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|  | Chapter 8: Renewal Through Retreat**RETREAT REFLECTION JOURNAL** |
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| 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**

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| Date |  | Location |  |
| **What are your hopes or goals for this retreat?** (e.g., personal growth, spiritual renewal, deeper relationships) |
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| **What emotions are you bringing into this experience?** (e.g., excitement, anxiety, curiosity) |
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### **2. Daily Reflections. List the Day # (e.g., Day 1) before typing in your thoughts.**

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| **What was the most impactful moment of the day?** (e.g., a sermon, an activity, a conversation) |
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| **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)

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

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