



Selah Retreats

Information



Reserve Your Spot

RETREAT SCHEDULE

SATURDAY

9 AM Arrive at LEGACY
Check in at the main Lodge
Settle into accommodations

10 AM Introduction and Orientation

11 AM Solo Time

5 PM Social Time

6 PM Supper Time (Communion)

8 PM Solo Time

SUNDAY

9 AM Conclusion at the main Lodge

10 AM Departure*

**Much of your time will be
regulated by your private
fellowship with God .**

**You will incorporate
Silence,
Solitude, and
Stillness
into much of your time.**

* You are welcome to linger on the campus after the retreat if you so desire.

**Whoever sits in solitude and is quiet, has escaped from three wars:
hearing, speaking and seeing.
Yet, against one thing he must constantly battle:
his own heart.**

ST. ANTHONY ABBOT

WHAT TO EXPECT

It is our utmost pleasure to host ten men and ten women for our Selah Retreats, which are 24 hours in duration. Our campus is ideally suited to facilitate these retreats and to assist seeking believers who desire to spend time alone with God in an undistracted manner. We provide guidance to participants as much, or as little, as they need and request during these retreats. Selah Retreats are available to all of the Lord's people, whether new or advanced in their walk, young or old, trained or not, in "solo" retreats.

THE MEANING OF SELAH

Despite the uncertainty surrounding its exact meaning, the Hebrew word *Selah* is prominent in the Psalms, appearing over 70 times. It has been theorized that *Selah* may serve as a musical cue or a moment of pause, given the Psalms' nature as songs.

It is also suggested that the pause, *Selah*, in the Psalms is where the song either **slows down** and **pauses**, or where a "solo" is played with only the instruments. "Soloing" in music is a relatively common occurrence, especially in songs from past decades. It's where the guitarist, for example, "solos" that perfect melody that makes the song soar. "Soloing" no longer contributes much to the structures of modern music, primarily Pop. Generally speaking, songs are crammed into a three-minute window, with no introductory "hooks" or "solos" that show the chops of really skilled musicians. The "solos" that made bygone songs so memorable are now obsolete to accommodate the three-minute window of airtime on the radio. And that's why so many songs nowadays are so lifeless and rather bland.

Could it be that our modern music, devoid of the once-cherished "solos," mirrors our spiritual lives? We pack our days to the brim, leaving no room for personal "solo" time. Perhaps this is why our spiritual lives lack rhythm and dynamism—we are simply too busy.

At LEGACY, we offer a 24-hour retreat that provides you with the rare opportunity for "solo" time, both for yourself and for God. We extend this invitation to all of the Lord's people, encouraging you to consider these quarterly retreats as a part of your spiritual formation rhythms.

SILENCE

During the Selah Retreat, personal silence will be a primary requirement for all participants. We will make time throughout the retreat for socializing with other guests, but most of your time will be spent in personal silence.¹ Silence has many things to teach us about ourselves. Most significantly, it will reveal our addictive tendencies to the stimulus of noise. It's hard to hear God amidst endless noise, but in silence, we can learn to truly listen.

¹ You are welcome to listen to music while you are here, but we humbly suggest you refrain from this luxury in an effort to recalibrate your ear to silence. This is not a rule, but a recommendation.

SOLITUDE

Every man and woman who has had an intimate walk with their Lord throughout the generations had to embrace solitude in their spiritual life. Again, what makes solitude impossible for many of us is our utter reliance on the stimulus of others. The Selah Retreat affords you 24 hours to be by yourself. Solitude is a muscle that atrophies if not exercised. Hopefully, this retreat will help you feel more at ease with yourself again as you grow spiritually fit in solitude.

STILLNESS

The stimulus of busyness is a sure detractor from ongoing spiritual formation. In busyness, we often deceive ourselves by equating our identity with our accomplishments. And that is why we feel so inferior before God: we judge ourselves as not having done enough to prove that we love Him and are for Him. Stillness, on the other hand, is a challenge to our trust in God's ability when our efforts are taking a "Sabbath Rest."² It is in these moments of stillness that we can best know God and ourselves. If knowing God and knowing yourself are motivations for coming to this retreat, then be on high alert for the vice of unnecessary busyness.

Be still and know that I am God.

PSALM 46:10

24 Hours is not a long period. However, if you can embrace **silence**, **solitude**, and **stillness**, you will surely maximize your time. During orientation, you will receive *some* instruction on how to navigate your time alone. Whether you follow our proposed suggestions or not is entirely up to you. This retreat is about understanding your *personal* spiritual journey. Whether you come with a private agenda before the Lord, to rest, or to just be alone, we are here to assist you, per your request or not.

We will also provide you with a free book, which will vary for each retreat. These are curated books that will assist your thoughts and prayers throughout your time, offering insights and guidance on various spiritual topics. You do not have to read these books while here. We provide them as a reference for some of the spiritual realities you may seek after or experience while you are here.

Intentional time with God marks the perennial tradition of the Lord's people in every generation. It's a well-trodden path. You're in good company. Even the best company, for can anything be better than keeping company with the living God?

Your life will never be the same again!

Francois Fineberg
Selah Retreat Guide

² You will be tempted to "do" a bunch of things while on this retreat. Even long walks, running, swimming, playing sports, and the like (as good as they generally are) can be a distraction from simply being still. This is not a rule, but a recommendation, to exercise stillness.

SELAH RETREAT DATES & TIMES

- I. Selah Retreats are hosted on LEGACY Ministries' Campus **every quarter**, unless otherwise arranged.
- II. The retreat starts promptly at 10 AM on Saturday and concludes at 10 AM on Sunday.
- III. Participants are welcome to linger on campus after the retreat concludes on Sunday morning.

CAMPUS AND CONTACT INFORMATION

- I. LEGACY's campus is located on Lake Martin, Alabama. For those familiar with the lake, we are on the Dadeville side of Lake Martin.
 - LEGACY is a 40-minute drive from Auburn, a 40-minute drive to Alexander City, an hour and a half drive from Birmingham, and a two-hour drive from the Atlanta airport.
- II. The Retreat Director's contact number is: 205.994.5840



LEGACY'S
CAMPUS

SELAH RETREAT COST

- I. We want to make this retreat available to you at a minimal cost of \$30, which is non-refundable.
- II. You can, however, use your registration cost for another retreat if circumstances prevent you from attending the one you booked.

HOUSING

- I. Retreat participants will stay in the on-campus housing available at LEGACY. Our goal is to place you in a room with just one other participant. If space permits, we will put you in a room by yourself.
- II. Bedding is included with every bed. However, please bring your own pillow and towel.
- III. Every house at LEGACY is equipped with a fully functioning kitchen and laundry for your convenience.

MEALS & FOOD

- I. We aim for the retreat to be simple in terms of food. If you privately consider the leading of God to fast at this time, then that would be your prerogative.
- II. LEGACY will not provide formally prepared meals for the retreat. Here's what will be available, though:
 - Fruit and finger snacks will be available at all times for your enjoyment.
 - Coffee and select drinks will be available at all times.
 - On Saturday evening, LEGACY will provide and lead a "communion meal" for every participant. We'll be serving sourdough bread and grape juice for dinner, a meal that is sure to fill you up.
- III. You are welcome to bring any additional snacks you want to sustain you, or to go out to our local restaurants for meals.

WHAT TO WEAR

- I. We do not have a dress code for the retreat. Dress according to your comfort, preference, and the season of the year.
- II. LEGACY is located on Lake Martin, so bring your swimwear if so inclined. We have kayaks and pedalboards for your enjoyment on the lake.
- III. Bring comfortable walking shoes in case you go on a prayer walk, and a pair of slippers for cozy indoor use.
- IV. **While we have a pickleball court on campus, we kindly request that you refrain from playing during the retreat hours. Should you linger on Sunday after the retreat, please feel free to play and enjoy the court.**

BOOKSTORE

- I. Our bookstore is located in the Lodge's "tornado shelter" (downstairs). We stock it with numerous spiritual books that we often recommend to our students and guests.
- II. They can be purchased at will by scanning the QR code on the side or in the bookstore.



LEGACY'S
BOOKSTORE

WiFi

- I. We have internet available in LEGACY's main Lodge for the convenience of all our guests.
- II. Please consider the spirit of simplicity in which we desire to facilitate these Selah Retreats and forego your need for online interaction as much as is possible.
- III. Please notify your sphere of influence that (ideally) you will be offline for the 24 hours of the retreat.

**And when He had sent the multitudes
away, He went up on the mountain by
Himself to pray. Now when evening came,
He was alone there.**

Matthew 14:23
