



A Mini Retreat for Youth—20-25 minutes
Designed for the Elderly

The Spirituality of Springtime

Leader: As the world bursts into color after a long winter, spring is a time of new beginnings. For young people, this season is a reminder that you, too, can start over growing, changing, and letting go of what holds you back. This mini retreat invites you to step away from your daily routine, reflect on your life, and open your heart to God's renewal—just like a garden ready for new seeds.

Spring is a fresh start. Trees bud, flowers bloom, and even after the coldest winter, the world is alive again. In your own life, God invites you to let go of old habits and mistakes, so you can experience hope and joy. For hundreds of years, people of faith have used springtime to “spring clean” their hearts—asking God for help to become their best selves.

All: God of new beginnings, as the earth is warmed by spring, open our hearts to Your light. Help us let go of anything that keeps us stuck—worries, grudges, or fears—and plant seeds of hope, kindness, and courage in us. May we grow and change with Your help, shining Your light to others.

Holy Spirit, fill us up with new energy and ideas. Show us what needs to change in our lives and help us let go of anything old or negative. Guide us to be brave, loving, and forgiving, so we can become the people You made us to be.

Jesus, walk with us as we open our hearts to Your love. Help us start fresh, letting go of mistakes and choosing to do good. May this retreat help us become more like You, loving, forgiving, and joyful. Amen.

Preparing for Renewal—Youth Focus

Reader 1: Let's start by recognizing that everyone wants to change for the better. The Bible teaches us that God helps us return to Him and grow (see Luke 15:11-32—the Prodigal Son).

Find a comfy spot. Light a candle, if you can, to remind you that Jesus is the Light of the World. Ask the Holy Spirit to show you what in your life needs a “spring cleaning”—old habits, attitudes, or worries to let go of.

Read, Meditate, and Pray:

- **Read** to everyone: Psalm 51 (“Create in me a clean heart, O God”)
- **Meditate:** Take a few moments to quietly meditate about what you hope will “grow” in your life this spring—kindness, courage, honesty, new friendships, or faith. Ask yourself if you are holding on to anger, fear, or guilt?
- **Pray:** God, You made everything new! Help me clean out my weary heart. Where I'm emotionally and spiritually exhausted, give me energy. Where I'm sad, bring Your light. Where I'm holding onto things that have hurt me in the past, help me to let them go. Renew me, and free me from anything that keeps me from peace and from You. Amen.

The Cleaning—Letting Go and Forgiving

Reader 2: Just like cleaning your room makes space for new things, cleaning out your heart means letting go of old hurts and forgiving others—and yourself. Jesus teaches us to forgive, so we can be free and happy.

- Is there someone you need to forgive? Or do you need to forgive yourself for a mistake?
- Think about Jesus on the cross saying, “Father, forgive them...” (Luke 23:34).
- Activity: “Release and Renew” — Go somewhere near a window or outside and blow bubbles into the air as a sign of letting go of old worries. As you do, say quietly, “God, I give this to you.”

Cultivating New Growth

Reader 3: Now that you’ve cleared out the old, it’s time to plant something new! In a private prayer, ask God to help you grow in one of these ways: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, or self-control (see Galatians 5:22-23).

- Pick one “fruit of the Spirit” above and focus on it this spring. How can you practice your fruit?
- Make an effort to join others, listening to God’s Word, and praying helps you grow strong—just like a plant needs water and sunshine.

Prayer of Renewal

All: God of Spring, thank You for second chances. Fill our hearts with Your joy and peace. Help us to let go of what’s heavy and to share hope and kindness with others. Guide us as we step into new beginnings. Amen.

Leader: May this mini retreat spark new growth in your heart, so you can live with joy and share God’s love with the world—today and always.