

Finding God in Your Story

*A Becoming Still Ministries Weekend
Retreat Curriculum*

Leader's Guide Preview



Finding God in Your Story Preview

Thank you for taking the time to explore *Finding God in Your Story*. This preview is designed to give you a closer look at the retreat's purpose, structure, and approach to spiritual formation, along with a glimpse of the resources included to support both leaders and participants.

This preview includes:

- Table of Contents
- Welcome
- Retreat Design Philosophy
- Friday Evening Flow and Session Aims
- A look at the Participant Reflection Guide
- A look at The Path visual resource

Together, these pages will help you understand how the retreat is designed and what you will receive with the complete curriculum, while leaving the full teaching content, reflection experiences, and facilitation guidance for the complete Leader Guide.

Finding God in Your Story is available in both weekend and one-day retreat formats, each built around the same theological vision and contemplative approach.

I hope this preview helps you determine whether *Finding God in Your Story* is a good fit for the people you serve.

Contents

Finding God in Your Story Preview	1
Welcome to Finding God in Your Story	1
What You'll Find in This Resource	2
Retreat Design Philosophy	3
Preparing for Retreat	4
Selecting a Location	4
Preparing the Space	4
Preparing Materials.....	5
Preparing Yourself	5
Session Guides	8
Sample Timeline.....	10
Friday Evening God's Willingness.....	11
Saturday Morning Noticing God's Character	17
Saturday Afternoon Remembering God's Presence	21
Saturday Evening Sharing the Journey	25
Sunday Morning Responding with Gratitude	28
Appendix A: Guided Practices	31
Friday Evening: Contemplative Prayer Practice	31
Saturday Morning: Contemplative Prayer Practice.....	34
Mealtime Practice: Lunch	37
Saturday Afternoon: Group Sharing	38
Saturday Afternoon: Contemplative Prayer Practice.....	41
Mealtime Practice: Dinner	44
Saturday Evening: Group Sharing	45
Sunday Morning: Contemplative Prayer Practice	47
Appendix B: Retreat Resources	49
Materials List.....	49
Printable Resources	51

Welcome to Finding God in Your Story

Thank you for your desire to create spaces where people can slow down, listen for God's voice, and deepen their awareness of God's presence. Leading a retreat like this is real work, and we're glad you're here.

Finding God in Your Story is a five-session weekend retreat that invites participants to recognize God's faithful presence throughout their own lives. It follows the shape of Psalm 77:7-15. The psalmist begins by wondering whether God has forgotten him or withdrawn his love. By the end, he is remembering the many ways God has already shown himself faithful.

Participants are led through that same arc across the weekend. Friday evening opens with an invitation to trust God's willingness to meet them in the questions of their own story. From there, participants learn to notice God's faithful character in creation. That same attentiveness then turns toward their own lives, as participants begin remembering the many ways God's character has already been present in their story. The retreat closes with a communal response of gratitude to the God who walks with them throughout their journey.

Throughout the weekend, this arc is experienced through embodied contemplative practices that invite participants to slow down and encounter God. Taste, touch, movement, artistic expression, silence, and prayer are woven throughout the retreat to deepen that encounter. Our hope is that these experiences help participants grow in confidence that God has been faithfully present throughout their story and inspires them to continue practicing rhythms that help them notice God's presence in everyday life.

This Leader's Guide gives you everything you need to facilitate this experience: the theological and formational foundation behind each session, detailed facilitation guidance, contemplative prayer practices, group sharing guidance, and printable participant materials. Together, these resources provide a framework for leading the retreat while giving you the flexibility to teach in your own voice and adapt the experience to your ministry context.

Retreat Design Philosophy

At Becoming Still Ministries, we've come to believe that healing and spiritual formation happen as people encounter God — as they become more aware of God's presence and respond to God's invitation. This retreat creates the unhurried space for that type of encounter.

Rather than moving through a series of separate lessons, this retreat stays with a single theological theme throughout the weekend, returning to it from different angles as the days unfold. A truth first encountered on Friday evening deepens on Saturday morning and deepens further still by Sunday. Each session adds depth to the same theme rather than introducing something new, giving participants room to move from hearing what is true to living into it.

Every session in this curriculum is built around three guiding aims working together: theological, formational, and practice. Together, they complete the picture — weaving biblical truth, spiritual formation, and contemplative practice into one whole.

Theological Aim

The theological aim names a truth about who God is, or what God is doing, that grounds the whole session. Everything in the session — the talk, the prayer practices, the group sharing — grows out of that same truth.

Formational Aim

The formational aim points to an area of healing and growth God may be inviting participants into. It's offered as a shared invitation, with plenty of room for the Holy Spirit to work differently in each person.

Practice Aim

The practice aim describes how participants actually live into the theological and formational aims — through prayer, reflection, silence, conversation, or embodied practice. It's where encounter happens, not just understanding.

To support this intentional design, each session includes theological, formational, and practice aims that clarify how the session contributes to the retreat's overall journey.

Friday Evening | God's Willingness

Session Flow

- Welcome Participants
- Talk
- Contemplative Prayer Practice
- Closing Invitation

Preparing Your Talk

Session Aims

Theological Aim: God is willing to meet us faithfully with love, forgiveness, and redemption.

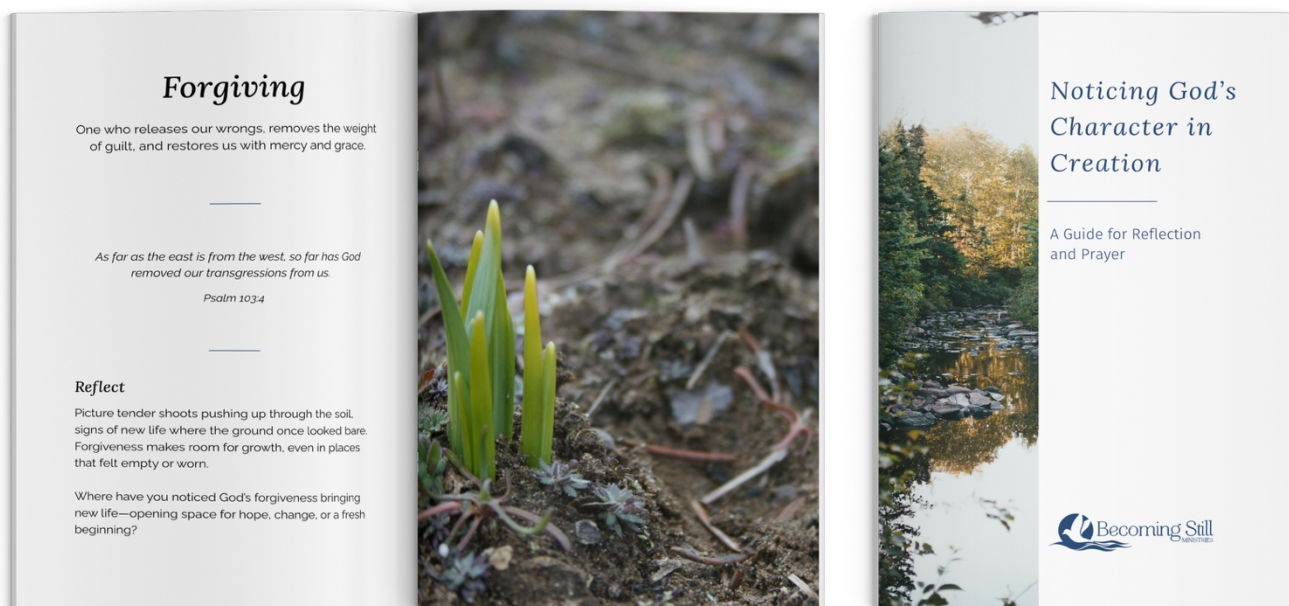
Formational Aim: Participants are invited to grow in their understanding of God's character, so that the blind spots created by hardship and unresolved pain no longer stand between them and a fuller sight of who God is and what God is doing in their story.

Practice Aim: Participants encounter God's forgiveness through an embodied prayer practice, opening the way to redemption.

Included Printable Resources

16-Page Participant Reflection Guide

The Participant Reflection Guide invites participants to slow down and notice God's character through Scripture, creation, reflection, and prayer. Used during Saturday morning's time of silence and reflection, the guide creates space for participants to encounter God personally and record what they notice and want to remember. What they gather becomes part of the experience they carry forward as the retreat continues.



Creative Expression Path Poster (18"x24" or 11"x8.5")

The Path is a visual resource used during Saturday afternoon's guided creative reflection experience. Participants are invited to slow down, reflect on their own story, and notice where they recognize God's faithful presence along the way. Through creative expression, the experience gives participants a tangible way to mark and remember what they are discovering about God and their story.



Bring Finding God in Your Story to Your Community

Creating a retreat that brings together Scripture, prayer, reflection, and meaningful experiences takes time and thoughtful preparation. *Finding God in Your Story* gives you a complete retreat journey, already designed and ready to lead, so you can give more of your attention to the people you are serving.

The complete curriculum includes:

- **50-page Leader Guide** with five sessions, teaching guidance, reflection experiences, and facilitation notes
- **Participant Reflection Guide** with permission to print unlimited copies for your retreat participants
- **The Path** visual resource with permission to print unlimited copies for use with your retreat participants
- **Materials Guide** to help you prepare for the retreat

Ready to Lead the Retreat?

Choose the format that best fits your community:

Weekend Retreat Curriculum — \$250

[Purchase the Weekend Retreat Curriculum](#)

One-Day Retreat Curriculum — \$150

[Purchase the One-Day Retreat Curriculum](#)