



DETAILS



Come Away and Rest *A Guide to Personal Spiritual Retreats*

January 27, 2026 | \$21.99, 240 pages, paperback | 978-1-5140-1122-5

Alyson Pryor is a trained marriage and family therapist and a certified spiritual director. She holds degrees in psychology from both the University of Southern California and Fuller Theological Seminary, as well as an MA in Spiritual Formation and Soul Care from Talbot Seminary.

Six Types of Spiritual Retreats to Practice from Anywhere

Whether you're new to the idea of retreats or looking for fresh guidance, this is a nurturing companion for your spiritual growth. *Come Away and Rest* offers step-by-step instructions for customizing six types of personal retreats that can be practiced from anywhere.

In *Come Away and Rest*, you will find:

- Guidance for how to prepare for a personal spiritual retreat
- Step-by-step instructions for crafting six personal retreats, ranging between six hours to several days
- Wisdom for re-entering life after a retreat

This book is perfect for:

- An open afternoon
- The person who wants to rest but doesn't know how
- Those looking for a companion during retreat
- A weekend away
- Incorporating rest into the rhythms of daily life
- Those who want both structure and freedom on a retreat

Come Away and Rest helps you find the sacred rhythm of spiritual retreat. Discover the rest your soul longs for.



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Spiritual Director Shares Guide for Rest-Filled Retreats

What motivated you to write this book?

Alyson Prior: As a spiritual director, I sit with people in their deepest joy and pain on their journey with Jesus. Part of that journey is a longing to take time away with God to rest, whether through a practice of sabbath, retreat, or sabbatical. While many might agree on the necessity of rest, and even extended retreats in solitude, few practice this rhythm in their day-to-day lives. I noticed that many of my directees, when faced with time alone with God, wrestled with how to use their time, and often left their retreats feeling discouraged, dismayed, and disillusioned.

I began writing retreat guides for directees and friends as a way to offer step-by-step instructions for their time away with God. At its core, this book came out of my desire to close the gap between hearing God's invitation to rest and putting it into practice in a sustaining, life-giving rhythm.

What is distinctive about your approach to retreating?

Alyson: In our fast-paced, overstimulated, oversaturated lives we lose touch with our soul's deepest longings. More and more people are coming to the awareness that the accessibility of biblical content has not correlated to a rise in holy living. Knowing more has not produced better lives. Precisely because we swim in the waters of plenty, we fail to see our starvation. We are full to the brim with all we must do, all others think, all we could be if we just had the right car, house, spouse, or bible reading plan, and because our lives are bursting at the seams, we cannot see that we are famished. The problem is not that we are too satisfied, but that we are too full of the wrong things, having mistaken oversaturation with abundance.

Most readers have only been offered a style of retreating (loud, gender-sanctioned, entertainment-based retreats) that has done little to address their soul's core weariness. Instead, this guide offers the example of Jesus, who frequently withdrew to pray in solitude, often for days at a time. *Come Away and Rest* offers both the nuts and bolts of how to practice this style of retreating in our busy, over-packed lives, while offering a solid theology of rest throughout.

What's something you want the reader to take away from *Come Away and Rest*?

Alyson: My greatest hope is that the reader receives an embodied experience with God, a God who wants to love them more than use them. I hope they will take away, above all, a taste of God's "prevenient grace," that before they ever sought to "come away" with God he was seeking, loving, wooing them to himself first. I hope they will accept the invitation to come away and truly find rest for their souls.



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