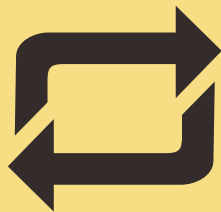


# IMPACT

# RETREAT

ORDINARY LIFE IN A DIGITAL WORLD



## Romans 12:1-2 [The Message]

"So, here's what I want you to do, God helping you:

Take your everyday, ordinary life--your sleeping, eating, going-to-work, and walking-around life--and place it before God as an offering. Embracing what God does for you is the best thing you can do for him. Don't become so well-adjusted to your culture that you fit into it without evening thinking. Instead, fix your attention on God. You'll be changed from the inside out. Readily recognize what he wants from you, and quickly respond to it. Unlike the culture around you, always dragging you down to its level of immaturity, God brings the best out of you, develops well-formed maturity in you"

Our lives are shaped by rituals--by little habits that we have either intentionally or unintentionally developed and put into a steady rhythm of life. Think through your day. Where do you see patterns of behaviour or practices that you can't imagine not being present in your life? Where do you see a desire for more ritual, rhythm or better habits in your life? Where is your time going?

Impact 2026 is going to be all about the ways that we set up our lives. Are we creating space to be attentive to God's presence? Are we constantly distracted by technology, new trends, and our online appearance? Is there space in our daily life to really see our neighbours and be present to our offline communities? How do we create spaces online that bring out the best in us and our online communities? Where do we see the presence of God online?

All of these questions will guide us towards being people that are intentional about our everyday, ordinary lives, where our attention is fixed on God and our habits reflect what's most important to us.

## **Leading up to the Retreat and leaving the Retreat, we're inviting you to think through three specific areas:**

**1. What's a practice or habit that you would like to see lessened or removed from your everyday, ordinary life?**

**2. What's a practice or habit that you would like to add to your everyday, ordinary life?**

**3. What's a practice in your everyday, ordinary life that will help you notice your neighbour?**

# **1. What's a practice or habit that you would like to see lessened or removed from your everyday, ordinary life?**

Think through your day from waking up to going to bed. Sometimes we go through the day without realizing how much time we spend on habits that don't help us grow, that make us fall into negative patterns, or that distract us from the things we actually value. Where do you see the need to adjust, change or remove a habit from your life?

## **Possible Ideas:**

- Challenge yourself to a 24hr. Social Media or Technology fast. Write down what you notice, what was hard etc.
- Practice Sabbath. Spend a day in restful remembrance of God's goodness outside of your own work/effort.
- How's your sleep? What's one small change you can make to ensure you get a healthy amount of sleep each night?

## **2. What's a practice or habit that you would like to add to your everyday, ordinary life?**

Where in your day do you have space to add a healthy habit, ritual or practice? Think through what you value--caring for your friends, kindness, self-discipline, spending time in worship, being outside etc.

What can you add to your daily rhythms that will help you build a life that reflects your values and will help you be attentive to the work of God in your daily life?

### **Possible Ideas:**

- Read a Psalm every morning this week
- Go for a walk every day and spend time in prayer or listen to your favourite worship album
- End your days this week with a Daily Examen (the ancient practice of reviewing your day to see where God was at work)

**EPHESIANS 4:22-24**

### **3. What's a practice in your everyday, ordinary life that will help you notice your neighbour?**

Think through this past week. How often were you aware of the needs of your friends, family, neighbours, peers etc? How much awareness do you have for the physical world around you--your neighbourhood, school, city etc? What would it look like to practice awareness of God's presence in these spaces?

#### **Possible Ideas:**

- Go for a walk and take notice of the people and places in your neighbourhood. Pray for them.
- Volunteer at a local non-profit.
- Write a thank-you note to a friend, mentor, teacher etc. expressing gratitude for their presence in your life.

**MARK 12:29-31**