**Sample Closing Meeting content (1b – adapted from 1a)**

**1. Welcome and opening prayer *(2 minutes)***

**2. Reflecting on the retreat *(12 minutes)***

**a. introduction**

Everyone's experience during the retreat will have been his or her own unique experience. Whatever has happened, wherever you find yourself now, God is in it. The Lord has been – and is – the companion on your journey and the journey goes on.

**b. a time of silent prayer and reflection**

• What has been helpful? What has been difficult?

• What have been the growth or learning points you want to develop?

• Give thanks for what you have received, experienced...

**c. retreatants to share their reflections with other retreatants** (in groups of 2 or 3)

(Prayer companions to share with prayer companions in 2s – our own personal journey with Jesus during the retreat.)

**3. Invitation to share in whole group *(10 minutes)***

An open opportunity for anyone like to share something of their retreat experience.

**4. After the retreat: what next? *(10 minutes)***

• Continue to use methods of prayer that you have been working with during the retreat, including the prayer of silence, praying with Scripture, and imaginative prayer, the 'review of the day' prayer. Build on what you have found helpful.

• For those of you who don't have a format for daily scripture meditation and prayer, there are various daily bible reading notes, apps and emails you can tap into. There will be a handout at the end with some resources and helps for this.

• If you enjoyed this retreat and found it worthwhile, consider becoming a prayer companion yourself so that you can bless others in this way. Manresa Link runs basic training courses – any of the prayer companions can put you in touch with them, or you can visit **www.manresalink.org.uk**

• You might want to explore the possibility of seeking a spiritual director.

**5. Suggestions and questions from retreatants about 'what next?' *(10 minutes)***

(All prayer companions invited to contribute here.)

**6. Closing group meditation *(10 minutes)***

Reading read by one of the guides.

• All then read the passage quietly; pause at words that particularly strike you or draw you.

• If it helps you might like to imagine yourself in the scene...

• Think about our own journey over the past 6 weeks. Who has Jesus been for you? How have you encountered Him? *Retreatants could light candles or pick up [an item] from centre display.*

**7. Give out handouts and feedback form** ***(1 minute)***

**8. Closing prayer of thanksgiving and the Grace *(1 minute)***