



A Mini Retreat for Yourself or in a Group  
25 minutes – Designed for the Elderly

### **What This Retreat is All About –**

"Follow Jesus into the Desert" invites you to intentionally step away from all distractions in your everyday life and enter more deeply into the mystery of Christ's forty days in the wilderness. Let this mini retreat be your impetus for grace, courage, and new beginnings.

### **For Group Retreats –**

- The leader reads only twice and will need to organize the retreat.
- There needs to be only two readers, or one person to read twice.
- Each table will need a Catholic Bible.
- The duration of 25 minutes depends on how much time it takes to answer or meditate the questions. Reading the whole retreat takes close to six minutes. But, to meditate and answer questions, that is where the time goes. Please allow accordingly.
- A break may be taken, if needed, anywhere you choose or just before #6 Encountering Temptation and Grace.

### **For Individual Retreats –**

- As the sole person, you will be the reader of all parts.
- A Catholic Bible is needed
- The retreat is for men and women.
- The duration of 25 minutes depends on how much time it takes to answer or meditate the questions. Reading the whole retreat takes close to six minutes. But, to meditate and answer questions, that's where the time goes. Please allow accordingly.
- A break may be taken, if needed, anywhere you choose or just before #6 Encountering Temptation and Grace.

### **Gratitude –**

Thank you for choosing to do this mini retreat. 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!