



A Mini Retreat for Yourself or in a Group
40-50 minutes ♦ Designed for Youth

Winter's quiet invites us to draw close to God's gentle presence. This mini retreat designed for youth invites you to notice winter's beauty: the clarity of frost, the peace of stillness, and the hope in awaiting spring. Here, we create space for grace, letting our souls rest, listen, and be transformed by Christ.

Instructions for this mini retreat —

- ❖ The leader reads twice, organizes the retreat, makes copies of the retreat for each person and supply each person with a pencil or pen.
- ❖ There needs to be five readers, or a few that take turns.
- ❖ Writing space is at the end of the retreat script, for convenience.
- ❖ Participants should sit at a table, so they may write and craft.
- ❖ The duration of 40-50 minutes depends on how much time it takes to answer or meditate the questions. Reading the whole retreat takes close to 8 minutes. Please allow accordingly.
- ❖ A break can be taken, if needed, at any time.

Materials needed for the Gratitude Snowflake —

- ❖ White blank paper for each person
- ❖ Scissors
- ❖ Crayons and/or colored pencils
- ❖ String or ribbon
- ❖ Hole punch (optional)

Gratitude —

Thank you for choosing to do this winter mini retreat for youth. Your willingness to set aside time for reflection, prayer, and personal growth is a true gift to yourself and those around you. May this journey bring you renewed peace, deeper insight, and a sense of spiritual refreshment. Blessings on your retreat experience!