

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

Consider bringing: your Bible/audio 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? (I.e. 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 reading/listening to and meditating on Scripture. Converse with God about what you read.

8. Pray

Talk to God about whatever's on your heart. Be real with Him as you process circumstances and emotions. You can pray silently, talk outloud, write in a journal, etc.

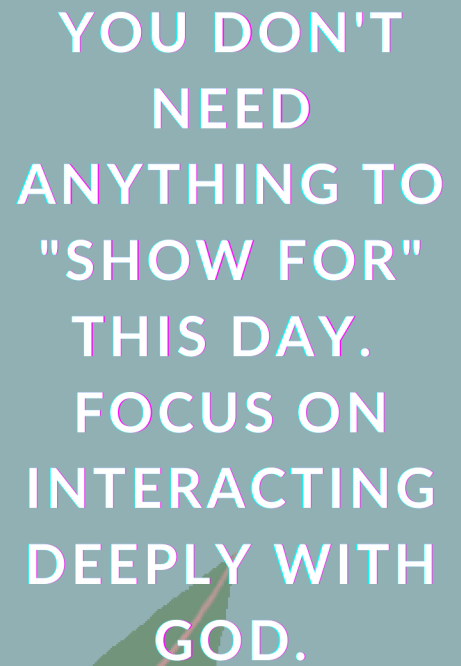
9. Take Breaks

Be sensitive to your need to switch gears at times. Take breaks, go for a walk, move to a different room, etc. (Avoid checking email or getting on social media.)





Tips



YOU DON'T
NEED
ANYTHING TO
"SHOW FOR"
THIS DAY.
FOCUS ON
INTERACTING
DEEPLY WITH
GOD.



Be open to the
Holy Spirit's
leading and
redirection,
rather than
sticking to a
strict schedules
or goals.



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