

An Online Spiritual Journey

Vocational Virtual Retreat

SESSION 3
Outdoors



**Brothers of
the Christian
Schools**

LISTEN

Have a walk for this session.

Find a green place if possible. Once you are in a quiet spot, please repeat:

"Let us remember that we are in the holy presence of God."

Be aware of what's going on around you.
Listen now to the song... (Use your headphones)



PAUSE

Focus your
attention on the
sky.

Recall a phrase
of the song or
just breath
deeply.

Remember: It's not all in your head.
It's also in your heart

"I WILL BE WITH YOU"

Read carefully this short excerpt
from the book of Exodus.

11 "But Moses said to God, "**Who am I**,
that I should go to Pharaoh and bring the
Israelites out of Egypt?"

12 And God said, "**I will be with you**. And
this will be the sign to you that it is I who
have sent you: When you have brought the
people out of Egypt, you will worship God
on this mountain."

13 Moses said to God, "Suppose I go to the
Israelites and say to them, 'The God of
your fathers has sent me to you,' and they
ask me, '**What is his name?**' Then what
shall I tell them?"

14 God said to Moses, "I AM WHO I AM.
This is what you are to say to the
Israelites: 'I AM has sent me to you.'""

Exodus 3:11-14

Please Listen to the Audio Reading.

A man with dark hair and a beard is shown in profile, looking towards the right. He has his hand near his mouth in a contemplative pose. The background is a blurred image of a tree with light-colored leaves.

What is God's will in my life?


DISCERN

You are doing this virtual retreat opening your heart to God's will.

Discern for a moment:

What are your gifts and talents? How God has been with you throughout your life?

It's also ok to think that maybe He was absent. However, you can now confirm He is always with you.

A close-up photograph of a hand reaching upwards, palm facing up, with fingers slightly spread. The hand is positioned in the lower center of the frame. The background is a soft-focus bokeh of green and yellow light, suggesting sunlight filtering through leaves. A semi-transparent grey banner at the top contains white text.

Present with open hands the
longings of your heart.

PRAY

Talk with God.. feel free to call him
Friend, Father, Buddy, Pal... You
can start by saying: Beloved God,
I thank you for this moment...

“
*Say to Jesus
as the apostles did:
‘Lord, teach us
to pray’”*

ST. JOHN BAPTIST
DE LA SALLE,
PATRON SAINT
OF TEACHERS

ACT

Create a commitment for your day.
(You can write it on your notebook)
Promise yourself to continue with
the next session.



Please know that I will keep you in
prayer as you make this retreat.

Let's talk...
Brother Edward
shields@fscdena.org
718-809-1220



EXPLORING YOUR VOCATION AS A CHRISTIAN BROTHER