

My Reflection on the YAM Retreat 13 – 15 July 2018, in Kukup, Johor

Thanksgiving:

A good time for rest from work, going to Kukup where there was the sea, seafood, very awesome accommodation, meaningful games, free fireworks & bonding through watching World Cup between Belgium and England. Thankful to the committee (Shihui, Lester, Joey, Benedict, Huiwen and Terence) who painstakingly planned all the logistics and programmes, and ensured that we were all safe and sound.



Lessons Learnt:

I have learnt much from the speaker, from fellow retreat participants and from the events at the retreat.

Key things that I have learnt through the messages:

- Recognising that in seasons of transition, change can be rapid and situational; yet, transition can be an arduous process, bearing in mind the psychological impact beyond the changing circumstances.
- My husband and I also thanked God that the messages were very apt in helping us to reframe the current situation we might be going through (e.g., the test of submission, etc.) in being refined to become the person He has moulded us to be, in this season of transition.
- Through the messages, my husband and I have also learnt the importance of knowing what SPACE comprises (Spiritual gifts, Passion, Abilities, Character values & Experience) so that we may flourish spiritually and physically when we dwell in the SPACE God has called us to function in, particularly in our workplace.

Why a retreat is vital in the context of Cell Group:

A retreat allows us to extend our interaction to embrace brothers and sisters from the young adult ministry who are outside of our own cell group and enables us to bond with one another at a deeper level through fellowship, prayer and sharing of how the Word has spoken to us.



A retreat also allows us to have that platform whereby we could be intentional in building a deeper relationship with our own cell and discuss about things that we have heard from the messages that are very relevant and applicable to our life

stage.

I have been encouraged to encourage:

I have been much encouraged by the retreat experience and will strongly encourage people to participate in retreats. Even if they are not in any cell, the



different functions and objectives of a retreat will also bless them much. At the end of the day, we are functioning as a body of Christ and we will need each other to sharpen ourselves instead of just relying on our individual relationship with God alone.

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