

## Retreat-in-Daily Life (Journaling Template)

Week \_\_\_\_\_ Day \_\_\_\_\_

Date \_\_\_\_\_

1. As I begin (before devotion), I am feeling \_\_\_\_\_  
because \_\_\_\_\_

2. In my situation, God has given me these words:

3. My prayer response:

4. As I end, I am feeling \_\_\_\_\_ because \_\_\_\_\_

5. Other annotation or notes (or stories for spiritual direction/ group spiritual direction):