



**IMPORTANT:** *If you have registered several people for your chapter using only your email address, please forward this information to them.*

## ONE HEART RETREAT

One Heart is not like any other training we offer at YFC. Rather, One Heart is like pushing “pause” in the middle of all that we do in order to align our hearts with God’s. One Heart is the first element of the Leadership Blueprint (for many who pursue credentials) because of the high value we place on healthy spiritual leadership. This overnight getaway has been designed to train our hearts for exclusive allegiance to Jesus, steadying our strong connection in Him so that we can bear much fruit. One Heart positions leaders to fall more deeply in love with Jesus as they serve Him.

**Because of our focus on spiritual health at One Heart, we ask that you complete the following pre-assignments and bring them with you.**

### **Pre-Assignments**

*Please complete all of the following before you arrive on site:*

1. **One Heart is reflective.** We pause often to invite God to speak. Motion and activity are the enemies of reflection. Prepare your heart for this reflection by practicing a few moments of silence and stillness a few times a week. Pray, asking God to help you adjust to moments of stillness in your busy life. No music, no Bible study, just you in a position to listen to the Father who dwells in you and delights in you.
2. Please order and read *Gentle and Lowly* by Dane Ortlund. This book is available on Amazon and Christian book sites. Please pay particular attention to chapters 1-4. There will be a discussion around this book so take notes and bring them with you.
3. Recruit a small prayer team (2-3 people) who will ask God to A) Prepare your heart for reflection in the weeks leading up to One Heart, and, B) Open and touch your heart during the retreat.

List your prayer team names here:

A. \_\_\_\_\_ B. \_\_\_\_\_ C. \_\_\_\_\_

### **Important Retreat Details:**

*These tips will be helpful as you ready yourself for this trek:*

- Travel Light- Smart phones and laptops will be excess baggage as we travel unencumbered to the deep places we desire.
- Come Expectantly- Ask God to create an openness in your soul.
- You will not be alone on this expedition. Pray for those you are about to meet who will be joining you.
- Come Ready to Share- You will have opportunity to share the moments of your life that have shaped you as well as hear from others. Our goal is to create a community of Jesus followers who share their hearts while on the journey together. In addition, you may be sharing some space. While we often are able to provide separate rooms for attendees, sometimes our venues offer shared bedrooms. We do our best to make you as comfortable as possible either way.

*A few necessities;*

- **Plan to arrive 30-60 minutes before the published start time (this will enhance your reflective retreat experience)** we will finish in **approximately** 28 hours.

Retreats typically begin at 12pm – plan to arrive by 11:30am to settle in and not be hurried at the start of this quest. Retreats end by 3pm on the final day.

- **Meals:** Make sure you eat lunch before you arrive as the first meal served is dinner on Day 1. You will also be served breakfast and lunch Day 2. (These three meals are included in your registration cost). If you have dietary needs it is imperative that you noted them when you registered. If you did not do so please contact us at [training@yfc.net](mailto:training@yfc.net) with your dietary need.
- **What to bring:** Walking shoes, warm jacket/coat and clothes for walking outdoors, pre-assignments, Bible (non-electronic version), writing instruments and paper or journal, a wrist watch if you have one, and an open heart and mind. Our time includes several reflective times out of doors-pack with this in mind.
- **What NOT to bring:** Computers, distracting electronics, etc.
- **Cell phone usage during the retreat:** Due to the reflective nature of this retreat, we ask that cell phones not be used during the retreat. In the evening of Day 1, if you need to check in with your family, that is fine, but please limit your time on the phone.
- **Car Pooling:** If you are interested in carpooling, email [training@yfc.net](mailto:training@yfc.net) for names of anyone else traveling to the retreat from your area.
- **Emergency Contact Information;** as you will have your electronic devices off during most of the retreat, we will supply you with your retreat facilitators cell number prior to your retreat. In event of an emergency, your family can contact them and they will relay a message to you.
- Most retreat venues supply bedding and towels – plan on this unless you are notified otherwise.

***If you have others from your YFC chapter who are joining you for the retreat, please make sure they have received this info sheet as well.***

We are eager for our time together! *If you have any questions, contact us at [training@yfc.net](mailto:training@yfc.net)*