DIY Retreat

Plan a refreshing retreat using this handout to guide you in your preparations. Design a little getaway, or even set aside time with an at-home retreat, for spiritual refreshment and undisturbed prayer, reflection, and deep rest. You can plan a week-long vacation or a shorter retreat; whatever works best for the season of life you are in. Prioritize taking time for yourself in your busy schedule.

1. Decide if you are committing to an at-home retreat or a destination getaway.
   Make all the arrangements necessary to give yourself a true retreat—undisturbed time—whether it will be at home or away.

2. Determine how long you will be on your retreat.
   I would recommend a minimum of 3 days if possible. Longer annual retreats can be refreshing, but several shorter ones throughout the year are also effective.

3. Plan your itinerary.
   This retreat is about recharging, so don’t over-plan. Don’t choose a destination you’ve never been to or you will be tempted by tourist attractions. Choose a place that brings you peace, slows down your pace in life, and can offer time for rest and relaxation. Plan a day outside in nature. Go hiking. Take a walk. Do yoga. Or don’t do much at all. Just Be Still & Know...

4. Allow for time in nature.
   There is no better way to connect with God than to spend a little time in His creation. Sip your coffee on the balcony as the sun rises. Meditate on the beach. Take a nap in a hammock. Kayak on the lake. Be rejuvenated by the sights and sounds of nature.

5. Find deep rest.
   In the craziness of this life, deep rest can feel elusive. Make this retreat about rest. Sleep in, later than you have in a very long time. Take naps. Breathe. Meditate. Soak in a bath. Snuggle up by the fireplace. Slow down. Seek Rest.

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