Youth Retreats Defined

In the morning, while it was still very dark, he got up and went out to a deserted place, and there he prayed. Mark 1:35

What is a youth retreat?
A youth retreat is a time when adolescents withdraw from their normal activities, to reflect upon their lives and on their identity in Christ, Jesus.
- Reflect on the movement of God in their lives.
- Encounter Christ alive among us.
- Experience community.
- Respond to the call to discipleship.

Now during those days he went out to the mountain to pray; he spent the night in prayer to God.
Luke 6:12

Retreats are opportunities for...
- Moments of conversion.
- Sharing the Catholic faith, breadth of Tradition, Scripture.
- Personal growth.
- Deepening of our relationship with God through prayer, worship, and time.
- Building Christian community and strengthening relationships.

Now about eight days after these sayings Jesus took with him Peter and John and James, and went up on the mountain to pray. Luke 9:28

Retreats are sacred time.
Retreats help us step away from the ‘every day’ – to make room for the divine encounter; to pause and reflect on our life in God and God in our life.