

# 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