

## Women's Spiritual Enrichment Retreat

This retreat will be a retreat for women. The goal will be a relaxing, spiritual renewal and enrichment retreat. The women will have time for social gathering, prayer, and education. Several sessions will be offered on spiritual practices. These sessions will introduce the practices and allow time to try them. The goal is for each woman to choose which practice she would like to incorporate into her daily devotional time. Each woman will attend at least 3 small groups. There will be time for quiet reflection and prayer built in. Worship time will be included. Prayer partners will be available at all times for those who would like to meet with one.

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| <b>Friday</b>   |  |
| 6:00 PM         | Check into retreat location                                  |
| 7:00 PM         | Worship and Praise   |
| 7:30 PM         | Session 1 – Lectio Divina & Journaling                       |
| 8:00 PM         | Small Group Practice   |
| 8:15 PM         | Quiet prayer retreat time (can go as long as they want)      |
| 8:30 PM         | Social time. Games, crafts, or talking                       |
| 10:00 PM        | Evening Praise and Devotional                                |
| 10:30 PM        | End for evening. Bed or visiting                             |
| <b>Saturday</b> |  |
| 7:00 AM         | Breakfast  |
| 8:00 AM         | Worship and Praise   |
| 8:30 AM         | Session 2 – Prayer, Speaking & Intercessory                  |
| 9:00 AM         | Small Group Practice   |
| 9:15 AM         | Break – Quiet Time   |
| 10:00 AM        | Session 3 – Worship & Fasting                                |
| 10:30 AM        | Small Group Practice   |
| 10:45 AM        | Break – Quiet Time   |
| 11:00 AM        | Lunch – Practice Fasting                                     |
| 1:00 PM         | Session 4 – Prayer of the Heart, Praying Scripture           |
| 1:30 PM         | Small Group Practice   |
| 1:45 PM         | Break- Quiet Time  |
| 2:30 PM         | Session 5 – Spiritual Direction, Rule of Life                |
| 3:00 PM         | Small Group Practice   |
| 3:15 PM         | Break- Quiet Time  |
| 4:00 PM         | Session 6 – Listening, Meditation Prayer (Practice included) |
| 5:00 PM         | Dinner   |
| 6:00 PM         | Check out and head home                                      |