Retreat Resolution for the New Pentecost Wine!

- *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 main grace to more deeply surrender and unite your heart to Jesus, the Lamb of God, and the main theme may be that He is calling you to be a vessel of His merciful Love for souls.*

- *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 New Pentecost Wine! 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.*