

MONTSERRAT

SESSION 1: WHO AM I?

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. On the outside of this circle, use words, symbols, or pictures to describe who you are on the outside (likes, dislikes, hobbies, family, how others see you, etc.).

On the inside of the circle, write or draw those things that people wouldn't know about you unless they really knew you, and what you wish people knew about you that is not obvious or that you might not normally share.

Include the role that God takes in your life right now, both on the outside and inside of the circle.



2. On a scale of 1 to 5, (1 being weak, 5 being strong) how strong are the following relationships in your life?

| RELATIONSHIP | RATING | | | | |
|-------------------------|------------|---|---|---|---|
| FAMILY | 1 | 2 | 3 | 4 | 5 |
| High Points | Low Points | | | | |
| FRIENDS | 1 | 2 | 3 | 4 | 5 |
| High Points | Low Points | | | | |
| SCHOOL COMMUNITY | 1 | 2 | 3 | 4 | 5 |
| High Points | Low Points | | | | |

| | | | | | |
|--------------------------|------------|---|---|---|---|
| EXTRA-CURRICULARS | 1 | 2 | 3 | 4 | 5 |
| High Points | Low Points | | | | |
| GOD | 1 | 2 | 3 | 4 | 5 |
| High Points | Low Points | | | | |
| OTHER: | 1 | 2 | 3 | 4 | 5 |
| High Points | Low Points | | | | |

ACTIVITY: WHAT CAN YOU TELL ME ABOUT...

The purpose of this activity is to give you a sense of wonder. When instructed, go and find an object which could fit on your desk. It can be something you brought or anything you find around you. Return to your seat when you find your object and await further instructions.

ITEM DESCRIPTION

Take a few minutes to describe your item comprehensively. Think of its scientific properties, its origins, its components, its story, its uses, etc.

REFLECTION QUESTIONS AFTER THE ACTIVITY

Consider the following questions and take some time to write your thoughts down:

1. How would you define the word, "wonder?"
2. Think about all the objects that surround you. How do you feel different about them, after this activity?
3. What keeps you from seeing objects in your everyday life in the way you saw them during this activity?
4. If you took 10 minutes each day to do something like this exercise, how do you think it would change you and your perspective?
5. If we remind ourselves that these objects were in some sense made by God, what does that tell us about God?

6. How does the way you feel about that object change, knowing God had a hand in you having it right now?

7. How do you think God wants you to relate to that object? To any object around you?

CLOSING QUESTIONS

1. What struck you from today's retreat session?

2. How do you fit into the world around you? Where do you find a sense of awe in that God created you?

3. How can you take what you learned today and apply it to your daily life?

