

The Lord is My Shepherd Retreat Instructions for Thursday, July 2nd

- **If possible, start Retreat by 3pm or earlier.**
- **Watch the L-A-M-B song from The Bellwether Lambs.**
- **Watch the Spirit of the Living God from The Bellwether Lambs.**
- **Watch the Welcome and Introduction videos.**
- **Read the Journaling Handout, if needed.**
- **Say a prayer for the grace listed for this Retreat Session.**
- **Listen to “Be Still and Know” song to prepare your heart for Retreat.**
- **Read the first Scripture on the list (slowly 2-3 times) and write down in your journal the part (s) that touched your heart.**
- **Journal with the Heavenly Father, Jesus, the Holy Spirit, or the Blessed Mother about what touched your heart from the Scripture. Ask one question at a time, then listen for the response in your heart and write down the response.**
- **If you would like to listen to a song in between the Scriptures, you can choose from the suggested song list provided or listen to the song (s) of your choice. Allow the Holy Spirit to minister to your heart as you listen to the song. Listen to the song as many times as the Holy Spirit leads you. You can also write down what touched your heart in the song and ask the Heavenly Father, Jesus, the Holy Spirit, or the Blessed Mother in your journal what They want to say to you about it.**
- **Take your time praying through the Scriptures and songs. It is ok if you do not have time to pray through each Scripture or listen to all of the songs. You can always pray through the remaining Scriptures and songs when time permits, and even after the Retreat. It is most**

important to stay where the Holy Spirit has you instead of hurrying to try to finish everything.

- **Leave at least 35-45 minutes in your Retreat Session to listen to the Meditation and the Mediation song. Then, journal the questions provided after the Meditation song. Allow the Holy Spirit to minister to your heart.**
- **Allow yourself short breaks (approximately 5-15 minutes) after each prayer period of 1- 1 ½ hours to have a snack, drink, take a quick walk, etc.**
- **In between the Morning and Afternoon Sessions each day, be sure to have a meal and get the needed rest to become refreshed for the next Session of the Retreat.**