

## Explanation of Personal Retreat

As you begin this season of Discipleship, let God have the first word about your growth. One way of accomplishing this is to **set aside 4-6 hours for a personal retreat**, putting yourself in a position to better hear from Him. *“God, what insights would you give me about the Key Relationships You desire me to prioritize? How can I better steward the Key Resources You have entrusted to me?”* After this extended time alone with God our hope is that you would gain clarity on action points you sense God is giving to you for your growth and His glory.

### Before Your Retreat

- **Carve out 4-6 hours on your calendar** – Perhaps Saturday morning, Sunday afternoon, or taking a half day off during work. Some men get up early on Sunday morning and spend 2 hours with the Lord. Then they go to Sunday worship with their family, but return home (while their family remains for Sunday school) for another 2 hours of focused time before lunch with the family.
- **Choose a quiet place** – Find a comfortable place where you will be undistracted and uninterrupted out of your normal routine. A park, library, friend’s lake house, an empty room at church, etc.
- **Prepare in advance**– Read pages 6-18 in your GRIP manual for the big picture. Reflect on the thought provoking questions under each of the fingers on the pages listed below. Highlight 2-4 questions that stir your thinking to ponder during your actual retreat.

Thumb 19-20 Pointer 25 Middle 28-29 Ring 32 Pinky 42-43  
Heart 50-51 Time 52 Health 53 Wealth 54 Vocation 55

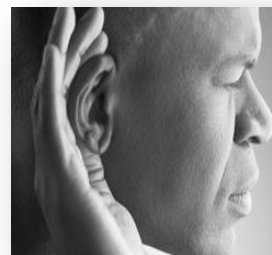
- **What to Bring** - Bible, Grip book, pen, personal journal, laptop
- **Don’t** look at texts, emails, social media during your retreat. **Don’t** pack it too full of activity so you aren’t quiet before the Lord.
- **Do** consider fasting a meal so you are reminded of your real hunger for God. **Do** get a good night’s sleep the night before. **Do** let your family and GRIP partner know when you are planning to have this retreat so they can be prayerful.

### Flow for Actual Retreat

There is not one “right way” to have a personal retreat. Remember, your goal is to hear from God. A suggested agenda follows. You may end up changing the order, changing time allotments, or adding other elements. Look at it as an extended time with your best friend!

### Spiritual preparation (30 mins)

This is a time to rehearse God’s weightiness in your life. It’s a time to be really honest with him. It’s a time to express your heart. It might include Bible reading, praying, singing worship songs, confessing, etc



*“Father, increase the sensitivity of my heart to hear Your Word and to obey Your will. May my life reflect what is important to Your heart and may I pursue the things that You value. Help me meditate on Your Word and pour out the desires of my heart in prayer. Grant me insight into what Action Points You have for my life this GRIP season. And motivate me by the*

*depth of Your love and grace. Use this time to cleanse my heart, clarify my thoughts, and heighten my sense of fellowship with You.”*

### Evaluate Key Relationships (90 -120 mins)

The GRIP manual is designed to help you think about the grip you have on your key relationships. Revisit the questions you highlighted in the GRIP manual on pages 19-43. (See “prepare in advance” on previous page.) Picture yourself standing shoulder to shoulder with Jesus, both looking at each of your HAND relationships. Where does Jesus want you to grow? Jot down some “first pass” action steps.

### Prayer walk (45 mins)

Why not go for a walk and continue the conversation with Jesus? Try to be aware of any anxiety or worry or stress. Cast these cares on Him. Lift up each relationship and entrust that person into God’s hands.

### Evaluate Key Resources (45 - 60 mins)

Now revisit the questions you highlighted in the GRIP manual on pages 50-55. (See “prepare in advance” on previous page.) Remember, sometimes our intentions to prioritize our key relationships are short circuited because we are not managing our resources well. Where are you out of balance? How can you improve your stewardship of these God-given resources? Jot down some “first pass” action steps.

### Format Action Steps (30 mins)

Using either the pages in the front of this GRIP Guide or your electronic device, write your action points in one place this is easily shareable with your GRIP partner. You will have had many ideas during the retreat. Which one or two ideas do you sense are priorities given to you by God? These are the action points you should write down. It is SO MUCH EASIER to practice accountability with another brother when you have each other’s action points in a concise form☺