

~ Planning a Retreat With God ~

1~ **Schedule:** Pick a date, time, and location.

If necessary, arrange childcare. If you're not fasting, plan for/prepare meals.

2~ **Pack:** You may want to bring:

Bible, study tools, a journal, cozy stuff, guitar, music/iPad, etc.

3~ **Prioritize:** Be prepared for inconveniences and things getting in the way.

Ask God to protect this time you've set aside to meet with Him.

4~ **Define:** What do you hope will be the outcome of your day with God?

Rest, study, process emotions, worship, refocus, reconnect with God, etc.

5~ **Settle in:** Once you arrive at your retreat spot, take time to be still and quiet. Clear distractions. Turn off notifications. Set up a cozy spot to spend the day. Take a walk, Make tea/coffee.

6~ **Worship:** Focus on who God is and what He's done.

You may want to listen to music, sing, pray through the Psalms, write out a gratitude list, etc.

7~ **Bible Time:** Spend time interacting with Scripture.

8 ~ **Pray:** Talk to God about anything that's on your heart. Be real with Him as you process circumstances and emotions. You can pray silently, talk outloud, write in a ournal, etc.

9 ~ **Breaks:**

Be sensitive to your body's need to switch gears. (Avoid checking email or social media.)



~ TIPS ~



YOU DON'T
NEED
ANYTHING
TO "SHOW
FOR" THIS
DAY.
THE GOAL IS
TO INTERACT
DEEPLY WITH
GOD.

Be careful
with strict
schedules and
goals. Be open
to the Holy
Spirit's
leading and
redirection.

**Be honest with yourself
and with God.**