

Growing Resilience in Life Day Retreat @ Montfort Center



“Growing Resilience in Life” Guided Silent Retreat

We are afflicted in every way, but not crushed; perplexed, but not despairing; persecuted, but not forsaken; struck down, but not destroyed; always carrying about in the body the dying of Jesus, so that the life of Jesus may be manifested in our body. 2 Cor.4:8-10

Resilience is the ability to respond creatively to stressful, pressure-packed, anxiety-producing situation such as Paul's (2 Cor.11:23-28). A resilient person, rather than being deformed, diminished, or even destroyed by such traumatic, tension-filled circumstances, is able to engage those conditions in healthy, redemptive ways that bring some degree of wholeness.

We do not find the word resilient in Scripture anywhere, but the apostle Paul provides us with synonym metaphors that characterize and substantiate it. He tells us to “run with patience the race that is set before us” (Heb.12:1). He tells us to “fight the good fight, to finish the course and keep the faith” (2 Tim.4:7). He reminds us that those who run in a race run to win (1 Cor.9:24). He shared from his own experience in 2 Cor.11:23-28, recounting the hardship he suffered in service to Christ: In all ways, the apostle Paul exemplified resilience.

Growing resilience in life involves cultivating holistic self-care in the arenas of the spiritual, physical, psychological, emotional, and social. Due to the limitation of the length of this retreat, we will be exploring Spiritual resilience to help us deal with life's daily stresses. Lunch will be included in the retreat.

Registration Details

Date: 11 October 2021

Time: 9am-5pm

Venue: Montfort Retreat Centre
624 Upper Bukit Timah Road
Singapore 678212

Fees: Donation of any amount is welcome

To confirm your retreat, please Whatsapp to Sherina at 8840 9737 with your full name and quote 'Resilience Retreat'.

You may choose to start your retreat one day earlier or extend for a night after the retreat. (Fees apply accordingly)

Limited places available!

About the Spiritual Retreat Director



Alfred Quah works as a full-time ecumenical spiritual director and pastoral counsellor in private practice. He is a member of Spiritual Director International, Evangelical Spiritual Directors Association, as well as Life Direction Singapore and subscribes to their ethical standards and practices. Alfred conducts workshops and retreats both locally as well as overseas. He has a Bachelor's degree in Theology at Trinity Theological College, Singapore and a Master's Degree in Pastoral counseling at Asbury Theological Seminary, Kentucky USA. He has worked in various capacities in different Churches and Christian organizations for more than 30 years.