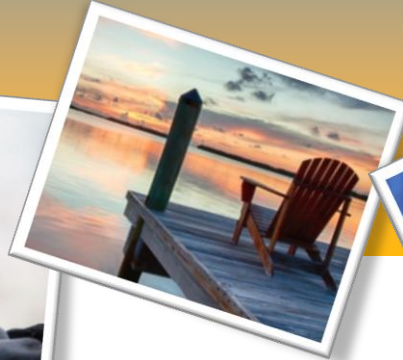


# *Am I Ready for a Retreat?*



## *1. Am I ready to be intentional with my time?*

Does your schedule take control of you or do you take control of your schedule? You will always have one more trip to the grocery store or one more email for work. Learning to set priorities and being intentional about making them happen is an important part of living a more peaceful life. The first step is giving yourself permission to say "no" to something so you can "yes" to a retreat. Are you ready to be intentional?

## *2. Am I ready to allow myself to feel nurtured?*

Is it hard for you to take time for yourself? Remember that self-care is not self-indulgence, it's self-respect and a response to the call to 'Love God with all your heart, soul, strength, and mind and your neighbor as yourself.' (Luke 10:27) Taking care of yourself is a sign of gratitude for the gift of life. Give yourself permission to re-fuel and it will be easier to be the loving person you want to be. Are you ready to allow yourself to be nurtured?

## *3. Am I ready to be surrounded by support and encouragement?*

Do you feel like you're alone in the world? Or are you surrounded by judgmental people who want to 'fix you' instead of listen to you? A well-facilitated retreat allows you to be wherever you are on your journey while encouraging you to walk at your own pace and in your own way. It's a sacred place to feel the support, respect, and affirmation you can't find in many other places. Are you ready to feel listened to and affirmed?

## *Am I Ready for a Retreat?*

### *4. Am I ready to find hope in areas that seem hopeless?*

Are you feeling stuck? Are you going over the same problem, the same conversation, the same "if only..." over and over in your head? Even if you regularly pray or go to church, it's important to hear new thoughts in order to find a new perspective and feel a renewed sense of hope. Your issue may not go away, but you can find a new way to deal with it and a renewed strength from God. Are you ready for a new perspective?

### *5. Am I ready to grow closer to God?*

'Growing closer to God' may sound intimidating. If you feel like that, know that is normal. Also know that a *Retreat, Reflect, Renew* retreat offers a welcoming environment that encourages you to experience the retreat however you are ready to experience it. You are never forced to be or do anything you are not ready to be or do. Relax and allow the Holy Spirit to take the lead. All you have to do is be open to the journey. Are you open?



The Lord is my shepherd, I shall not want; he makes me lie down in green pastures. He leads me beside still waters; he restores my soul.

Psalms 23:1-3

