

Spiritual Formation Retreat

Spend two days experiencing God and being guided into spiritual exercises; which will take you deeper into intimacy with God, result in a spiritual longing statement, and culminate in a one-year spiritual formation plan.

Retreat Preparation

Where am I at now in my Spiritual Journey?

Writing my Spiritual Journey story

Read

Return of the Prodigal by Henri Nouwen

Schedule

Option A- Start on a **Sunday 5pm** finish **Tuesday 5pm**

Option B- Start on a **Thursday 5pm** finish **Saturday 5pm**

1st Evening

Where am I at now, in my spiritual journey?

Where we are going over the next two days?

Day 1

Am- **My Spiritual Journey**- processing my spiritual journey and identifying lessons. Frame **Spiritual Longings** exercise.

Aft- **1st Retreat** – *Prayer Cottage and Sacred Gardens & Spiritual Longing Statement*- 3 hrs

Day 2

Am- Spiritual Temperaments and My Spiritual Formation Needs

Aft- 2nd Retreat – Abiding prayer and Growth in my Walk with Christ- 2 hrs

Develop my Spiritual Formation for the next year

Additional Resources Included

Blue Book Devotional

Spiritual Temperaments Assessment

Spiritual MAP assessment and coaching from Imago Christi