



Archdiocese for the Military Services, USA – Office of Evangelization

Unpacking Faith Retreat Journal

In him we live and move and have our being...(Acts 17:28)

Name:



- ❖ Permission to copy the *Unpacking Faith Retreat* Planning Guide, Attachment F, and the *Unpacking Faith Retreat Journal* is granted for use in Military Catholic Faith Communities.



Welcome to the *Unpacking Faith Retreat*. This retreat journal is for you to record your thoughts, reflections, prayers and experiences. Please bring this journal with you to every session of the retreat. There will be various times that it will be used and referenced. Thanks for taking time out of your daily schedule to reflect on the many ways that the Catholic faith can and does make a difference in your life.

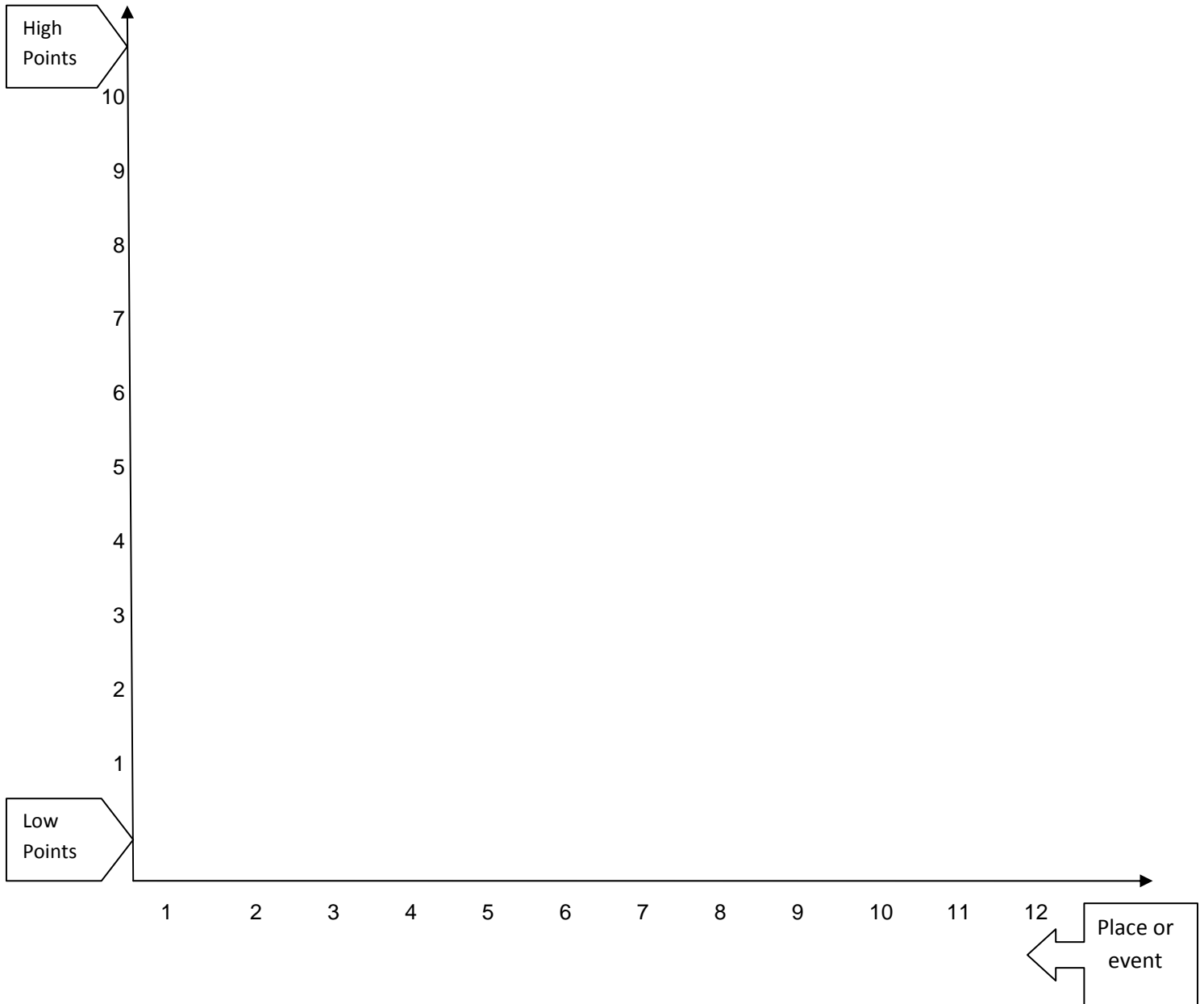
Retreat table name:

Names of the participants at your table:

This retreat is based on the following book:

Mark T. Moitoza, *Unpacking Faith: A Resource for Catholic Military Connected Adolescents and their Parents*, Coverdale Books (an imprint of The Victoria Press), 2007.

Life Graph



Spend some time charting out your own life graph list at least ten points and indicate on a scale of one to ten whether they were high points or low points in your life (with ten being high and one being low.) In reviewing your life graph what is one high point and one low point that you would be willing to share with others? Can you explain what made that place or event a high or low point for you?

[illegible]

**First evening – closing prayer**

This evening concludes with prayer. Before leaving the prayer space spend some time writing down your reflections. What you have experienced tonight? Feel free to review the previous pages you have already written and notice what really stands out to you. Write about that and conclude by writing down one thing that you are grateful for tonight.

This evening I am grateful for:



➤ What have you experienced this morning?

➤ How have these skits reminded you of your experiences of moving?

- How can being Catholic help you deal with the reality of rootlessness and restlessness?



A Pilgrimage of Faith: Jesus on the Move

1) Name of the first location: _____

Write down a phrase or word that comes to mind as you think about your birthplace.

2) Name of the second location: _____

Write down a phrase or word that comes to mind as you think about your childhood.

3) Name of the third location: _____

Write down a phrase or word that comes to mind as you think about a time that your parents were pleased with you.

4) Name of the fourth location: _____

Write down a phrase or word that comes to mind as you think about a time that your parent(s) encouraged you.



A Pilgrimage of Faith: Jesus on the Move (continued)

5) Name of the fifth location: _____

Write down a phrase or word that comes to mind as you think about a time that you were in trouble.

6) Name of the sixth location: _____

Write down a phrase or word that comes to mind as you thought about a time that you were overwhelmed.

7) Name of the seventh location: _____

Write down a phrase or word that comes to mind as you thought about a time when you gave something up.

8) Name of the eighth location: _____

Write down a phrase or word that comes to mind as you thought about a time when someone cast you aside.



A Pilgrimage of Faith: Jesus on the Move (continued)

9) Name of the ninth location: _____

Write down a phrase or word that comes to mind as you thought about a time that you felt or experienced loss.

10) Name of the tenth location: _____

Write down a phrase or word that comes to mind as you thought about the future direction of your life.

11) Name of the eleventh location: _____

Write down a phrase or word that comes to mind as you thought about seeing things in new ways.

12) Name of the twelfth location: _____

Write down a phrase or word that comes to mind as you thought about being alone.



A Pilgrimage of Faith: Jesus on the Move (continued)

13) Name of the thirteenth location: _____

Write down a phrase or word that comes to mind as you thought about finding hope.

You have journeyed through the life of Jesus. The Son of God knows what it is like to grow up in a transient family. He left the place where he was born. He travelled in and out of people's lives. He was accepted in some places, rejected in others. He mourned the loss of good friends. Yet Jesus showed us how to give thanks to God for every experience in our journey of faith, especially:

- a) In the times that we are afraid or feel alone.*
- b) In the times when our family celebrates.*
- c) In the times when we look back and realize that we really were not ever alone.*

Having gone on this journey we now invite you to spend a half hour with your journal. Return now to the location in Jesus' life that you are drawn to the most and spend some time reflecting both on your experiences and the experiences of Jesus at that location. In your journal, consider what it means to realize that Jesus was with you even though you may not have recognized it at the time. At the conclusion of 30 minutes we will gather for our closing prayer.



My reflections on *A Pilgrimage of Faith: Jesus on the Move*



Lectio Divina – Divine Reading for Evening Prayer

In silence, write down the three words or phrases you heard from praying with scripture tonight, (Lk 2, 41-52). In your own words, explain why those phrases jumped out to you.

Family life is about love and growth, but misunderstanding and conflict are also present. Like the Holy Family, our family is reminded that love and faith help in moments of conflict and crisis.

- What are some conflicts that our family has survived in the past?

- What are some areas of conflict in your family life that could use some love and faith right now?

- How can prayer help your family resolve conflicts they experience in everyday life?

**Journal time**

This journal session is a bit different than the previous times. Spend the remaining time writing a letter to Jesus in your journal.

- This is where I have been...
- This is why I need you in my future...
- This is the way that I see myself responding to your call to be Christ for one another...

Dear Jesus: