|  |  |
| --- | --- |
|  | Chapter 8: Renewal Through Retreat **RETREAT REFLECTION JOURNAL** |
|  | |
| INSTRUCTIONS: This journal helps you document your thoughts and takeaways during moments of solitude or fellowship at retreats like Man Camp, enabling deeper spiritual growth and connection. | |

*Please ensure your responses fit within the text box provided.*

### **1. Opening Reflection**

|  |  |  |  |
| --- | --- | --- | --- |
| Date |  | Location |  |
| **What are your hopes or goals for this retreat?** (e.g., personal growth, spiritual renewal, deeper relationships) | | | |
|  | | | |
| **What emotions are you bringing into this experience?** (e.g., excitement, anxiety, curiosity) | | | |
|  | | | |

### **2. Daily Reflections. List the Day # (e.g., Day 1) before typing in your thoughts.**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **What was the most impactful moment of the day?** (e.g., a sermon, an activity, a conversation) | | | | |
|  | | | | |
| **What emotions did this moment evoke?** (e.g., joy, conviction, gratitude) | | | |  |
| **What key message or lesson stood out to you?** | |  | | |
| **How does this apply to your personal or spiritual life?** | | |  | |
| **What questions did today spark in you?** |  | | | |

### **3. Solitude Reflection**

**Describe a moment of solitude you experienced:** (e.g., prayer, meditation, nature walk)

|  |
| --- |
|  |

**What thoughts or revelations came to you during this time?** **How did you feel after spending time alone with God or in reflection?**

|  |
| --- |
|  |