

24 HOUR TIME FRAME	ACTIVITY	EXPLANATION
4:00p-4:30p	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.
4:30p-5:00p	Scripture Reading	Pick a passage and read it slowly, prayerfully. Consider reading it outloud and/or in multiple translations.
5:00p-5:30p	Silence & Prayer	Center your heart before God, using simple prayers, written prayers, or breath prayers to help focus on God.
5:30p-6:00p	Journaling	At this point, begin to notate thoughts, reflections, prayers, and even confess boredom or frustration. Use this time to determine how you feel and how you want God to act in it.
6:00p-7:00p	Dinner	Whether it is making dinner, buying dinner, or having someone serve you dinner, use this time to breathe and acknowledge food and rest as a gift from God. The priority here is relaxed, mindful presence with God.
7:00p-7:40p	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.
7:40p-8:40p	Reflective Activity with Worship Music	Use this time to draw, paint, crochet, jigsaw puzzle, or something similar that allows you to use your hands and mind, while still being able to focus on God as you meditate on other things you have read, encountered, or journaled about earlier. Play worship music during this time, if it would be beneficial for your time with the Lord.
8:40p-9:30p	Journaling/Letter Writing	Again, you can journal your thoughts or reflections from what you have experienced so far. Another idea is to write letters to other Christians who have positively impacted you or who you see as a good example of Christlikeness.
9:30p-6:30a	Sleep	Yes, that is a 9-hour window for sleep and rest. You need it, you deserve it. This retreat isn't about earning, it is about being.
6:30a-7:15a	Gentle Waking & Stretching	As you awake, be mindful of God's loving gaze that is upon you. Wade into the day, don't jump in. Consider taking a quiet walk or stretching gently to awaken body and mind. As you get ready for the day, consider using "A Liturgy for Starting the Day."
7:15a-8:00a	Morning Prayer	Use the book of Psalms to read and meditate upon Scripture. You can consider using a prayer book as well. Take this time to prepare your heart for another day spent with God through faith in Jesus.
8:00a-8:45a	Breakfast	When you eat your breakfast, consider complete silence so that you can focus on Jesus. Or feel free to have soft worship music playing in the background.
8:45a-9:45a	Deep Scripture Reading & 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.
9:45a-10:20a	Creative/Soul-Nourishing Time	Sketch, write poetry, or engage in contemplative art. This is a spiritual expression.

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10:20a-11:00a	Prayer Walk	Walk outside (if weather does not permit, walk inside your home), focusing on God's presence, praying, or practicing silence. <b>(If you are prevented from being able to walk for any reason, consider sitting in prayerful silence.)</b>
11:00a-12:00p	Reading	Continuing reading your book on Christian living.
12:00p-1:00p	Lunch	Mindful eating, perhaps with a short Scripture reflection or devotional.
1:00p-2:00p	Nap	Give yourself permission to rest, sleep, or just be in God's presence quietly.
2:00p-2:30p	Worship	Make a more concerted effort to listen to prayerful or worshipful music, allowing space for responding to God.
2:30p-3:10p	Scripture Reading	Return to your Bible, reading slowly and reflecting on personal application.
3:10p-3:30p	Reading	Get a few more pages in of your Christian living book.
3:30p-3:50p	Journaling & Closing Reflection	Capture final insights, prayers, or commitments from the retreat. Consider the question "Where have I seen God during the last 24 hours?" Relight your candle from yesterday as a physical reminder that Jesus illumines your heart and mind.
3:50p-4:00p	Closing Prayer & Reentry Ritual	Blow out the candle, offer thanksgiving, and prepare to transition slowly back into daily life.