

A Mini Retreat for Yourself or in a Group  
35-40 minutes • Designed for Men in Ministry

## The Spirituality of Springtime

**Leader:** As the earth awakens from the hush of winter and the first green shoots break through the thawed soil, men who serve in ministry are invited into that same rhythm of renewal within their souls. “The Spirituality of Springtime” is a gentle call to step away for a moment from the many responsibilities of family life, parish service, and ministry, to enter a sacred space of reflection, repentance, and renewed dedication to Christ, just as nature itself is transformed by the season.



Spring, in its very essence, is a metaphor for the Christian life lived faithfully by men who serve God and His Church. The cold gives way to warmth, the barren branches are crowned with blossoms, and what seemed lifeless pulses once more with hope. Those who serve in ministry are called to pause and renew the strength of their own hearts. This season invites you to sweep away the dust of spiritual fatigue, to open the windows of your soul. Allow the Holy Spirit to breathe new life into your life as a man dedicated to Christ.

This mini retreat draws on the wisdom of the Church to strengthen your spirit, renew your love for your family and parish, and deepen your calling as a faithful men in ministry.

**All:** Gracious and ever-living God, as the first light of spring softens the earth and invites new life to awaken, we come before You as men seeking renewal in our ministry and in our hearts. In this sacred pause, we ask You to till the soil of our souls.

Remove from us the weariness, doubt, and quiet burdens that sometimes gather within the lives of those who serve. Renew our strength as husbands, fathers, and servants of Your Church. Plant within us seeds of humility, patience, courage, and faithful devotion to reflect Your goodness and love.

Holy Spirit, sweep through the chambers of our hearts. Clear away what prevents our serving You with freedom and joy. Lord Jesus, walk beside us as we continue our journey as men of ministry. May this time of retreat draw us closer to You so that, renewed and strengthened, we may serve our families and parishes with greater love. We ask this in Your holy name. Amen.

## Preparing the Heart for Renewal

**Reader 1:** To begin, let us acknowledge the desire within every man who serves in ministry to grow deeper in faith. The Catechism reminds us, “Conversion is first of all a work of the grace of God who makes our hearts return to him” (CCC 1432).

Find a quiet place. Light a candle as a reminder that Christ is the Light of the World. In the silence of this moment, invite the Holy Spirit to reveal the areas of your life that may need spiritual renewal -- those habits, concerns, or burdens that may affect your peace.

### Read, Meditate and Pray:

- Read: 1 Peter 4:10 (“Each of you should use whatever gift you have received.....”)
- Meditate: Where in my life am I holding onto old resentments, fears, or sins?
- Pray: (Each person prays the prayer on the next page silently.)

Holy and loving God, You who bring new life to the earth each spring, I come before You as a man seeking renewal of heart and spirit. Sweep through the corners of my soul with healing.

Where I feel weary from the responsibilities of ministry, family life, and service, breathe into me Your strength. Where there is discouragement or doubt, shine the light of Christ. Where old wounds or disappointments remain, pour the healing oil of Your mercy. Lord, renew me. Free me from attitudes or habits that distract me from my calling as a man in ministry to Your Church.

Open my eyes to Your grace working within my life. Help me hear Your voice guiding me toward deeper faith and greater generosity in service. Cleanse me with Your forgiveness. Refresh me with Your Spirit. Shape my thoughts, my words, and my actions so that my life reflects Your love.

Lord Jesus, through Your cross and resurrection You offer the promise of new beginnings. Hold me close as I move forward in my ministry with renewed strength, trusting in Your guidance and grace. I ask this in Your holy name. Amen.

**Meditate and Journal:** Like a careful steward of the responsibilities God has entrusted to you, take an inventory of your spiritual life. The Ignatian Examen is a beloved Catholic practice for daily reflection.

Take time in silence and ask yourself:

- Where have I seen God working through my ministry and service today?
- Where have I allowed stress, fatigue, or distraction to pull me away from grace?

Write your thoughts on the lined paper at the end of this retreat. Allow the Holy Spirit to guide your reflections honestly and peacefully.

## Clearing the Heart—Confession and Forgiveness

**Reader 2:** No spiritual renewal is complete without the healing grace of confession. Our Church calls the Sacrament of Reconciliation “a resurrection from spiritual death” (St. John Chrysostom). Through this sacrament, we receive the Sacrament of Reconciliation as soon as possible.

Remember these steps as part of your spiritual renewal:

- Prepare: Examine your conscience using the Beatitudes or Ten Commandments.
- Confess: Approach the sacrament with humility and trust.
- Rejoice: Receive absolution and the freedom Christ offers.

Meditate on forgiveness. True renewal often requires releasing past hurts.

- Is there someone in your family, parish, or ministry whom you need to forgive?
- Are you holding yourself captive to past mistakes or failures?.”

Write a letter, offer a prayer, or speak words of mercy in your heart. Ask God to heal where you are wounded. Remember, spiritual spring cleaning reaches the deepest corners of the soul.

## Cultivating New Growth in Ministry

**Reader 3:** Planting Seeds of Virtue — After clearing away the old, make room for new spiritual growth. Like a garden tilled and ready for planting, your heart is prepared for the fruits of the Spirit—peace, patience, kindness, goodness, faithfulness, gentleness, and self-control (Gal. 5:22–23).

Choose one of these virtues to focus on during this season of renewal.

- Ask God to strengthen this virtue within your life and ministry.
- Practice it intentionally within your family, parish, and daily interactions.

Nourishing Your Soul with the Sacraments — Grace nourishes the soul just as spring rain nourishes the earth. Commit yourself to participation in Mass and receive the Body of Christ.

If possible, spend time in Eucharistic Adoration. In the quiet presence of Christ, allow your mind, heart, and spirit to be renewed.

