

RESONATE

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.*

REMEMBER. *(about 30 minutes)*

"Perhaps nothing helps us make the movement from our little selves to a larger world than remembering God in gratitude. Such a perspective puts God in view in all of life, not just in the moments we set aside for worship or spiritual disciplines. Not just in the moments when life seems easy." - HENRI NOUWEN

Take time praying and journaling through these questions.

- **HOW** have you seen God move in the past few months?
- **HOW** has God blessed you in the past few months?
- **HOW** has God provided for you from his good in the past few months?
- **WHAT** have you learned about the character of God in the past few months?
- **WHAT** has hindered your relationship with God in the past few months?
- **WHAT** are "weights and sins" that you need to let go of from the past few months?

"But this I call to mind, and therefore I have hope: the steadfast love of the Lord never ceases; his mercies never come to an end; they are new ever morning; great is your faithfulness. 'The Lord is my portion,' says my soul, therefore I will hope in him."
- LAMENTATIONS 3:21-24

PAUSE. Remember God and his presence in your life.

REMAIN. *(about 30 minutes)*

"And calling the crowd to him with his disciples, he said to them, 'If anyone would come after me, let him deny himself and take up his cross and follow me. For whoever would save his life will lose it, but whoever loses his life for my sake and the gospel's will save it. For what does it profit a man to gain the whole world and forfeit his soul.'" - MARK 8:34-36

Take time praying and journaling through these questions.

- **WHAT** does your life look like in the present? **WHAT** does your school and work life, relational life, family life and personal life look like in the present moment?
- **HOW** would you define your relationship with Christ in the present?
- **WHAT** is God wanting to grow in you in this current season?
- **HOW** is God calling you to serve the community he's placed you in this season?
- **WHAT** next step is God calling you to take? (Baptism, tithing, getting involved in a Life Group, attend weekend services, scheduled quiet time, finding a mentor...)

“Submit yourselves, then, to God. Resist the devil, and he will flee from you. Come near to God and he will come near to you. Wash your hands, you sinners, and purify your hearts, you double-minded. Grieve, mourn, and wail. Change your laughter to mourning and your joy to gloom. Humble yourselves before the Lord, and he will lift you up.” - JAMES 4:7-10

PAUSE. Ask God for help remaining in His presence and His will for your current season of life.

REJOICE. *(about 30 minutes)*

“Not that I have already obtained this or am already perfect, but I press on to make it my own, because Christ Jesus has made me his own. Brothers, I do not consider that I have made it my own. But one thing I do: forgetting what lies behind and straining forward to what lies ahead, I press on toward the goal for the prize of the upward call of God in Christ Jesus.” - PHILIPPIANS 3:12-14

Take time praying and journaling through these questions. As you pray expectantly for how God is going to move in and through you over the course of the next few weeks, months and years; pray in a spirit of hope, expectation, and faith believing that God will hold true to what he has promised. God can not contradict himself.

- At the end of this year **WHERE** do you see yourself: in your friendships and relationships, in your education and career, and your relationship with God.
- Imagine yourself at the end of this year. As you look back on the year, **WHAT** can you thank God for?
- **WHAT** is something that you are praying in faith for, that you see God doing over the course of the next year?
- **WHAT** is something that God is calling you to do over the next year that will not be possible without his power and hand in your life?

PAUSE. Rejoice knowing that as you head out from this retreat with God that He goes with you from this moment.

“Be strong and courageous. Do not fear or be in dread of them, for it is the Lord your God who goes with you. He will not leave you or forsake you.” - DEUTERONOMY 31:6