

# Preparing For Your Retreat

## REMEMBER RETREAT OBJECTIVES

1. Have fun and make memories
2. Get to know one another better
3. Develop deeper relationships
4. Learn how to pray and care for one another going forward

## PREPARATION WORK

- Identify calendar dates that work for all (Doodle is a great tool to help)
- Arrange childcare (if needed)
- Identify any budget constraints
- Identify location within one-two hours of DFW (Pine Cove Bluffs, campsites, hotels, your house, others' houses)
- Divide up meal responsibilities
- Develop schedule for retreat
- Plan any key activities for the trip. Define schedule and key activities for the trip (e.g., fun, fellowship, share time, free time, etc.)
- Determine how you will use your "Intentional Group Time"
- Send and complete any prep-work needed for "Intention Group Time"

## INTENTIONAL GROUP TIME

- You want to have a balance of non-organized and intentional time. Here are some ideas on how to use your "Intentional Group Time"
- Life Maps
  - This is great for a new group, or a group with new members
  - This helps a group really get to know each other's stories and where they are today
- Life Update
  - Modify the Life Map to share an update from the past 6-12 months
- Pre-Set Questions
  - In the FAQ of the page there is a list of different questions to help guide your discussion
  - Select a few of these to guide your conversation
  - Maybe grab some to use for more intentional conversation at mealtimes

- Encouragement / Love Bombardment – Take 5-10 minutes to share ways you have seen God work in the life of your group member, or ways you have seen them grow.
- Listen/Sing to worship music
- Go through a book of the Bible together
- Create your own plan
- Pray – whatever plan you put together for your Intentional Group Time, make sure you pray for the members of your group.

### **WHAT TO PACK**

- Bible, journal, pen
- Food...lots of food!
- Comfortable, casual clothes
- Games, cards, frisbee, football, hammock, cornhole, washers, etc.
- Toiletries, sheets (sleeping bag), towel, and pillow