

St. Max Women's Lenten Retreat – *Consider it all joy!* James 1:2
Sunday Evening – Session 4, Spiritual Journaling

Joy is a net of love by which you can catch souls. St. Mother Teresa of Calcutta

Please do prompts 1) and 2) which follow. For the remainder of the time, you may journal using the back of this sheet or meditate in any way you choose.

- 1) Thinking back over this entire weekend, what were the highlights for you?
 - Write down just the top 2 or 3.

 - Look over your 'Session Notes and Highlights' sheets. Now look over what you wrote just above. What might the Lord revealing to you through what you remembered and what you let go?

- 2) Look over the 'Weekly Prayer Partner Discussion Suggestion' sheet that follows this sheet in your binder.

Pray to discern if you are to continue contact with your prayer partner in this way through Pentecost on June 5, 2022. If so, which format you prefer to follow: 10 minute weekly phone conversation or 30 minute conversation.

Those who continue may use our suggestion sheet for discussion or any format you agree upon with your partner. For those who continue, we will contact you just before Pentecost to find out if you would like to set up a Zoom meeting so that we can offer further support and answer any questions on how to continue with your partner beyond Pentecost.