

## RETREAT SCHEDULE

<b>Friday</b>	
6:00 – 8:00 p.m.	Arrival and Dinner
8:00 – 9:15 p.m.	SESSION 1 – Chapters 1 and 2
<b>Saturday</b>	
8:00 a.m.	Coffee SESSION 2 – Chapter 3
9:00 a.m.	Breakfast
10:30 – 12:00 p.m.	SESSION 3 – Chapter 4
	<b>Assignment:</b> Before the 3:00 p.m. session, find a quiet place to meditate on Chapter 5 – The Sample Meditation. Come to the next session prepared to share your insights.
12:00 – 3:00	Lunch and Break
3:00 – 4:15 p.m.	SESSION 4 – Share insights from Chapter 5. Read and discuss Chapter 6
4:30 – 9:00 p.m.	Dinner and free time
	<b>Assignment:</b> Before bedtime, find a quiet place to meditate on John 14:27 using the 6 steps for Bible meditation. Write your insights in your companion journal.
<b>Sunday</b>	
8:00 – 8:30 a.m.	SESSION 5 – Group meditation lead by facilitator (Romans 15:13)
9:00 a.m.	Breakfast
10:30 a.m.	SESSION 6 – Chapter 7