



## SPECIAL TOUCHES: CONNECTION

As a facilitator, you can support participants who are tentative about connecting more deeply with God by offering a format for **Personal Connection Time**. This open-ended experience invites individuals to dedicate some time—whether it’s half an hour or a full day—to focus on their relationship with God. By providing a flexible structure for this personal time, you can help participants explore prayer, scripture reflection, and creative expression at their own pace, allowing them to nurture their faith in a way that feels comfortable and enriching.

Share the template below for interested participants looking for additional structure.

## ☞ Steps for Personal Connection Time ☞

Taking time for a personal retreat can be a beautiful way to connect more deeply with God and reflect on your spiritual journey. Think of it as a special day just for you, where you can step back from the busyness of life and spend some quality time with your Creator. Here's how to create a meaningful experience that feels both enriching and refreshing.

### **Choose Your Timeframe**

Start by deciding how long you will spend. Whether it's just an hour, a few hours, or a full day, choose a duration that feels comfortable and allows for meaningful reflection.

### **Create a Peaceful Space**

Find a quiet spot where you can relax and focus. This could be at home, in a park, or anywhere you feel comfortable. Set up your space with items that help you feel at ease, like a candle, a cozy blanket, or soft music.

### **Begin with Prayer**

Start your time by inviting God into your space. Offer a simple prayer, asking for guidance and openness as you spend this time connecting with Him.

### **Engage with Scripture**

Spend some time reading the Bible. Choose a few passages that resonate with your heart—maybe Psalm 91 ("He is my refuge and my fortress...") or Romans 8:26-39 ("Who shall separate us from the love of God?"). As you read, take note of any verses that jump out at you or stir something within.

## **Journal Your Thoughts**

Grab your journal and write down your reflections. Don't worry about making it perfect; just let your thoughts flow. This is your time to explore what God is saying to you, express your gratitude, or even share any worries you'd like to lift up in prayer.

## **Pause for Worship**

After journaling, take a moment for worship. This could be listening to your favorite worship songs, singing along, or simply sitting in silence, soaking in God's presence. Allow this time to be free and heartfelt; it's about what connects you with Him.

## **Express Creatively**

If you feel inspired to do so, engage in a creative activity like drawing, painting, singing or crafting. Use this time to express what you've experienced or felt during your Personal Connection Time in a way that's meaningful to you.

## **Reflect and Conclude**

As you wrap up, take a moment to reflect on what you've learned or felt during your time. Write a few concluding thoughts in your journal and finish with a prayer of gratitude, inviting God to help you carry these insights into your daily life.

Remember: this personal retreat isn't about perfection; it's about connecting with God in a way that refreshes your spirit and nourishes your soul. Enjoy this special time—you deserve it!