

A GUIDED RETREAT

Disconnecting to reconnect

Take this time to disconnect from technology, social media, and any other distractions in order to connect with God.

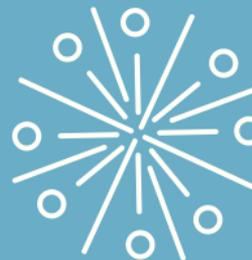
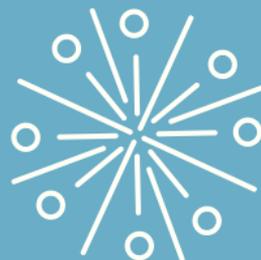
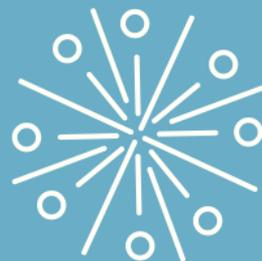
You may want a pen and paper handy.



**'I HAVE TOLD YOU THESE THINGS,
SO THAT IN ME YOU MAY HAVE
PEACE. IN THIS WORLD YOU WILL
HAVE TROUBLE. BUT TAKE HEART! I
HAVE OVERCOME THE WORLD.'**

JOHN 16:33

As we disconnect from distractions take a moment to focus your thoughts. It might help to read this verse from John a few times. If you think of any jobs or tasks write them down so you don't forget but also to help you focus on this time.



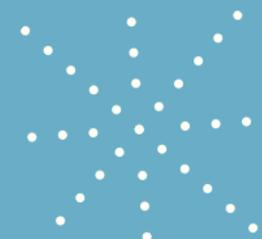
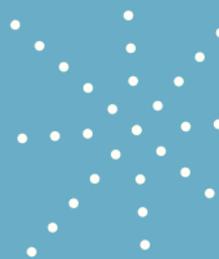
READ JOHN 16:16-33

The disciples had questions to ask Jesus
(verses 16-18)

Write down some questions you would like to ask God.

If you don't have any questions, spend a bit of time thinking of questions others might have- how can you help them find answers?

After writing down some questions spend some time in prayer about these questions.



JOY & GRIEF

VERSES 19-22

We have all dealt & felt grief in various ways for most of 2020. It can be overwhelming but what about joy? How have you felt joy in the last few months?

On a piece of paper draw a line down the middle. On one side write grief at the top and the other side write joy. Make a list of these events or moments when you have felt these two emotions in 2020.

We can see from these verses that both of these emotions have a place and will often go hand in hand.

Circle one of your highest moments on the list and one of your lowest moments. How can you acknowledge both of these moments and the emotions you have felt?

... BECAUSE HE LOVES US....

VERSES 23-28

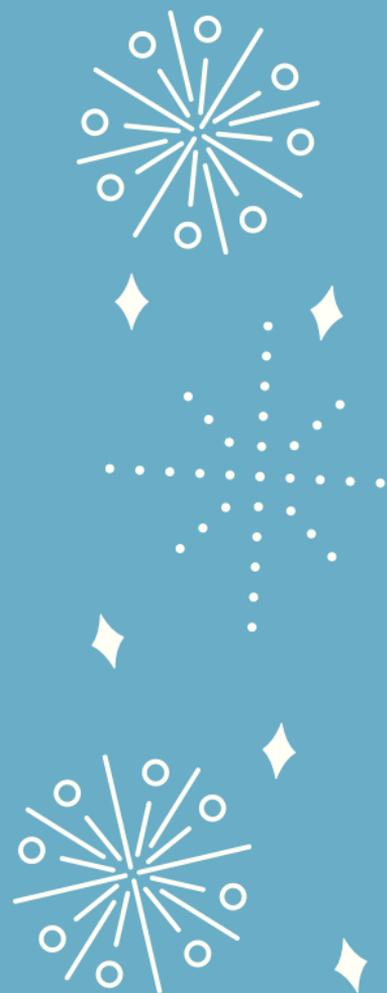
Listen to this song by following the QR code
or the link below.

Reflect on these questions:

- *How does God show His love to you?*
- *How has God's love shaped the way you
love others? Do work/ministry?



<http://bitly.ws/aH5h>



DO YOU BELIEVE?

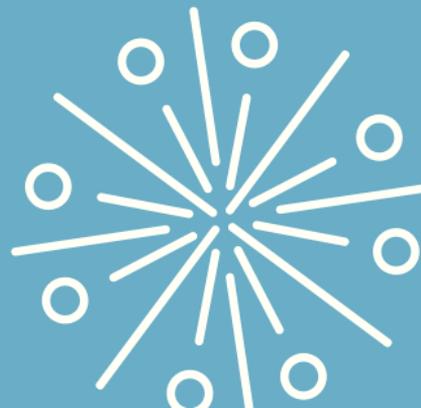
VERSES 29-32

Take sometime to move your body-
may it be a walk, a dance in the
kitchen, or a cycle in the countryside.

As you move ponder on how you
would answer the question:

How do you know God is real?

Maybe you already have an answer, is
it relevant in today's mid/post-COVID
world? Is there someone you could
share this with?



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JOHN 16:33

How can you remind yourself of the peace found
in Jesus?

Write this verse or another verse you have found
comfort in. Put it somewhere you look often.

Reflect on anything else that has been brought to
mind during this time.

