



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?