

Streams in the Wasteland

action plan resource

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.