



Exercise #1 – Looking Back

Create a timeline of events that describes your faith journey. Highlight the people, places, events and experiences that have positively or negatively impacted your faith. When you arrive to the retreat weekend, you will be asked to review your timeline and to create a chart that illustrates the story of your faith journey.

The goal is to think about how you got here...

- Think about the people who have impacted your faith (positively or negatively)
- Describe the places that have impacted your faith (positively or negatively)
- Choose events in your lifetime that have impacted your faith (positively or negatively)
- Identify experiences that have impacted your faith (positively or negatively)

Write everything down on paper; be prepared to discuss and present your faith journey in 7 minutes.

Exercise #2 – Where Am I Now?

As you think about your life, create a list of ups and downs in your faith, family, friends, fitness and finances over the past 12 months. Your list should be 2-4 bullet points for each 'F.'

- Faith – God's Word, prayer, solitude, journaling, serving, mentoring/discipling, etc.
- Family – marriage, fatherhood, parents, siblings, extended family, etc.
- Friends – relationships, accountability, fun, fellowship, etc.
- Fitness – fitness, diet, rest, etc.
- Finances – career, personal finances, goals, budgets, investments, etc.

Rate yourself on a scale of 1 – 5 in each of your 5 F's (1 = Poor; 5 = Excellent).

During the weekend, you will be asked to create a "snapshots" chart of the ups and downs of your family, friends, fitness and finances. Be prepared to share a snapshot of the other four F's over the past 12 months.