



Finding Joy Retreat: Dare to Hope Do-It-Yourself Retreat

This retreat includes: this retreat outline PDF, three talks (audio files) and the retreat handbook PDF. Resources available at St. John the Evangelist Finding Joy page:

<https://www.stjohnsp.org/findingjoy/>

Introduction: Welcome to Finding Joy Retreat's Do-It-Yourself Retreats! Our theme this month is "Dare to Hope: Trusting in God's Goodness with St. Therese of Lisieux". Due to all of the fear and anxiety created by the Coronavirus and a number of other factors, our world is starving for hope, confident hope, and St. Therese is one of the best guides to deepen our hope in God. In this retreat, you will find an outline of how to take the retreat yourself or with a small group. To fully enter the retreat experience, find a two-hour block of time (*or as much as you can; something is better than nothing!*), a place of silence and then follow this outline step by step. The retreat handbook PDF can also help you enter into the retreat. We, at St John the Evangelist, pray that the Holy Spirit refreshes you and gives you supernatural hope by entering into this Finding Joy Retreat experience! God bless you!

Make the Sign of the Cross (+) and call upon the Holy Spirit:

Come Holy Spirit! Heavenly Father, with Jesus Christ Your Son, please send the Holy Spirit upon me as I begin this retreat. Come Holy Spirit into my mind, heart and body. Holy Spirit calm me. Holy Spirit, living in Mary, let me leave behind my worries and distractions, my to-do lists and my work schedule. Calm me. Refresh me. Holy Spirit help me to pray right now.

Play this song as your opening hymn: <https://www.youtube.com/watch?v=MyoIPjE6dMM>

Listen to **Talk 1** – St. Therese, Hope and “God is All-Powerful...”

Prayer: Take 10 minutes to reflect on the talk using these questions:

*Jesus, when have I doubted Your power in my life or in the lives of those around me?
Heavenly Father, how can I grow in my confidence in Your power?*

Listen to **Talk 2** – “...And God Loves Me”: Being Convinced of God's Love

Prayer: Take 10 minutes in prayer, and in silence, to receive the love of Jesus for you, specifically for you:

Jesus, convince me of Your love for me. (repeat slowly)

Jesus, You are all-powerful, and You love me. (repeat slowly)

Watch this short video to reflect upon God's love and power in your life:

<https://www.youtube.com/watch?v=UE92OqJ1DBk>

Listen to **Talk 3** – Hope in the Midst of Suffering

Prayer: Take 15 minutes and rest in the love of Jesus Christ for you. Then pray a “Litany of Gratitude,” prayerfully telling Jesus all of the things you are grateful for.



Play this song as your closing hymn: <https://www.youtube.com/watch?v=bKosVfAEUPE>

Closing Prayer: *Thank You Jesus for this retreat. Thank You for the gift of hope. Jesus, I hope in You; increase my hope. Jesus, I trust in You; increase my trust in You. Jesus, increase my confidence in You, and decrease the confidence in myself. Jesus, You are all-powerful, and You love me. Amen.*