

AND THE MEN CHURCH

PERSONAL SPIRITUAL RETREAT

Set aside a day with God to spend precisely 6 hours following these instructions exactly:

Go somewhere you can be completely alone- outdoors if possible (the seashore, the country, the mountains, the park) somewhere you will not see anyone (at least to speak to).

The only person you want to speak to and hear from is God.



YOU WILL NEED

A journal. two pens, drink, snack, beach chair, comfortable clothes



FIRST 2 HOURS

Begin with prayer. Then just relax and let your mind wander aimlessly as you stroll about, sit, lie on your back and watch the clouds drift across the sky.

This is tough but hang in there.



SECOND 2 HOURS

Let your mind go back to your earliest recollection as early as childhood and very slowly, during this two hours, think about the events of your life through the years and bring yourself up to the present.

As you think about these events, think of the **GOOD** these things have brought into your life, the positive side; even tragedy builds character.

Look at the good side of everything you think about. Most importantly, where has God been present throughout your life? Record these valuable insights.



THIRD 2 HOURS

Think about the present, where you are in your life now, today. Think about yourself, your family, friends, business associates. Realize how much there is to be thankful for and to enjoy. What is really important to you?

Prioritize your life and goals as follows:
Spiritual, Family, Personal, Work

What new capability do you want to take on? (learn to play the guitar, fish, golf, etc) Pray about what God really wants to accomplish through you over the next year; and how he is leading you to achieve it by going after it, not in a hectic fashion, but in a determined manner, move steadily toward it.

God has an awesome adventure awaiting you over the next year which you have just spent 6 hours hearing about! Review your goals the first day of each month. In 12 months repeat the above steps.

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