

PASSION AND POWER

SESSION 1: WHAT ARE YOU WILLING TO SUFFER FOR?

Welcome to this retreat experience! We are very happy and blessed to be able to share this experience with you, even virtually! Throughout your retreat experience, you will find times for reflection and questions, and we have provided this retreat packet for you to use!

As you enter into this retreat experience, take some time to reflect on some questions from the video session when prompted.

REFLECTION QUESTIONS FROM THE VIDEO SESSION

1. What do you love so much you are willing to suffer for?
2. Who do you turn to in times of suffering? What do you need in those moments?
3. How have you been strengthened by times of suffering? What have you learned from those experiences?

ACTIVITY: BODY VIGNETTES

Body Vignettes is an activity we will use to demonstrate happiness, joy, and the idea of suffering. The activity requires you to act (from a distance!) in groups to help represent these and other prompts.

RULES

1. Divide into groups of four.
2. Each group will be given a prompt on their turn; you must work together to act it out.
3. You will have 30 seconds to act out your prompt.
4. Each individual in your group will get to explain why, as a group and as individuals, you were motivated to demonstrate the prompt.
5. All groups will take turns, each with a new prompt.

QUESTIONS FOR PERSONAL REFLECTION

1. How would you describe the activity that we just went through?

Fun Scary Exciting Strange
Confusing Challenging Boring Frustrating
Other:

2. What was challenging about the activity?

3. Was it difficult to coordinate with your group?

4. Was it challenging to represent the more open-ended prompts?

5. How can you represent or symbolize that which you love and would suffer for?

CLOSING QUESTIONS

1. What struck you from today's retreat session?
2. Did you learn something new about suffering? Joy? Happiness?
3. How can you take what you learned today and apply it to your daily life?

