

Notice, Name, Discern & Respond

Recap and Reflect

Reflecting back on your retreat, summarize your personal take-aways for each of the steps toward transformation.

- Notice:
- Name:
- Discern:
- Respond:

Is this clarity different from what you wrote or understood when you were departing your retreat? How so?

Review your current gleanings again. List what you see as most important from this list.

How will you RESPOND in a tangible way to what God has placed on your heart. Be specific.

"The invitation to transformation is often experienced as disruption."

—Ruth Haley Barton