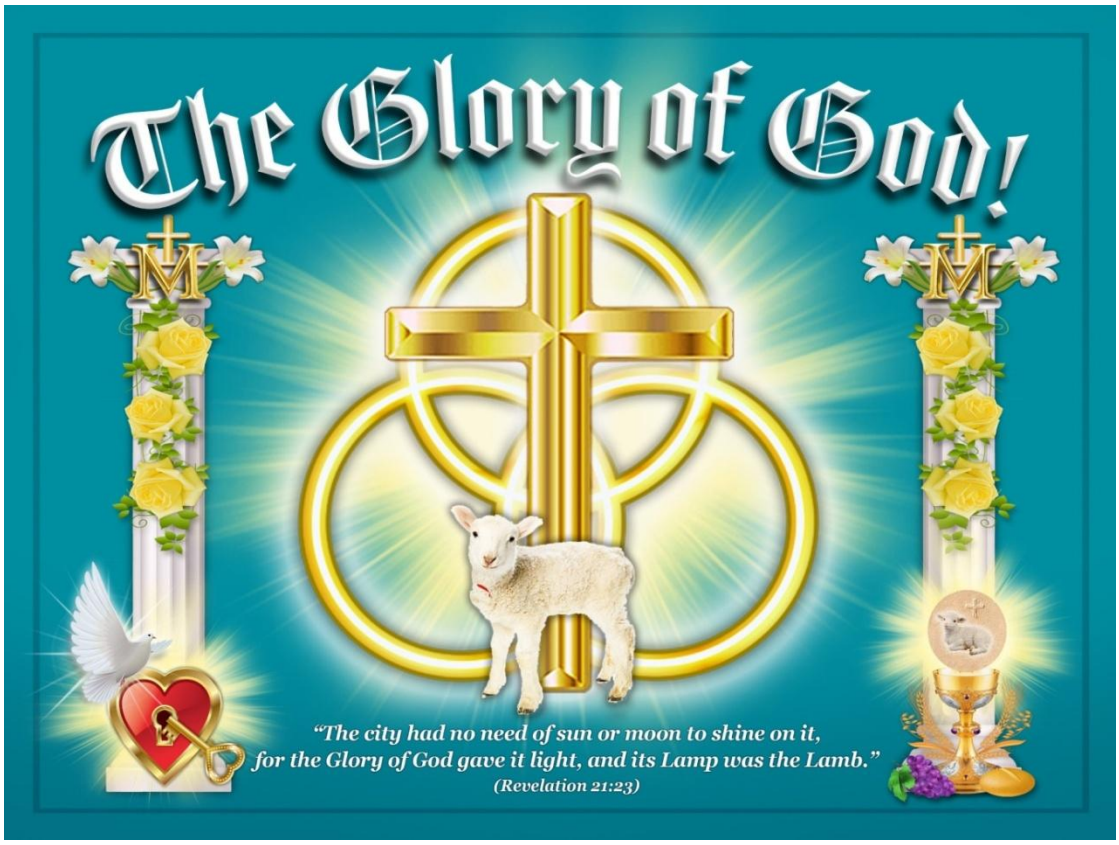


## ***Retreat Resolution for The Glory of God! Retreat***

- ***Begin by asking the Holy Spirit to help you identify the main theme of what the Holy Trinity has been revealing to you during the Retreat.***

- ***To help you recognize the overall theme, you can review your journal one session at a time and summarize, in one or two sentences, the main grace(s) you received during each session.***

- ***Next, gather the summary from each session of the Retreat to identify the overall main grace(s) and the main theme the Lord has been speaking to you personally. For example, you may have received the grace to more deeply surrender and trust your heart to Jesus as your Bridegroom, and He may be calling you to be a vessel of His Love for souls like Our Lady.***

- ***Once you recognize the main theme the Lord has been revealing to you, then it is time for you to respond by writing down 3 or 4 simple and concrete ways to implement and live out your Retreat graces. Place your Retreat Resolution where you can see it and renew it daily.***

- ***As you go forth from The Glory of God! Retreat, please be encouraged to know that your commitment to the Lord can be renewed every day! We encourage you to continue to return to your Retreat journal to go deeper and to remain in the graces you received from the Holy Trinity and Our Lady on your Retreat.***