



USE THIS GUIDE AS A TIME TO PRAY, REFLECT AND CONNECT WITH GOD

POSSIBLE RETREAT SCHEDULE

- 8:30 AM Pray and ask God to join you in your day
- 9 AM Journal to God about this day
- 9:30 AM Listen to worship music
- 10 AM Take a walk and enjoy nature
- 10:30 AM Journal things you love about God
- 11 AM Read your Bible
- 11:30 AM Evaluate your life
- 12 PM Eat a light lunch as needed
- 12:30 PM Do some self-examination and journal any things you may need to confess
- 1 PM Take a walk and listen to a podcast
- 1:30 PM Write 50 things for which you're grateful
- 2 PM Read Ephesians 6:10-20 and imagine putting on the armor of God
- 2:30 PM Journal and pray to give God all of your worries or fears
- 3 PM Take a nap or sit quietly and relax
- 3:30 PM Read, meditate and/or memorize a meaningful scripture to you
- 4 PM Ask God for whatever you need
- 4:30 PM Plan your next retreat
- 5 PM End of retreat day

POSSIBLE RETREAT ACTIVITIES

- Read Bible
- Write thoughts/ideas
- Journal to God
- Evaluate your life
- Evaluate you ministry
- Think and plan
- Do a Biblical word study
- Rest
- Take a nap
- Go for a walk
- Listen to worship music
- Talk with a friend
- Play an Instrument
- Read and study
- Read on leadership
- Read on prayer
- Make family plans
- Listen to scripture
- Listen to a sermon
- Meditate on God's promises in the Bible