



## **Follow Jesus into the Desert**

A Mini Retreat □ 40-45 minutes □ Designed for Youth

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

"Follow Jesus into the Desert" invites youth to intentionally step away from all distractions in everyday life and enter more deeply into the mystery of Christ's forty days in the wilderness. With an activity of making footprints to grow closer to the Lord and Lenten experience. Let this mini retreat be an 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 three times.
- Each person will need construction paper, something to write with, scissors, and each table will need a candle (if possible), a cross or religious icon, along with a Catholic Bible. Everyone needs to sit at tables.
- The retreat is designed for youth.
- The duration of 40-45 minutes. Reading the whole retreat takes close to eight minutes. But, to meditate and answer questions, and complete the activity, that is where the time goes. Please allow accordingly.
- A break may be taken, if needed, anywhere you choose.
- Mini Retreats can be a part of a meeting or a special event after Mass, or a special event on the weekends or in the evening. Use your creativity.

### **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!