

Helping Students Prepare

- ❖ We're introducing something old and something new.
- ❖ We're intentionally creating space to simply be with God.
- ❖ Go through slowly and on your own.
- ❖ Pay attention to everything.

Helping Students Debrief

What will I do with...

- ❖ ...what I have heard from God?
- ❖ ...what I have discovered about myself and my relationship with God?
- ❖ ...what I have uncovered in the depth of my heart?

Helping Students Debrief

Some good questions for debriefing:

- ❖ How comfortable were you with this?
- ❖ Did anything surprise you?
- ❖ Did you find anything distracting or difficult?
- ❖ Did anything stand out to you?
- ❖ Did any thoughts or images keep coming up?
- ❖ Did you sense God's presence? How?