

# SAMPLE SCHEDULE

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](http://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 p.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](http://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](http://www.aliveintheword.org/retreat).