

PURSUIT of PURPOSE

A Retreat Program by
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ministry23

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**To book Ken for a parish mission or event,
please visit *CatholicSpeaker.com***

Facilitator Guide

Welcome to *Pursuit of Purpose*! This retreat-style program is comprised of six video sessions ~20-minutes in length, accompanied by reflection questions and practical Daily & Weekly Challenges to help participants apply the program to their daily life.

Pursuit of Purpose offers a clear explanation of God's purpose for our lives and provides practical tools on how to live this out. In each video session, Catholic speaker Ken Yasinski weaves witty and poignant personal stories with thought-provoking reflections. Daily & Weekly Challenges, reflection questions, and more are found in the accompanying Journal. *Pursuit of Purpose* offers you the opportunity to intentionally strive for a personal, spiritual transformation in your daily life.

STEP ONE: Program Announcement & Promotion

Determine dates and times for the *Pursuit of Purpose* 6-week retreat program. If you do not already have a group established, we recommend showing the introduction prior to running the program to generate interest and awareness. This can be shown after Mass in the narthex, on the parish website, or at hospitality gatherings. We also suggest having a representative present to answer any questions parishioners may have about the program. Personal invitations and pulpit & bulletin announcements are also effective ways to spread the word about the *Pursuit of Purpose* retreat program.

STEP TWO: Forming a Small Group

This program works best for small groups of 7-12 people, but there is no set number. If you have a large group, you can view the DVD session together and then break out into smaller groups for reflection time. Each group would have a leader to help keep conversations on track.

The sessions can take place in any quiet setting: in a living room, a meeting room, or even in a chapel.

We recommend this program be held over six consecutive weeks. This provides time for participants to complete and reflect on the Daily & Weekly Challenges. However, the program can be adapted to fit a different schedule.

Each group (large or small) should have a facilitator. The facilitator does not have to be an expert on the material. The facilitator's primary role is to start and end meetings on time, encourage participation among all members of the small group, and maintain an inviting and comfortable environment for the group members.

Please note: The facilitator should read the entire *Pursuit of Purpose Journal* before the first session begins. This will better prepare them for facilitating discussion and encouraging participation in Daily & Weekly Challenges.

Any technology needs should be dealt with and tested ahead of time to ensure a smooth meeting.

STEP THREE: Pursuit of Purpose Schedule

Program Duration: Six ~45 minute sessions

After the group has gathered and introductions have been made, begin the session with a prayer. This can be a spontaneous prayer or a traditional prayer recited together. (3 min)

If participants don't already have their Pursuit Journal, distribute them at this time. Walk through the journal with the group, pointing out how it recaps the Vital Points, as well as the Daily & Weekly Challenges, of each video session and includes questions with writing space at the end of each section. (5 min)

View the Introduction to give the participants an overview of what they will learn. (3 min) After watching the video, take a few moments of silence for each participant to enter more fully into God's presence.

View Session 1: The Purpose of Life

After the video is complete (~20 min), allow time for participants to reflect on the questions in the Pursuit Journal.

Whether in a small or large group, the facilitator leads discussion by asking group members to share their thoughts on each reflection question. Allow for silence and time for members to respond. If necessary, the facilitator should help generate discussion by rephrasing the questions and offering his or her answers. (10-15 min)

For further enrichment and development, refer your group to *The Fullness of Purpose* book mentioned at the end of each session in the Pursuit Journal. (3-5 min)

Conclude with prayer; the group can pray for specific prayer intentions, if desired.

For the remainder of the Pursuit of Purpose program, view and discuss video sessions 2-6 over the subsequent weeks, following the steps above.

Session I

The Purpose of Life

Summary

Things break when they are used in contradiction to their design. The same goes for people; we break, and we break others when we live contrary to God's design.

We need to ask ourselves: Are we striving to live in harmony with God's purpose? Or are we a living contradiction?

Vital Points

Living in contradiction to our design results in brokenness: We break, and we break others.

God designed us for a relationship with Him.

Have we surrendered ourselves to Christ?

