

Begin Again Retreat Resolution

It is common at the end of a retreat, to look at the graces received, determine what God, as well as our own heart and mind, have been speaking throughout the retreat time, and what changes/additions might be desired moving forward based on this information. Once that has been decided, to help oneself move toward the desired outcome, you commit to three concrete, realistic steps that will help aid in achieving the outcome. For **example:**

Resolution: I want to spend more time with scripture:

Steps:

1. I commit to read the Sunday scripture one time before I go to Sunday mass.
2. I commit to reading the bible for ten minutes a day.
3. I commit to joining a bible study.

YOUR TURN: To discern the resolution God may be calling you to begin again, answer the following:

1. What graces have you received?
2. What have you noticed stirring in your own heart and mind?
3. What have you felt God speaking to you?
4. What is something you feel you would like to change or adjust in your relationships, prayer life, priorities, etc? Based on the answers to these questions, what do you resolve to do and what three steps will help you to do it?

Begin Again Retreat Resolution: _____

Steps:

- 1.
- 2.
- 3.

“It is impossible to hope too much.” Venerable Bruno Lanteri