



Renew: A Basic Guide For A Personal Retreat

David Sherbino

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Life is busy with lots of demands, and many would acknowledge that they are overextended, exhausted and stressed out. In fact, some would say they don't even have time to catch their breath. In the Gospels, there are different accounts of Jesus and the disciples deliberately leaving behind the demands of life and retreating to a quiet place in order to be renewed. This reinforces the concept that a retreat is a necessity for each one of us in today's world if we want to keep our balance in life and relationship with God strong. In spite of all the good reasons we can think of, we can also come up with just as many good excuses not to take time to be away. In this new guide, David Sherbino helps you to get through this hindrance and identify the many aspects and benefits of doing a personal retreat. It is a step by step guide that will help you with practical steps that allow you to develop and build your relationship with God, create an openness to God and learn to listen to what he has to say to you and be totally renewed.

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