



Sample Program for a Women's Retreat

Day 1: Arrival and Warm Welcome

3:00 PM – 5:00 PM: Check-in and Registration

5:00 PM – 6:00 PM: Welcome Reception, Introduction, Icebreakers

6:00 PM – 7:00 PM: Dinner

7:00 PM – 8:30 PM: Opening Session: Worship and Keynote Address

8:30 PM – 9:00 PM: Group Reflection, Journaling and Prayer

9:00 PM – 10:00 PM: Free Time/Optional Activities (e.g., bonfire, journaling)

Day 2: Reflection and Renewal

7:30 AM – 8:30 AM: Morning Devotion and Prayer Walk

8:30 AM – 9:30 AM: Breakfast

9:30 AM – 11:00 AM: Workshop 1: "Embracing God's Grace in Daily Life"

11:00 AM – 11:30 AM: Break

11:30 AM – 1:00 PM: Workshop 2: "Finding Strength in Community"

1:00 PM – 2:00 PM: Lunch and worship

2:00 PM – 3:30 PM: Free Time/Personal Reflection (nature walks, journaling)

3:30 PM – 5:00 PM: Creative Session: "Expressing Faith Through Art"

5:00 PM – 6:00 PM: Small Group Discussions

6:00 PM – 7:00 PM: Dinner

7:00 PM – 8:30 PM: Evening Session: Worship and Testimonies

8:30 PM – 9:00 PM: Group Reflection and Prayer

9:00 PM – 10:00 PM: Free Time/Optional Activities (e.g., stargazing, silent meditation on the same Bible verse)

Day 3: Empowerment and Sending Forth

7:30 AM – 8:30 AM: Morning Devotion and Christian Stretches

8:30 AM – 9:30 AM: Breakfast

9:30 AM – 11:00 AM: Workshop 3: "Living Your Calling"

11:00 AM – 11:30 AM: Break

11:30 AM – 1:00 PM: Closing Session: Worship and Communion

1:00 PM – 2:00 PM: Lunch

2:00 PM – 3:00 PM: Farewell and Departure

