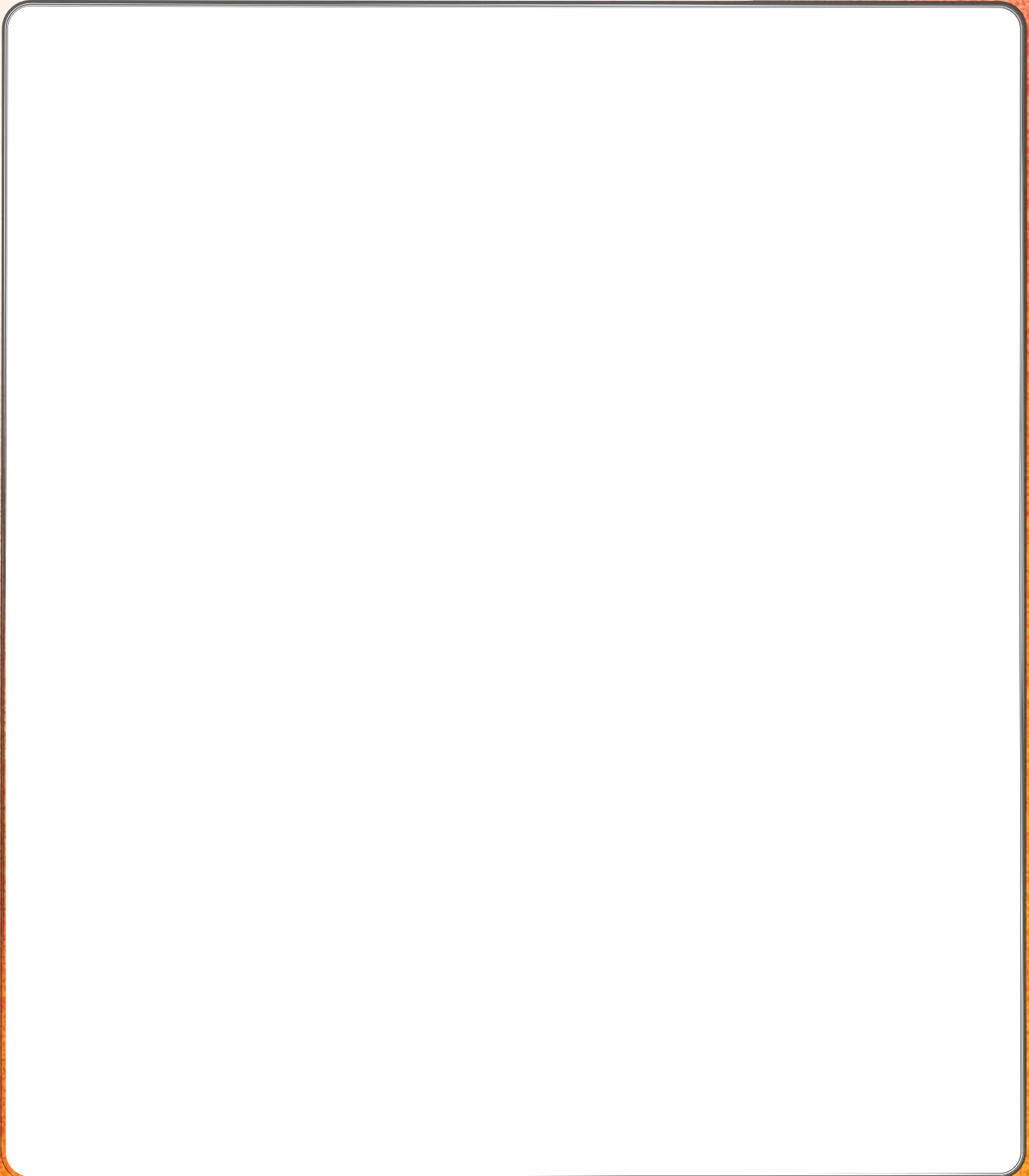
*And if you're feeling social on Facebook or Instagram, share a song from your playlist with us at #SpringHillWomen.*

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## *Your Space to Reflect*

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TUESDAY

**ANCHOR THOUGHT:**

*"Blessed are those whose strength is in You, whose hearts are set on pilgrimage."*

# Remember

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## SCRIPTURES:

### **Genesis 35:1**

Then God said to Jacob, "Go up to Bethel and settle there, and build an altar there to God, who appeared to you when you were fleeing from your brother Esau."

### **Psalms 84:5**

Blessed are those whose strength is in you, whose hearts are set on pilgrimage.

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## Let's Get Real

**We all need reminders.** Ever been on a long hike? Hikers stack stones, called cairns, to mark the trail so they can find their way back. Life gets foggy. Sometimes we need our own markers to remind us there's always a way back home, back to where we feel seen, safe, and understood. Missing that feeling? Stay with this... you're on your way.

One of the most beautiful things about taking time to pause (and one reason why we love the Women's Retreat) is that reflection often brings revelation. Not just for your soul, but for your mind and body too. As you reflect,

pay attention to what keeps surfacing. Maybe it's something new. A book you've been meaning to read, or even write!... a trip you've dreamed about taking, or even just a nudge to check in on someone you've been thinking of. Maybe it's time to ask for forgiveness, without expecting anything in return. Maybe it's being fearless by trying something new like that great idea for a business or hobby that keeps surfacing. DO IT! Try IT! Talk to God about it and listen for His help and nudges. That's growth. That's God doing something beneath the surface. He's always up to something, even if that's pausing something in your life. Protection is a wonderful thing...His timing is flawless.



## *Let's talk about it*

### **What moments, big or small, do I need to remember as proof that I am still becoming and growing?**

That sometimes 'trying harder' is a big lie and that I need to rest and wait? That I can still always find the growth, whether I'm 9 or 99 when I journey with God. What would I want to say to the One who knows me better than I know myself? Lament to Him. Lament is a great way to pray and it's all throughout the bible's biggest leaders and game-changers.

Lament means a passionate expression of grief or sorrow. "God, how long must I wait?" Go all out with your time with God. Maybe start with: "Hey God, thanks for not making me rely on my feelings alone. Thanks for being God and reminding me I'm not! Because honestly... I don't get why some things happen. But through it all... help me find purpose in my days... fulfillment in my life because I want my life to matter to You."

## Something to try

### Create a Memory Jar

**Grab a jar, box, or container.**

**Write down one memory of peace, love, or a breakthrough, big or small.**

If nothing comes to mind yet, write: "I have nothing right now... but I trust You God to remind me of something I can be grateful for." Then wait. Keep a pen and paper close. When that moment comes to mind, write it down. There's power in putting pen to paper. It's also creating a big dose of Faith by adding a pen and note card in your purse or bag because you're ready for God's timing and voice. Sure...you can use your phone, but there's power in literally writing it out. But yeah... digital does the trick too. There's an app for that!

We've also added a page here to print and cut into slips you can use to jot that memory. If you'd like to invite us into your journey and share them on social, we'd be honored too, just tag us on Facebook or Instagram - at #SpringHillCamps - so we see it.



## A Moment to Pray

*God, thank You for showing up. Even when I don't feel it, I want to mark Your faithfulness. Keep my heart open to notice 'All The Things' that are meant for my good...or just some of them...or just one. Amen.*

*If a memory moves you, snap a pic of your jar and tag us or use #SpringHillWomen on Instagram or Facebook only if you feel the 'share'.*

@springhillcamps



Click here to share!

My Moment:

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My Moment:

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My Moment:

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WEDNESDAY

**ANCHOR THOUGHT:**

*"In the morning, I lay out the pieces of my life and wait for Your fire to fall."*

# Release

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## SCRIPTURES:

**Genesis 22**

**Psalm 5:3**

In the morning, Lord, you hear my voice;  
in the morning I lay my requests before you  
and wait expectantly.

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## Let's Get Real

**Sometimes we carry too much.** Expectations. Plans. Other people's opinions. Outcomes.

What if today, you let go of just one thing you know you are not meant to carry? One thing. Just one. Toss it.



## Let's talk about it

### **What weight am I carrying that is too heavy to hold alone?**

What is none of my business to handle because I'm not God?  
What's your business and what is God's business?

If you can... speak it out loud right now if you are alone.  
Or, if you have a trusted friend or mentor, and you can share that today, you're letting go of it...and handing it all over to God, without even having to understand what that looks like or means...hand it!

Hearing our own words might just be the thing that starts to us free.

Rick Warren, The Best Selling Author of The Purpose Driven Life shared how he prays at times out loud when he is alone as it literally changed his prayer life. We love this and are using it too. "HEY GOD!"

## *Something to try*

### **The Let-Go Toss and The Lipstick Bathroom Bonus!**

#### **Write what you need to release on a piece of paper.**

Speak it out loud. Let your mind hear your very own words. Then, crumple it up and toss it into the trash, a firepit (SpringHill Campfire moment), or a prayer box without your name. As you do, say out loud: I am not meant to carry this alone. In fact, at this point, I've done my best to change it or make things right...so now...this is God's business...not mine anymore. I release it and thank God for his Care for me.

But wait, we've got a bonus idea for you. One of our friends shared her unique approach. Ready for it? Okay... Hey Kim...you didn't think we'd share this but here we are! Thanks for sharing it too because it's a wild idea and fun...but kinda weird too. Just saying truth! Lol.

So...It's a bathroom thing. Before your shower, grab some lipstick (or if you'd like a whiteboard marker) and write any negative word or phrase that's been haunting you right on your mirror. Maybe it's, "I'm not good enough." Then hop in the shower and let the steam start to blur it. When you're done, come back and write the opposite right over it: "I am equipped for today." Or write a verse of scripture over it like "Z 3:17" for Zephaniah. This is also a great way to memorize scripture verses as well for whipping them right out of your head when most needed.

Now, here's the satisfying part. Grab your Windex or a spray bottle of isopropyl alcohol, trust us, skip the toilet paper and get a cloth...and wipe that mirror clean. As your reflection comes back into focus, remind yourself: God is not leaving me. He will never give me more than I can handle together. Thank You God! Oh handy tip...did you know using a coffee filter to clean glass leaves zero dust or specs? Try it out! Devotion can be super sparkly too.

Just go girl. The goal is just feeling free and at Home with God. Yes...we're sharing all the tips we can because life is too precious not to live Free with what Jesus Christ has done for us from the cross to the clouds and our rising hearts.

And hey, if you want to share your mirror moment, tag us at Insta or FB or use #SpringHillWomen. Or just keep it between you, God, and your shiny mirror. Either way, tuck the joy into your heart.

Do you have a "thing" you do that we should try that doesn't involve lipstick graffiti? Bring it up at The Women's Retreat and let's talk about new ways to "Let Go", feel at Home and just laugh all weekend!



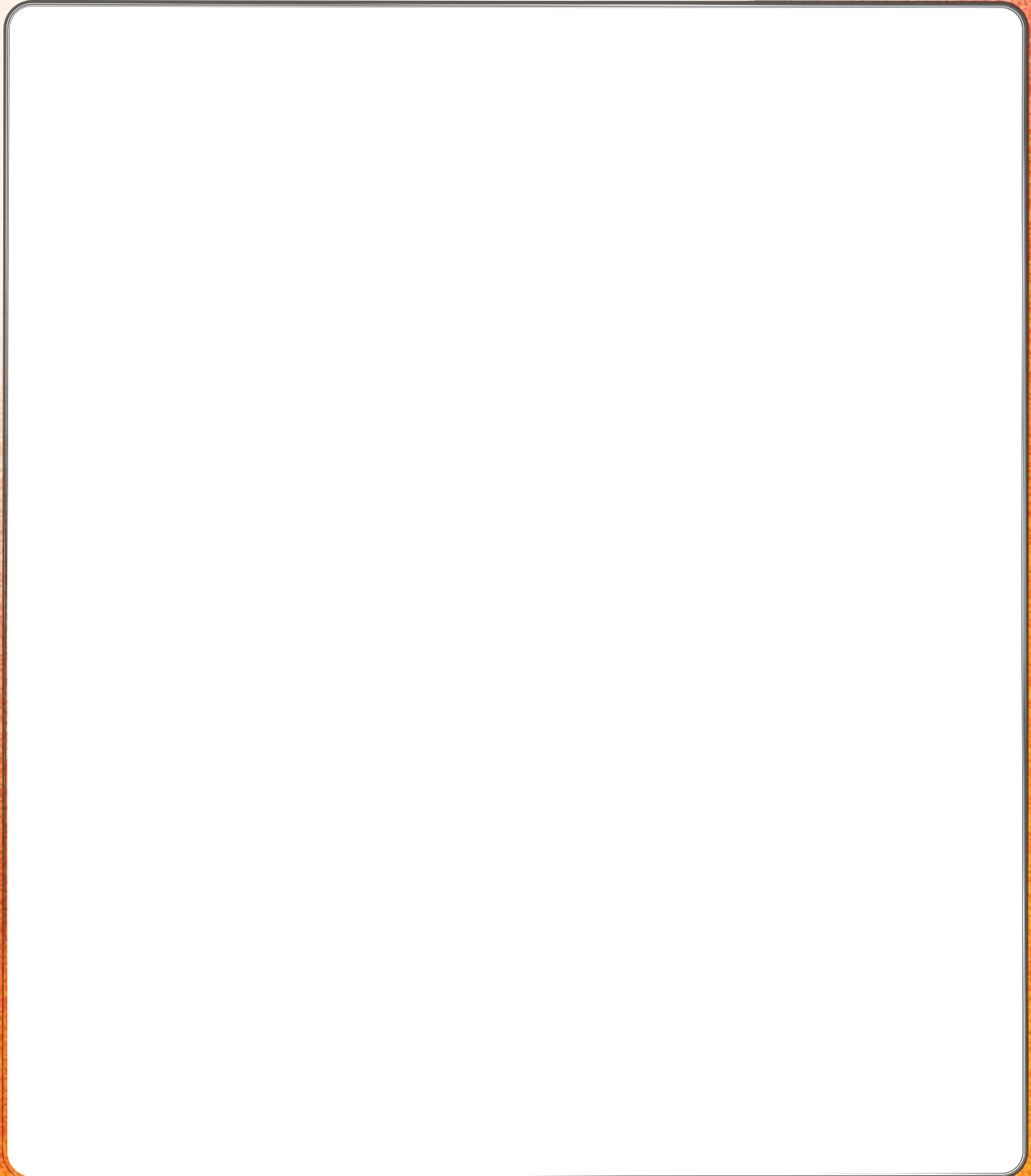
## *A Moment to Pray*

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*God, here it is. You know how tightly I hold on or the negative thoughts that invade my mind. Today, I'm giving it back to You and call YOU My true Home. I trust You with what I can't control and thank you for reminding me I'm yours and You are mine and we can live each day out together and also laugh and have some fun. Amen.*

## *Your Space to Reflect*

*Jot it down, doodle it out, or just let your thoughts land here*



**ANCHOR THOUGHT:**

*"Offer your bodies as a living sacrifice... be transformed by the renewing of your mind."*

THURSDAY

# Recall

## SCRIPTURES:

### **Romans 12:1-2**

Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.

### **Psalms 84:3**

Even the sparrow has found a home,  
and the swallow a nest for herself,  
where she may have her young—  
a place near your altar,  
Lord Almighty, my King and my God.

## Let's Get Real

**Growth isn't instant.**  
**It's a daily decision** to stay, listen, and just show up as our real selves no matter what other people's opinions are of us, good or bad!

Maybe say it out loud: "All I have to do is the Next Best Thing. Just the next. One. Thing. No matter how small." Then Go do that...Next. ONE. Thing.



## Let's talk about it

### **Where can I stay present instead of rushing into the future?**

What can I toss forward into God's Hands and trust Him with it?

If you can be very specific, great. This takes more time to invest in your talk time with God, but when you have nothing to say, or everything to say, know there is nothing more powerful than prayer to change circumstances.

It was one of the most favorite and needed things Jesus did. He got away to pray... but He also prayed in front of others to heal or to let someone feel at Home in God's unconditional love.

## *Something to try*

### **The Let-Go Toss and The Lipstick Bathroom Bonus!**

Set a timer for 3 minutes. Sit still. Breathe. Say to yourself, I am staying in this moment to hold space for just God and me. Then, every week, increase it by one minute. Watch how you'll start to enjoy these minutes and moments together with The Lord! God is excited about your journey.

In fact...do NOT silence your phone. Stay with us here. Do NOT silence your phone. Let it ding, buzz, or flash. When it does, let it be a test. Teach your brain, dings come and go, but God is with you forever. Don't react to it. Nothing will interrupt your time with Him if you choose to focus on His voice. He equips you for everything you need...even through the dings.

### **BONUS! Nix The Bathroom Break**

If there's that negative word or phrase that keeps popping up and the bathroom lipstick mirror graffiti isn't your thing, Break Free with another idea...

Grab a big thick Magic Permanent Marker and write that word on a stone or pebble. Same idea, write it out, toss it out, let it go. If you're not ready to toss it yet, still write it.

Hey, it's ok! Not ready? Maybe keep it in your purse. Ask God to help you lighten this weight, and when you sense Him saying, "It's time... I'll take it from here," that's your moment. Go outside, hold it tightly, think about how God's got this, inhale, Thank Him...yes...hold that stone tightly because letting it go will even be sweeter ...pause that breath at the top, then exhale and throw that stone with everything you've got as far as you can away from you. Let it land in God's kingdom...it's not in your world...anymore.

Would you like to share your stone story or even a video of your toss? Use #SpringHillWomen, we'd love to celebrate with you. Or better yet, bring it with you to the Women's Retreat and let's toss them together. Unless, of course, you're meant to toss it sooner because God's timing is always The Best.



## A Moment to Pray

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*God, help me stay in The Moment. Not just visit, but dwell at Home with you...in the places where You want to show me peace or purpose. Teach me the rhythm of resting in Your unconditional love and letting me be At Home wherever You are...and You are everywhere I go.  
Amen.*

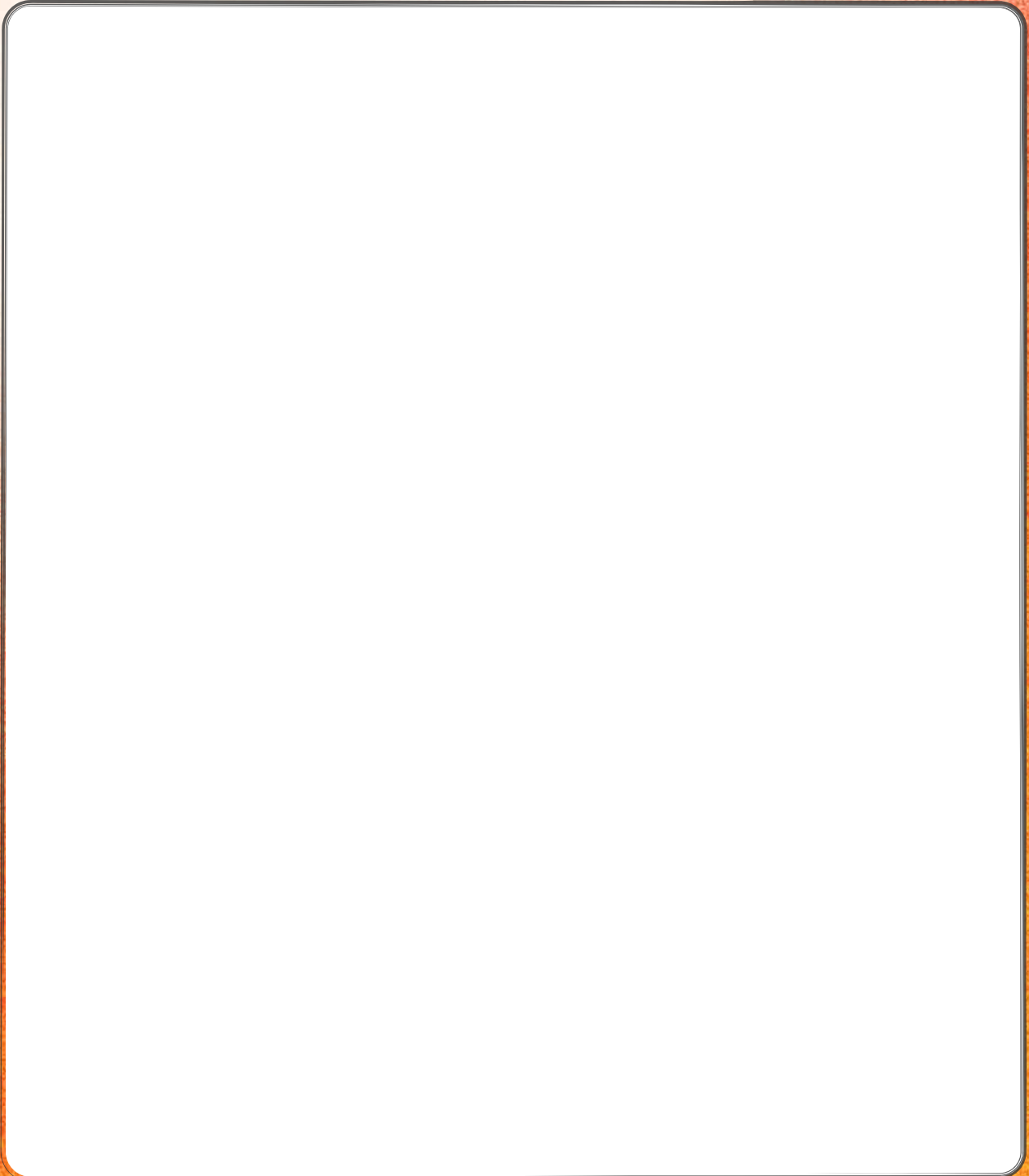
*How long did you stay in any moment of tossing what's not yours alone to handle? Share your time by tagging SpringHill Instagram and use #SpringHillWomen if you want to inspire someone else.*

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FRIDAY

ANCHOR THOUGHT:

“Be still,  
and know that  
I am God.”

# Rest & Retreat

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## SCRIPTURES:

### **Psalm 46:10**

He says, “Be still, and know that I am God;  
I will be exalted among the nations,  
I will be exalted in the earth.”

### **Romans 1:20**

For since the creation of the world God’s invisible  
qualities—his eternal power and divine nature—have been  
clearly seen, being understood from what has been made,  
so that people are without excuse.

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## Let's Get Real

**We are so addicted to noise**, and yes, those dings. But silence? That's where the whispers live. So today, let's officially call it No More Shenanigans Day or tosses or anything. Rest. Meditate. And by meditation we simply mean, pause and focus on something for which you are grateful this week. Perhaps it's just the dedication you put into motion to making these devotional moments happen.

Rest doesn't have to look like a spa day or lounging on the couch with a face mask and a rom-com (though, no judgment if that's your thing as we do love us some rom-com... wait, what's your favorite? Have you seen *Say Anything...*? Share yours if you'd like.)

... Wait, where were we... oh yeah... TRUE REST and Creating a Retreat That

LASTS...even when you leave a long weekend away. Sometimes, real rest is simply carrying peace with you through the normal rhythms of your day. The errands, the conversations, the quiet pockets in between, a hurtful argument that got out of control...it's noticing God's presence right there, and letting that be enough... allowing Him to give you the strength to ask for forgiveness, forgive, or perhaps just say nothing... or everything!

So take this day to drop the expectations. How things SHOULD BE. Breathe. Listen. Or just sit with the truth that God loves you where you are right now but will never leave you that way. He wants more for you than you can even dream! No shenanigans needed. If you're out of lipstick, sorry about that.

## *Let's talk about it*

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**What if I just stopped and listened without expectation or agenda?**

## Something to try

### **The Sit Spot**

Find one spot outdoors or maybe it's a beautiful spot you've created in your home. Visit it for 5 minutes today. No phone. This time, silence mode. Just be.

Notice if it feels the same tomorrow or next week. Look at the sky or a flower or a piece of art you have up that means something special to you...or even notice your pups eyelashes. Butterfly wings, ...see the miraculous in the "mundane".

Thank God for showing you something new this day or new to come.



## A Moment to Pray

*I'm here, God. No words. Just presence. Speak if You want to, but I want to give you my time and to feel at Home with You. Just stay with me because You make things beautiful. Amen.*

*Take a pic of your Sit Spot and tag us or use #SpringHillWomen only if you feel it.*

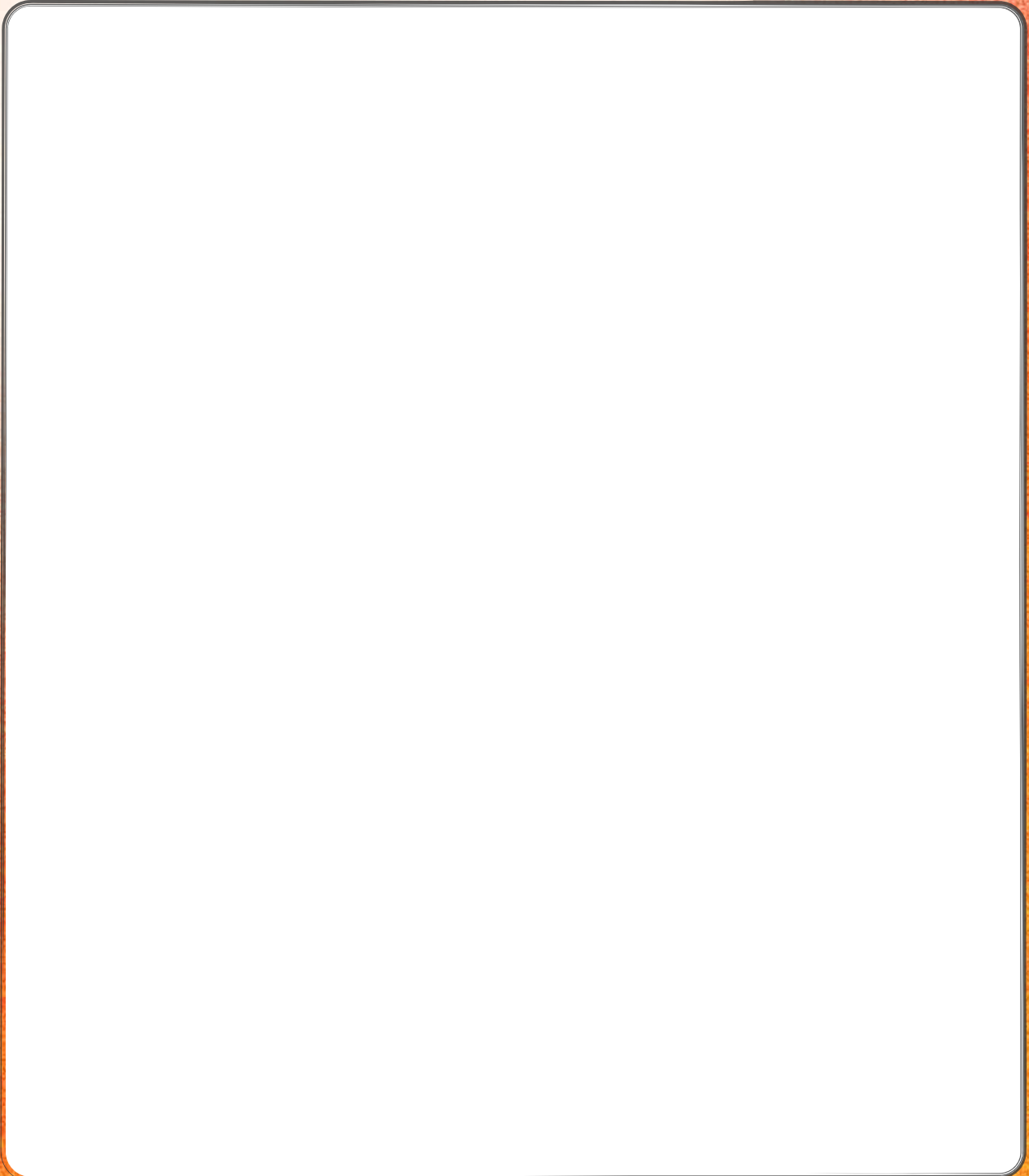
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Click here to share!

## *Your Space to Reflect*

Jot it down, doodle it out, or just let your thoughts land here



BONUS

## *A Week in Review*

Before the weekend ends, skim back through your week. Is there a word or feeling that keeps coming up? That might just be your Home Base for this season. Write it down. Keep it where you'll see it. And the journey going. You are beautiful.

## *Closing Blessing*

*May this week guide you home to the God who never left. May your spirit rest, remember, release, and return. May you dwell deeply, listen freely, and walk lighter. Amen.*

*"My heart has heard you say, "Come and talk with me." And my heart responds, "LORD, I am coming." Psalms 27:8*

*We welcome you to this year SpringHill's Women Retreat with all that is planned for you!*