

PREPARATION

Life's Question

Notes

Bringing Your Life's Question

In preparation for retreat, you were asked to bring a question your life is asking of you. A challenge, situation, or transition you are dealing with right now.

Jesus often ushered people into transformation not by giving answers but by asking questions. Your question doesn't need to be dramatic or final- it just needs to be real, lingering, and reflective of what you're wrestling with right now.

This question becomes a companion throughout the retreat, guiding your movements through the Four Pillars. Because your question matters to you, it ties your life to these Pillars in meaningful and practical ways.

Practice Tip:

Write your question down. Sit with it over the next week. Notice if it feels too big, or maybe too vague—and tweak it gently so it becomes both challenging and inviting. Let it be your guiding companion as we gather, listen, and reflect.



Reflection

Write your question below. Make it as simple as you can as if it were being asked by a nine year old. Our situations are complex, but our question is most helpful in a clearly stated “ask”.

Next, what do you need now in order to live in the question you are facing? This is different than immediately resolving the situation. What do you need in order to be present to yourself in this question?

Next, what “suffering” are you encountering as you hold this question? What is at risk? What is there to lose? Who is most impacted?

Finally, how might you name your deepest hope using a question - for example; “how do I belong?” “who am I becoming?” “what is mine to do?”
