

Retreat Questions

PERSONAL GROWTH QUESTIONS

- What season do you currently find yourself in? (high/ low-tide, stressed, overwhelmed, at peace, well balanced...)
- What is the biggest obstacle to protecting your heart? (in your sanctification, marriage, ministry). (Proverbs 4:23)
- If Satan wanted to take you out of the game, where would he focus? (Hebrews 12:1)
- Where is your faith being tested the most in this season? (James 1:2-4)
- What are your current rhythms/habits of communing with Jesus like? (Reading/Studying/Meditating on God's Word, Prayer, Journaling, Solitude & Silence...)
- When you pray, what are some of the things you find yourself praying most about?
- Who would you say are your greatest influencers this past year?
- How do you feel about / towards God right now?
- How do you believe God feels about / towards you?
- Is there an area(s) of your life you are having a hard time trusting the Lord with? Why?

RELATIONAL QUESTIONS

- How have the people in this group helped you grow as a follower of Christ?
- How have you seen the Holy Spirit at work in the lives of your community group? How have you seen them grow recently?
- How am I doing at encouraging and celebrating the work of the Holy Spirit in the lives of the people in this group? Hebrews 3:12-13
- How are we doing at living out each of the Community Core Values? Which one do you want to double down (individually and as a group)? (Devote Daily, Pursue Relationally, Counsel Biblically, Live Authentically, Admonish Faithfully, Engage Missionally)
- What were some of the most difficult times and trials this past year? What are some of your greatest times and successes this past year? Based on your answers, what character traits do you believe God is trying to develop in you?
- If Satan were to wage an all-out attack on your life, what area(s) would he focus on? What are your greatest points of vulnerability?

MARRIAGE QUESTIONS (IF APPLICABLE)

- What are the best memories we made together in our marriage in the last year?
- What areas of growth have you seen in our relationship?
- Generally, how does your spouse make you feel about yourself (i.e., cherished, a failure, unimportant, successful)?
- What do you enjoy most about your spouse?
- What are you most proud about your husband/wife and most excited about?
- Do you see your spouse as a good friend? How can they be a better friend?
- How is our communication as a couple? Do I listen to you? Do I ask good questions? Do I create a safe place for you to share? Do you feel understood? Am I receptive to hard conversations you want to have? Do I share enough about what is going on in my life?
- What one or two things would you like to see improved in our marriage?
- What do you wish we would do more together?
- Do you have some thoughts on how we could grow closer and strengthen our relationship over the next year?
- What are the top five things that I could do this year to be a better husband/wife, father/mother, follower of Christ?

PARENTING QUESTIONS (IF APPLICABLE)

- How are we doing at creating memories with kids?
- What are your key goals with kids?
- Are we a good model for a biblical/godly husband and wife?
- How are we doing and how can we grow in celebrating and encouraging our kids?
- How are we doing managing our frustration / disappointment / anger with our kids?
- How are we doing with discipline of kids?
- What are your greatest fears or anxieties as a father/mother?
- Am I doing a good job honoring you in front of the children?
- How do you do and initiating spiritual conversations during the day with the kids?
- What are your key goals for your kids this next year?