



# Contemplation and Discernment Retreat

In the midst of the hectic pace of campus life, it is often difficult to find the time to “be still” and listen to the inner voice that guides us. This retreat is designed to get students away from campus and to provide the setting, the structure and the information necessary to begin the journey of discernment.

## Sample Structure

### Retreat Goals

1. To give participants an opportunity to tell their story
2. To give participants an enhanced understanding of the gift of discernment
3. To give participants an opportunity to “be still” and listen for God’s voice
4. To give participants an opportunity to connect God’s call to their individuals lives

### Retreat Schedule

#### Friday

5:00 pm	Arrival
6:00 pm	Dinner
7:00 pm	Orientation & Opening Session Review Goals of Retreat Bonner Module: <i>River Stories: A Team Building Activity</i>
8:00 pm	Evening Devotion ~ Great Silence Begins Perhaps <i>Daily Inventory Exercise</i> from John Ackerman

#### Saturday

8:00 am	Breakfast`
8:30 am	Morning Devotion ~ Great Silence Ends
9:00 am	What is Discernment? John Ackerman’s book <i>Listening to God</i> is an excellent resource to illuminate discernment as: telling the voice of God from other voices, a way of knowing, an art and a gift,

and a different process for different styles of people.

Retreat schedule, continued

10:00 am Bonner Module: *Hearing the Call: Listening to Your Inner Voice*  
11:00 am Silence & Solitude for Prayer & Journaling  
Noon Lunch  
10 minute reading from *Let Your Life Speak*  
Informal Table Discussion  
2:00 pm Movie & Discussion: *Entertaining Angels: The Dorothy Day Story*  
or another film from the PTEV resource list  
4:00 pm Silence & Solitude for Prayer & Journaling  
6:00 pm Dinner  
8:00 pm Evening Devotion ~ Great Silence Begins

**Sunday**

8:00 am  
8:30 am Morning Devotion ~ Great Silence Ends  
9:00 am Bible Study: *God's Call*  
Samuel's Call (discerning the voice of God)  
Moses' Call (being equipped to respond)  
Jeremiah's Call (being called to difficult places)  
Jonah's Call (being afraid and running from the call)  
Abraham's Call (being asked to sacrifice in response to the call)  
11:00 am Silence & Solitude for Prayer & Journaling  
Noon Lunch  
10 minute reading from *Crossing the Jordan: Meditations on Vocation*  
by Sam Portaro  
Informal Table Discussion  
1:00 pm Closing Worship or Meditation  
2:30 pm Departure