

Sample Retreat Schedules

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FACE THE FAST

Use or modify the following schedules to structure your retreat. You may select sessions from the various categories for each time period in the schedule in order to develop a retreat that will work best with the dynamics of your group. Feel free to rearrange the order of the sessions so they work best for you.

24-Hour Retreat Schedule

Day 1

5:00 p.m. Arrival/Welcome
5:30 p.m. Icebreaker
5:45 p.m. Opening Prayer
6:15 p.m. Activity
7:15 p.m. Break
7:30 p.m. Reflection
8:15 p.m. Icebreaker
8:30 p.m. Free time
9:15 p.m. Activity
10:15 p.m. Icebreaker
10:30 p.m. Activity
11:30 p.m. Prayer
11:45 p.m.–8:00 a.m. Sleep

Day 2

8:00 a.m. Wake up
8:15 a.m. Icebreaker
8:30 a.m. Prayer
9:00 a.m. Activity
10:00 a.m. Reflection
11:00 a.m. Free Time
12:00 p.m. Icebreaker
12:15 p.m. Activity
1:15 p.m. Reflection
2:15 p.m. Free time
2:45 p.m. Activity
3:15 p.m. Reflection
4:00 p.m. Break the Fast/Clean-up
4:15 p.m. Commissioning Prayer
4:45 p.m. Clean-up/Closing

Sample Retreat Schedules

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FACE THE FAST

10-Hour Retreat Schedule

8:00 a.m. Arrival/Welcome
8:30 a.m. Icebreaker
8:45 a.m. Opening Prayer
9:15 a.m. Activity
10:15 a.m. Break
10:30 a.m. Reflection
11:15 a.m. Activity
12:15 p.m. Free Time
12:45 p.m. Icebreaker
1:00 p.m. Activity
2:15 p.m. Prayer
2:45 p.m. Activity
3:45 p.m. Break
4:00 p.m. Reflection
4:30 p.m. Commissioning Prayer
5:30 p.m. Break the Fast/Clean-up
6:00 p.m. End

8-Hour Retreat Schedule

9:00 a.m. Arrival/Welcome
9:30 a.m. Icebreaker
9:45 a.m. Opening Prayer
10:30 a.m. Activity
11:15 a.m. Break
11:30 a.m. Reflection
12:15 p.m. Icebreaker
12:30 p.m. Break
12:45 p.m. Activity
2:15 p.m. Break
2:30 p.m. Reflection
3:00 p.m. Activity
3:45 p.m. Commissioning Prayer
4:45 p.m. Break the Fast/Clean-up
5:00 p.m. End