



# GOD Strong! AIT/BOLC Retreat Day/Month/Year



## Purpose

### Mission:

Facilitate Spiritual growth and resiliency of young soldiers within a faith community.

### Objectives:

- To give young soldiers an opportunity to learn about and grow in their faith. The emphasis is on faith foundation, practice, servant leadership, and how faith increases resilience.
- To build relationships with experienced officers and NCOs within their faith group.
- Maximize participation amongst young soldiers aged 18-30 yrs

## Proposed Timeline

0830 Welcome & Fellowship  
900 Importance of Spiritual Fitness/Resilience: Holy Warriors  
1030 Break  
1040 Prayer: Relationship with God  
1200 Lunch & Journaling Activity  
1300 Called to Servant Leadership  
1430 Break  
1440 Faith Practice: A Life of Giving & Receiving  
1530 Break  
1540 Experiential Activity  
1650 Break/Journaling Activity  
1700 Worship Service  
1800 Dinner & Fellowship  
1930 Reflection & AAR  
2030 Retreat ends.

## 5 W's

Who: AIT/BOLC Soldiers 18-30 yrs of age

What: A day retreat gathering with experiential spiritual encounters

When: TBA

Where: Recreational Area/Lodge type facility

Why: To contribute to the overall fitness of young Soldiers, by providing tangible tools to address the Spiritual components of the Comprehensive Soldier and Family Fitness program (CSF2) and Master Resilience Training (MRT).

Cost: 35 Part.

Lodge: \$150

Food: \$250

Books: \$350

Snacks: \$100

Supplies: \$100

Total: \$950

## Example - LETRA





# God Strong! Glide Path

