



Spiritual Formation Virtual Retreat

Model 1-Week / 15-Hour Sample Schedule

Orientation and Recommendations

Sunday

Initial Preparation

Monday

9:00am-Noon Formation Sessions
12:30-1:30pm Lunch Break
1:30-3:30pm Rest / Recreation
3:30-5:30pm Possible Formation Focus #1 (Navigating a Dark Night of the Soul)
7:00pm Recommended reading: Selections from *Dark Night of the Soul*

Tuesday

9:00am-Noon Formation Sessions
12:30-1:30pm Lunch Break
1:30-3:30pm Rest / Recreation
3:30-5:30pm Possible Formation Focus #2 (Deepening your Intimacy with God)
7:00pm Recommended reading: Selections from *Sacred Rhythms*

Wednesday

9:00am-Noon Formation Sessions
12:30-1:30pm Lunch Break
1:30-3:30 pm Rest / Recreation
3:30-5:30 pm Possible formation Focus #3 (Emotionally Health Spirituality)
7:00pm Recommended reading: Selections from *Renovation of the Heart*

Thursday

9:00am-Noon Formation Sessions
12:30-1:30pm- Lunch Break
1:30-3:30pm Rest / Recreation
3:30-5:30pm Possible Formation Focus #4 (Practicing Gratitude and Grace)
7:00pm Recommended reading: Selections from *Soul Keeping*

Friday

7:15am Formation Focus #5 (Spiritual Growth Plans for Reentry)
9:00am-Noon Formation Session
Follow Up Formation Assignments



Spiritual Formation Virtual Retreat

Model 3-Day / 10-Hour Sample Schedule

Orientation and Recommendations

Sunday

Initial Preparation

Monday

9:00am-Noon

Formation Sessions

12:30-1:30pm

Lunch Break

1:30-3:30pm

Rest / Recreation

3:30-5:30pm

Possible Formation Focus #1 (Navigating a Dark Night of the Soul, Deepening your Intimacy with God)

7:00pm

Recommended reading: Selections from *Dark Night of the Soul*

Tuesday

9:00am-Noon

Formation Sessions

12:30-1:30pm

Lunch Break

1:30-3:30pm

Rest / Recreation

3:30-5:30pm

Possible Formation Focus #2 (Ex. Emotionally Health Spirituality, Practicing Gratitude and Grace)

7:00pm

Recommended reading: Selections from *Sacred Rhythms*; Selections from *Renovation of the Heart*; Selections from *Soul Keeping*

Wednesday

7:15am

Formation Focus #5 (Spiritual Growth Plans for Reentry)

9:00am-Noon

Formation Session

Follow Up Formation Assignments