New Pentecost Wine! Retreat Instructions

Sunday, September 14th – Morning Session

- **Listen to the teaching from our Mother Foundress.**
- **Say the prayer listed for this Session of Retreat.**
- **Listen to the first Meditation and the Meditation song. Then journal the questions provided after the Meditation song. Allow the Holy Spirit to minister to your heart.**
- **Listen to the second Meditation and the Meditation song. Then journal the questions provided after the Meditation song. Allow the Holy Spirit to minister to your heart.**
- **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, 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 the Handouts listed: *Examination of Conscience (sin of pride), Examination of Conscience (sin of sloth), Prepare My Way!* and *You are Sacrament*. You can print the Handouts for use during and after your Retreat.**
- **Every 1-1 ½ hours, allow yourself a short break (approximately 5-15 minutes) to have a snack, drink, take a quick walk, etc.**
- **In between the Morning and Afternoon Session, be sure to have a meal and get the needed rest to become refreshed for the next Session of the Retreat.**