



Designed for Families and Groups  
35-40 Minutes

**Leader:** Hey everyone! Welcome to our Autumn Mini-Retreat. This is your space to hit pause, recharge, and connect, with each other, with yourself, and with God, as we soak in all the awesome gifts of fall. Whether you're here to find some peace, grow in faith, or just spend time reflecting, we're excited to journey through this season of change together. Let's make the most of it!

**All:** Dear Heavenly Father, as the leaves change and the air turns crisp, we gather here to seek Your presence. Open our hearts to receive Your love and guidance. Let this time be one of growth and reflection, as we embrace the beauty of Your creation. Amen.

### Adapting to and Navigating Change

**Reader 1:** Autumn is a season of transformation. Just as the leaves change color and fall, we too experience changes in our lives. Meditate on how these changes can be viewed positively, as opportunities for growth and renewal. Change, though sometimes challenging, is a natural part of life and can lead to new beginnings

(Encourage participants to meditate and share their thoughts.)

- What changes have you noticed in your life recently?
- How can you embrace these changes with faith and trust in God?
- In what ways can change lead to personal growth?

**Leader:** It's we go for a nature walk in a nearby park or garden. As you walk, observe the beauty of creation around you. Encourage participants to focus on the sights, sounds, and smells of autumn.

- During the walk, ask everyone to spend five minutes in silence, meditating on the following:
  - What is one thing you are grateful for in this season?
  - How can you see God's presence in nature?
  - What is one change you would like to embrace with God's help?
- After the walk, break up into small groups and share your meditations if you feel comfortable doing so.

**Reader 2:** "For everything there is a season, and a time for every purpose under heaven."

– Ecclesiastes 3:1

- Take a minute to Meditate on the passage you just heard.
- Share how it relates to the changes and transitions in your life.
- Find what ways can you trust in God's perfect timing and purpose, especially during a change.

**All:** Lord, thank You for the gift of this retreat and the beauty of creation that surrounds us. Help us to embrace change with grace and faith, knowing that You are with us every step of the way. Help us to make a personal commitment to embrace change in our lives, trusting in Your plan for us. As we leave this retreat, may we carry Your love and light into our daily lives. Amen.