



“FOR FREEDOM CHRIST HAS SET US FREE”

GALATIANS 5:1

SPIRITUAL RETREAT: 5 KEYS TO FREEDOM

WHAT YOU NEED:

1. Bible
2. Journal
3. Quiet Place

HOW TO PRAY:

1. Invoke the Holy Spirit.
2. Listen to the homily.
3. Do the spiritual exercises.

1ST SUNDAY: FREEDOM THROUGH *REPENTANCE*

1. What sin is enslaving you? Do you believe you can change? Beg God for freedom.
2. Pray with **Ezekiel 36:25-27**. Ask for the Holy Spirit to soften your heart, to make it pliable in the Father's hands. Ask for the grace of conversion.

HOMILY



2ND SUNDAY: FREEDOM THROUGH *FORGIVENESS*

1. Who do you need to forgive?
2. Read Mark 9:2-8. Imagine the light of Christ going out from his heart and bathing the whole world in his mercy.
3. Go to your room, kneel down, stretch out your arms in the form of a cross, and forgive everyone who has wronged you. Let the sword fall from your hand!

HOMILY



3RD SUNDAY: FREEDOM THROUGH *RENUNCIATION*

1. What are two or three sins that you have had difficulty leaving behind?
2. What are the lies lurking beneath them? Write them out.
3. Read John 2:13-22. Imagine Christ cleansing the Temple. Renounce the lies in the Temple of your soul. Expell them forcefully.
4. Write a word of scripture to replace each of the lies.

HOMILY



4TH SUNDAY: FREEDOM THROUGH CHRIST'S *AUTHORITY*

1. Read Ephesians 2:1-10.
2. How does Satan call into question the authority I have in Christ? Does he point to my past, my weaknesses?
Make the sign of the Cross. He cannot respond to the blood of Christ.
3. Claim the authority you have in Christ, not by your own merit, but because of what he has done for you. Renounce sin and lies, with new conviction, and resolve to do all the good you can.

HOMILY



5TH SUNDAY: FREEDOM IN THE *FATHER'S BLESSING*

1. Read John 12:20-32.
2. How do I define freedom?
3. Ask the Father to show you that he sees you, that he sees your service and your sacrifice, and that he blesses it. It does not go unnoticed and unrewarded.

HOMILY

