**Spiritual Silent Retreat**

This time spent in silence is an important part of the Cursillo weekend. It is a time of preparation – a time to prepare yourself to learn and grow.

If you feel a need for a guide, you may refer to pages 23-28 in your blue guidebook.

You may also reflect and consider the following:

1. If you are weary or uneasy, don’t push yourself but take time to relax.
2. Invite God to join you in this place.
3. If you feel let to, open with some scripture verses.
4. Confessing sins and failures brings new beginning and opens doors to what Gad wants to share with you. If this makes you anxious, you may be able to express yourself better by writing the words down as you talk to God.
5. Do you hold hard feelings and need to forgive others? Search yourself and ask God’s grace to help you.
6. Thank God for bringing you to this place, for He desires this time with you. He chose you to be here.
7. Now is a good time to carry on a conversation with God and listen – really listen – for His answers. Rest in the Lord’s love and listen for His voice.
8. Ask yourself: Do I feel complete?

Do I need direction?

What is most important in my life?

What am I doing to make it happen?

Ask God: What should I be and what should I do to find my way?

Be open to His answer as He unravels your questions and gives you direction.

Rest and wake up with an expectant heart.