

# God Strong!

## AIT Retreat Plan

### 0900- Welcome

#### Session 1:

**Items needed:** Handouts on resilience, handout with questions, flip charts, markers, saints' videos, audio/visual equipment, pens, and bibles.

#### The Importance of Spiritual Fitness

- Utilize God Strong Class and the handouts to talk about 5 minutes.

#### Warrior Saints: Ordinary People Who Became Holy

Videos and Group Activity as an Introduction to Catholic Spiritual Resilience

- Discuss holiness & character; how ordinary people responded to God's call to be people of character and holiness.
- Show the saints' videos
- Break into small groups and assign one of the saints in the videos to each group. Have them discuss the questions on the handout. Encourage them to come up with a list of a few warriors from the scriptures.
- Have each group present their findings and write them on flip charts provided. As each group presents, facilitate discussion on the character traits from their saint/bible character.

### 1030- 10 Minute Break

#### Session 2: Prayer: Relationship with God

**Items needed:** Prayer to St Michael handout, Dynamic Catholic prayer process, rosaries.

#### Types of prayer:

- Adoration- Praising God
- Contrition- Seeking forgiveness
- Petition- Seeking favor for self or others
- Thanksgiving- Showing gratitude
- Spiritual Warfare: have everyone pray the prayer to St Michael

Battle for your mind- Repentance and forgiveness

Battle with the enemy- Putting on the Full Armor of Christ

#### How to pray:

Discuss different ways to pray, such as in song, journaling, in groups, etc. Go over the prayer process listed on the Dynamic Catholic card.

#### Conversation with God:

Lead discussion on how prayer is a conversation with God. Just like with friends, family; those most intimate to us. Allow participants to find a quiet place outside or inside where they can spend at least 30 minutes journaling or in prayer. Then bring everyone together and pray the rosary.

## 1200- Lunch

### Session 3: Called to Servant Leadership

**Items needed:** Bibles, pens, servant leadership cards, flip charts, markers.

#### Principles of Servant Leadership:

- Do a brief talk (5-7 mins) on the principles, importance, and demonstration of servant leadership.

#### Brainstorming Handout:

- Give participants 5 min to answer questions on handout #1; briefly discuss

#### What is Servant Leadership?

- Handout #2 is a personal reflection based on questions that allow them to juxtapose everyday life and habits with servant leadership traits. Give participants 10 min to answer the questions, and then another couple of minutes to reflect over their answers.

#### Notecard Reflection:

- Have participants pull out the stack of servant leadership traits cards, and use them to complete Handout #3. (10 min)
- Ask them to reflect on the attributes they chose for themselves and those of the saints that they wrote on the flip charts earlier. Be sure to point out that we all have some attributes and some that we need to work on. Discuss how one can reinforce existing and build on others. (5min)

#### Obstacles to Servant Leadership:

- Pass out the "Litany of Humility" and have participants complete Handout #4. Break everyone into groups, and have them discuss the questions amongst themselves. Have each group put their thoughts on a flip chart. Allow each group to present their work, and discuss the obstacles as you go along. (20 min)

#### Notecard Reflection:

- Use the remaining time to have participants complete Handout #5 on their own. This is the culmination of all the work done in this session, and should end in reflection and journaling. Encourage participants to use scripture and perhaps music in their journaling.

## 1430- 10 Minute Break

### Session 4: The Sacramental Life: A Life of Giving and Receiving

**Items needed:** Bibles, pens, liturgical calendar handouts, Hot Seat handouts, flip charts, and markers.

#### What is sacramental living?

Handout and briefly discuss the significant points of the article "Sacramental Life." (5 min)

<http://professorjohnston.com/category/the-sacramental-life/>

### **Ways to immerse – Liturgical Calendar Activity (25 min)**

- Liturgical seasons are the Church's clock and most comprehensive teaching tool for its Faithful. Briefly go over the seasons as a whole mentioning only the big events.
- Break participants into eight groups and give each group an assigned season to look up. Have them complete their season using their cell phone for research, and write their results on the flip charts. Have each group present their findings so that everyone can fill out their handouts. When all are complete, discuss how each category can be used to deepen faith, catechize, and immerse oneself in the life of the Church.

#### **For example**

Advent: When- From Christ the King to Christmas Eve

Color- Purple, sets the tone of waiting/repentance

Focus- Scripture focuses on waiting, birth of Christ

Holy Days- Dec 8 Immaculate Conception

Saint's Feast Days- Stories of St. Nicholas/Guadalupe

Traditions- Greening, tree, caroling, wreath, crèche,

### **Brief overview of sacraments-**

- Do a brief overview on the seven sacraments. Discuss them in their categories of initiation, healing, and vocations. Brief the Hot Seat activity.

### **Hot Seat Activity**

- Divide the participants into 3 groups and have them rotate to each person in the hot seat in 10 minutes intervals. The person on the hot seat should discuss the sacrament with each group and assist them in looking up the scripture references and filling their handouts.
- Spend the last 30 minutes, going over the remaining four sacraments. Reinforce them in categories and spend time answering questions. End by passing out the handouts that give specifics on all the sacraments.

### **1530- 10 Minute Break**

#### **Exposition of the Blessed Sacrament**

Examination of Conscience

Adoration/Reconciliation-Alternate 3 songs and 5 minutes of silence.

Benediction

### **1650- 10 Minute Break**

### **1700- Mass**

### **1800- Dinner and Fellowship**

### **1930-2030- Reflection & AAR**

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## AIT Retreat Schedule

### 0900- Welcome

#### Session 1:

**CH (COL) John Morris-** The Importance of Spiritual Fitness

**LTC Peter Sittenauer-** Warrior Saints: Ordinary People Who Became Holy

Videos and Group Activity as an Introduction to Catholic Spiritual Resilience

### 1030- 10 Minute Break

#### Session 2: Prayer: Relationship with God

**1040- CH (MAJ) James O'Neal & SFC Pedro Campoverde-** Prayer: Relationship with God

Types of prayer

How to pray

Conversation with God

Activity: Pray the Rosary

### 1200- Lunch

#### Session 3: Called to Servant Leadership

**1300- Dcn LTC (Ret) Bob Quinnett & CPT Matthew Megg-** Called to Servant Leadership

### 1430- 10 Minute Break

#### Session 4: The Sacramental Life: A Life of Giving and Receiving

**1440- Cindy Cline-**

What is sacramental living?

Ways to immerse – Liturgical Calendar Activity

Brief overview of sacraments- Hot Seat Activity

### 1530- 10 Minute Break

#### 1540- Exposition of the Blessed Sacrament

Examination of Conscience

Adoration/Reconciliation

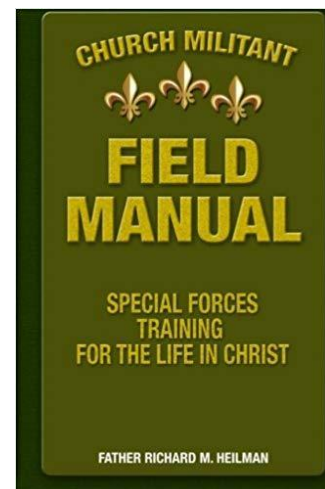
Benediction

### 1650- 10 Minute Break

### 1700- Mass

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Each Participant received a copy

