

Sunday, July 4th

New Creation Retreat Instructions

(You can continue your Retreat as possible on Sunday.)

- Watch the Introduction video.
- Say the prayer listed for this Session of Retreat.
- Read the first Scripture on the list (read slowly 2-3 times) and write down in your journal the part (s) that touched your heart.
- Journal with the Heavenly Father, Jesus, the Holy Spirit, or the Blessed Mother about what touched your heart from the Scripture. Ask one question at a time, then listen for the response in your heart and write down the response.
- If you would like to listen to a song in between the Scriptures, you can choose from the suggested song list provided or listen to the song (s) of your choice. Allow the Holy Spirit to minister to your heart as you listen to the song. Listen to the song as many times as the Holy Spirit leads you. You can also write down what touched your heart in the song and ask the Heavenly Father, Jesus, the Holy Spirit, or the Blessed Mother in your journal what They want to say to you about it.
- Take your time praying through the Scriptures and songs. It is ok if you do not have time to pray through each Scripture or listen to all of the songs. You can always pray through the remaining Scriptures and songs when time permits, and even after the Retreat. It is most important to stay where the Holy Spirit has you instead of hurrying to try to finish everything.
- Read *You are Sacrament* Handout. You can print for reference during or after your Retreat.
- Leave at least 35-45 minutes in your Retreat Session to listen to the Meditation and the Mediation song. Then, journal the questions provided after the Meditation song. Allow the Holy Spirit to minister to your heart.
- Every 1-1 ½ hours, allow yourself a short break (approximately 5-15 minutes) to have a snack, drink, take a quick walk, etc.
- Read Retreat Resolution Handout and allow 45 minutes or more to prayerfully review your journal, and ask the Holy Spirit to help you write a resolution to live out the graces you received during Retreat.
- Open and print (if possible) Consecration of New Covenant Love Handout.
- Pray along with the video of Consecration of New Covenant Love.
- Watch “I Pledge Allegiance to the Lamb” video by the Bellwether Lambs.
- Watch “May the Blessing of the Lord” by the Bellwether Lambs.

- **Listen to two songs by the Bellwether Lambs music ministry.**
- **Watch “Build Your Kingdom” video by the Bellwether Lambs and music ministry.**
- **Watch “Keep in Touch With Us” video.**