This sample schedule is simply a guide. Feel free to adapt it for the needs of your group.

9:00 a.m. **Gather and Fellowship**  
You may wish to have some light refreshments, coffee, tea, and name tags available.

9:30 a.m. **Greetings and Introductions**  
Pass out books, introduce the topic, introduce yourself, and allow everyone to introduce themselves and share prayer requests for the day. Or you could have everyone answer a question such as “Why are you here today?”

9:50 a.m. **Opening Prayer**  
Find an Opening Prayer for a Lent retreat at www.aliveintheword.org/retreat.

10:00 a.m. **Quiet Reading Time (Chapter 1)**  
Retreatants can spread out and read Chapter 1 quietly, considering the reflection questions as they read. Allowing about 30 minutes gives retreatants time to read/reflect without feeling rushed.

10:30 a.m. **Small Group Discussion (Chapter 1)**  
Retreatants can gather in small groups to discuss the reflection/discussion questions provided in Chapter 1.

11:00 a.m. **Break**  
Allow everyone an opportunity to clear their minds, stretch their legs, and visit with each other.

11:15 a.m. **Quiet Reading Time (Chapter 2)**  
Retreatants can spread out and read Chapter 2 quietly, considering the reflection questions as they read. Allowing about 30 minutes gives retreatants time to read/reflect without feeling rushed.

11:45 a.m. **Small Group Discussion (Chapter 2)**  
Retreatants can gather in small groups to discuss the reflection/discussion questions provided in Chapter 2.

12:15 p.m. **Lunch**

1:00 p.m. **Quiet Reading Time (Chapter 3)**  
Retreatants can spread out and read Chapter 3 quietly, considering the reflection questions as they read. Allowing about 30 minutes gives retreatants time to read/reflect without feeling rushed.

1:30 p.m. **Small Group Discussion (Chapter 3)**  
Retreatants can gather in small groups to discuss the reflection/discussion questions provided in Chapter 3.

2:00 p.m. **Large Group Sharing**  
Retreatants can come back together as a large group to share their experiences and insights from the day. See the tips at www.aliveintheword.org/retreat for sample questions to get the conversation started.

2:30 p.m. **Closing Prayer**  
Find a Closing Prayer for a Lent retreat at www.aliveintheword.org/retreat.