

FINDING GOD IN ALL THINGS

SESSION 1 | MADE FOR MORE

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

OPENING

1. How are you coming to this retreat today? How are you feeling about this experience?
2. What hopes or expectations do you have for this retreat?

CLOSING

1. What do you think it means to be called to be more?
2. What is one way in which you desire to grow or change?
3. Have you ever experienced a call from God or known someone who experienced a call from God? What happened?

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?

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SESSION 2: SPIRITUAL EXERCISE

SIDE 1

On this side, draw an image of their ideal future. You can also make a collage of words that describe your ideal future, or any other illustration of what your ideal future will look like. When you are finished, turn to side 2.

SIDE 2

On this side, write down or illustrate the ideas or things that could get in the way of you achieving your ideal future. When you are finished, wait for further instructions.

REFLECTION QUESTIONS AFTER THE ACTIVITY

1. What does Freedom of Detachment and Indifference mean in your life?
2. What things/people/ideas in your life do you think are holding you back from loving God and others?
3. To realize your ideal future, what things/people/ideas might you need to detach yourself from?
4. When you look into your future, what do you see yourself doing? What values/goals will you live by?
5. Has your image of your future changed based on this concept of indifference and your experience of this retreat so far?