

# JOURNEY

This guide is designed to lead you through a 2-hour time with God. If you finish early take time to read Scripture or pray, it's okay to finish early. It's also okay if you don't finish within the 2 hours, or focus solely on one aspect of the retreat. This is time for you.

1. *Find a quiet, comfortable place in which you feel safe.*
2. *This time should be free from phone calls, technology, or interruptions.*
3. *The following schedule is designed to create space for an extended time with God. As you spend time in it, give yourself lengthy opportunity to observe, reflect, and process with God. Journaling is highly encouraged. As the Holy Spirit guides your time, pay attention to His direction and be willing to go where He leads.*
4. *Many times, the fruit of retreat doesn't show itself during the retreat, so be encouraged and take heart that your time during retreat is of benefit to you even if this time seems quiet or uneventful.*

## THE BEGINNING. *(about 30 minutes)*

*"Restore to me the joy of your salvation, and uphold me with a willing spirit." - PSALM 51:12*

As you begin this time, take a moment to reflect on where you've been in your journey with Jesus. Every journey has a beginning point how did your journey begin? Pause, and reflect on your how you began your journey.

Take time praying and journaling through these questions.

- **WHAT** was your life like before you came to know Jesus?
- **WHEN** did you begin your relationship with Jesus? **HOW** has your life changed?
- **HOW** has your relationship with Jesus brought hope to the way you live?
- In regards to your relationship with Jesus, **WHAT** can you be thankful for?

*"You have led in your steadfast love the people whom you have redeemed; you have guided them by your strength to your holy abode." - Exodus 15:13*

**READ PSALM 119:68, LAMENTATIONS 3:22-23, AND 2 CORINTHIANS 5:17**

We know through Scripture that God's always good, always faithful, and offers deep forgiveness when we confess our sins.

Take time to **THANK** God for who he is, and your relationship with Him.

## THE HERE AND NOW. *(about 30 minutes)*

*“When the people of Israel saw it, they said to one another, “What is it?” For they did not know what it was. And Moses said to them, “It is the bread that the Lord has given you to eat.” - EXODUS 16:15*

Take time praying and journaling through these questions.

- **WHAT** have been defining moments in your relationship with Jesus that have helped get you to the place where you currently are?
- Is there anything currently in your life hindering your relationship with Jesus? **WHAT** do you need to let go of in order to free you up to receive more of Jesus in your life?
- **HOW** would you define your current relationship with Jesus?
- **HOW** does hope impact the way you are currently living? Are there areas of your life where you need more hope?

**PAUSE.** Ask Jesus to free you from specific things hindering your relationship with Him, and take time to receive the grace and forgiveness he offers you. Ask Jesus to give you more of him in your life, and to make you aware of his presence in your life.

## THE DESTINATION. *(about 30 minutes)*

*“Trust in the Lord with all your heart, and do not lean on your own understanding.”  
- PROVERBS 3:5*

Before answering the questions below take time to pray asking God to open your eyes to what he’s doing around you and what he wants to continue to do in your life.

- **DEFINE** faith. **DEFINE** surrender. **HOW** do faith and surrender relate to one another?
- Is there a specific area of your life that is God is asking you to surrender to him?
- Would you say trusting God in your life is easy or difficult? **WHY?**
- **WHAT** hinders you from fully trusting God? **HOW** can you practically grow your faith and trust in God?

**PAUSE.** Thank God, that as he was with you during this time, so he’ll continue to be with you. Invite him to go with you, ask him to help you trust and surrender to him as he continues to lead you.