

# Preparing for Your Online Retreat

A little advanced preparation will set the stage for a wonderful retreat.

## **Creating your Space - You want your space to feel welcoming and free of distraction**

- ✓ Be intentional to select the best place—you could choose a room in your home where you can close the door and be alone, or go to a local library, or a park
- ✓ Let everyone know ahead of time you are participating in a silent retreat. You won't be available
- ✓ Put a *Do Not Disturb from 9 a.m. – noon* sign on your door
- ✓ Prep a lunch or a snack, whatever you'd like to drink, and maybe some chocolate
- ✓ Clean off your desk. Have a Bible, journal, pens, headphone (optional), art supplies, and books you want to read
- ✓ Maybe you'd like to have a vase of fresh flowers, or candles, or some essential oils

## **Preparing your Technology – You want your technology to disappear**

- ✓ Make sure your computer/tablet is working and fully charged
- ✓ Have what you need to plug-in or charge your equipment and sit by an outlet if you aren't at home
- ✓ Make sure you have a good internet/Wi-Fi connection
- ✓ Turn off all notifications
- ✓ Pre-adjust the sound on your computer, and also within YouTube
- ✓ Make sure that your headphones/ear buds work as you expect

## **Preparing How you will Use your Time**

- ✓ Create a loose agenda for how you plan to use your time—we have some documents to help you design your retreat, and a few free downloadable retreat guides
- ✓ If your life is super busy, it may take a little time to move into quiet, so you may want to consider how best to make the transition. Perhaps listen to soft music, take a leisurely walk, or take some time to prewrite in your journal
- ✓ Create a new playlist for your retreat on YouTube. Select videos you want to use from our website (including playlists of music videos). Add each one to your new personal playlist and arrange them in the order you'd like
- ✓ Download/print any documents you want to have with you

## **Ready to Begin**

- ✓ Turn off your phone and leave it in another room
- ✓ Put up your *“Do Not Disturb from xx – xx”* sign
- ✓ Get your food and drinks
- ✓ Breathe
- ✓ Pray
- ✓ Start your Playlist and enter into your time with Jesus

God will be with you. He will lead you on a retreat that is exactly what he wants for you. Even distracting problems can be part of his plan. Look for him in every aspect of your time. Know that he is with you and is leading you. Enjoy your time with him.

