



Character Building Ministries
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Practical Tips for taking a *Personal Retreat*

1. Schedule it. If you don't get it on your schedule, it won't happen.
2. Prepare a detailed plan for what you hope to accomplish on your personal retreat.
3. Plan to eliminate external distractions—go to a quiet place, turn off the TV, don't take your cell phone, etc.
4. Provide for mental distractions—keep a blank sheet of paper handy so that, as you think of things “to do” when you get back, you can jot them down.
5. Begin by confessing any known sin.
6. Meditate on current issues or areas of growth in your life.
7. Affirm your faith in God's promises.
8. Express your desire for God's presence.
9. Read an entire book of the Bible.
10. Recognize that you will get better at doing this the more you do it.

This article originally appeared in Edify (Fall 2004), CBM's free newsletter for camp directors. If you would like to begin to receive a free copy of Edify bi-annually, just send your camp name and address to us. Permission is granted to duplicate and copy this material.