

8 HOUR TIME FRAME	ACTIVITY	EXPLANATION
8:00-8:20	Arrive & Settle In	Consider lighting a candle or creating a small ritual to mark the start. Make your space ready, turn off devices, and prepare your heart.
8:20-8:50	Scripture Reading	Pick a passage and read it slowly, prayerfully. Consider reading it out loud and/or in multiple translations.
8:50-9:20	Worship Through Music	Listen to worship and devotional music from your collection, or use the Spotify playlist (located at the back of this packet), which has been created specifically for this retreat.
9:20-9:50	Scripture Meditation	Choose a passage and go through reading it slowly, carefully, and worshipfully. Then spend time in meditation on the passage. Scriptural meditation is like a dog chewing on a bone; go back to the passage often, trying to get every single thing out of it that you can.
9:50-10:30	Silence & Prayer	Center your heart before God, using simple prayers, written prayers, or breath prayers to help focus on God.
10:30-10:55	Journaling	After spending a few hours with God, write down thoughts, reflections, prayers, or even confess boredom or frustration. Use this time to process how you have enjoyed and encountered God.
10:55-11:25	Reading	Begin (or continue) reading a book of Christian living as a way to see how to allow the Holy Spirit to transform your life into looking more like Jesus. See suggestions at the end of this packet.
11:25-11:50	Write Letters	Write letters of encouragement to Christians in your life that you believe would benefit from being built up in Christ.
11:50-12:50	Lunch	Mindful eating, perhaps with a short Scripture reflection or devotional.
12:50-1:45	Brief Nap	Give yourself permission to rest, sleep, or just be in God's presence quietly.
1:45-2:15	Prayer Walk	Walk outside (if the weather does not permit, walk inside your home), focusing on God's presence, praying, or practicing silence. (If you are prevented from being able to walk for any reason, consider an activity that is done in prayerful silence.)
2:15-3:15	Reading	Begin (or continue) reading a book of Christian living as a way to see how to allow the Holy Spirit to transform your life into looking more like Jesus. See suggestions at the end of this packet.
3:15-3:45	Reflection & Next Steps	Spend time reflecting on where you have seen God at work in your life over the last 6 months, where you might have ignored Him, and where you discern He might be asking you to take steps of faith. Journal your answers or keep notes.
3:45-4:00	Closing Prayer & Reentry Ritual	Blow out the candle, offer thanksgiving, and prepare to transition slowly back into daily life.