

How to Design your Online Retreat

Developing your Plan

1. Create a loose agenda for how you want to spend your time
We have a few handouts for how you might structure a retreat
2. Look at the various online resources that NEWIM has available and select the ones that you would like to incorporate into your retreat.

Video Resources:

- There are short videos to help guide you in settling in.
- Worship compilations (guidance and music videos) to lead you to express your heart's devotion to Jesus
- Playlists of worship songs by theme
- Short videos that talk about confession, share some readings and scripture passages on the topic of confession
- Perhaps you would like to be guided in a Christian devotional practice, like lectio divina, prayer of examen, journaling, visio divina (using art in worship), etc. Select a video or series of videos.

Print Resources:

- We have booklets of quotes and Scripture to use for reflection
- Handouts to introduce devotional practices
- Guided Silent Retreats with meditations from the Gospels

Creating your Online Retreat Playlist & Gathering your Materials

1. Once you've decide how you would like to spend your time, click on the videos – (it will open in NEWIM's YouTube channel) and create, in your personal YouTube account, a playlist for your online retreat. Add the video's you've selected to your playlist. Order them how you would like them.
2. Download the print resources. Assemble your materials (including any art supplies that you'd like to use.)
3. Prepare your agenda – including time for silence, walking, resting, worshiping, praying or whatever activities help you to draw near to Jesus. This is especially helpful if you are going to spend a whole day on retreat.
4. If you aren't familiar with YouTube, you can do an internet search for "How to Set up a YouTube account" or "How to create a YouTube playlist" for step by step instructions.

Preparing your Space Ahead of Time

1. Select where you want to retreat. Make a "Do Not Disturb" sign to hang on your door.
2. Prep your food and drinks
3. Put all of your materials, Bible, journal, pens, books, headphones in your space.

When you are ready to begin, turn off your phone, turn off notifications on your tablet and computer. Enter your sacred space. Close the door. Light a candle. Begin.

The Lord will guide you as you embark on this journey to spend time with him.

