

## Preparation for the Retreat

### Participant Handout

#### Materials:

1. Book – “That Flame in Your Heart? Turn it into a Blowtorch!”
2. Prayer Journal or Notebook – “Personal Prayer Journal and Guide to the 30 Days” or a diary / notebook for answers to the questions at the end of each Day of the retreat.
3. Optional: Participants can use your prayer journal OR download the Personal Retreat Guide to take notes on during the group meetings. You will still need #2 above for THE POINT questions.

#### Read

1. Eight Principles e-book – download the latest version from the web site at [www.turnitintoablowlowtorch.com](http://www.turnitintoablowlowtorch.com)
2. Epilogue: Foundations of An Interior Prayer Life – Appendix in the Blowtorch book or in the beginning of the Personal Prayer Journal
3. Orientation article – download it at [www.turnitintoablowlowtorch.com/orientation](http://www.turnitintoablowlowtorch.com/orientation)

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**THE POINT:** Questions to be answered ahead of the first session - Orientation. You can answer them here or in your prayer journal / notebook.

1. From the Eight Principles e-book, which principle do you feel you practice the most, or is the most beneficial to you?

## **33 Days with Jesus Christ to Greater Peace, Serenity, & Joy – Leader’s Retreat Guide**

2. From the Eight Principles e-book, which principle do you feel you need to work on the most to implement in your life?

3. From the Foundations article, what steps can I take to improve my interior prayer life?

4. From the Orientation article, what is my interior disposition going into this retreat? Is it what I want it to be?

5. Complete the following: “Jesus I am undertaking this retreat to contemplate more fully the readings of Volume Two, Conversations with the Eucharistic Heart of Jesus, because I desire....

6. **Taking Resolute Action:** Jesus, this is one thing I need to change in my life, to take action on: (write it down) Please grant me the strength and grace to do it now!