



# Sample Cohort Sequence

## 1st Retreat

We lay the communal foundation for the experience ahead by introducing our rhythms and intentions.

### THE CALLING QUESTION

We deepen our understanding of why and how God calls us into his work, and we practice expressing our personal calling with clarity and coherence.

### CORE CLARITY

The God who calls us also equips us. Working through the CliftonStrengths assessment and an appointment with a Fuller-trained coach, we connect our gifts with our calling.

### HOSPITALITY

Our God, who demonstrated his hospitality to us in Jesus, calls us to express his welcoming heart to others. We offer and receive hospitality and notice God’s formation through the experience.

## 2nd Retreat

Our deepest conversations begin with listening. We recover this primary skill as we listen deeply for God in his Scripture, in prayer, and in the stories of one another.

### FORMING HABITS

The daily and regular expression of our calling is not at the crossroads of our circumstances, but in the regular habits and rhythms we take up; they form us and sustain us in mission.

### TWO-MINUTE PRAYER

We take up a habit of praying with a friend about the day ahead, every day for 10 days, and discover how God meets us.

### LAMENT

We explore the biblical examples of lament and find out how God can meet us in our disappointment, confusion, and anger.

## 3rd Retreat

We step deeper into our relationships and our community as we take up forgiveness and reconciliation. We start to cultivate an appetite for a shared mission in a healthy community.

### EXAMEN

We practice the ancient and yet strangely contemporary practice of slowing down to listen to our days with God and discover his not-so-hidden presence.

### LISTENING PRACTICES

We gather a few friends or family and practice listening to God together through simple practices around Scripture and prayer.

### PERSONAL RETREAT

We practice creating a regular pocket of time to get away to a quiet place and consider the wider story of God in our life.

### NEW SEASONS

We prepare for the end of the cohort as we sharpen our calling and the habits we are committing to for the next season. We gather our reflections and bless one another.

## 4th Retreat

We memorialize the work of God in our life and celebrate together where he has brought us.

