



Resilient Retreat Itinerary

Mealtimes - 830a, 1230a, 530p

Friday Evening

4:00 PM Arrival (if possible)

6:00 PM – Arrival & Dinner

- Welcome, fellowship meal
- Introduce the purpose of “Resilient Retreats” (soul care, surrender, healing, direction)
- Orient participants to rhythm: solitude + community + processing

7:00 PM – Session 1: Understanding Your Story

- Devotional on the **biblical theology of retreat** (Jesus withdrawing to be with the Father)
- Teaching: *Steps of the journey / being vulnerable before God*
- Guided journaling: “Where am I? Why am I here?”

8:15 PM – Session 2: Understanding Your Pain

- Reflection on coping strategies, painful emotions, and beliefs
- Option for journaling or solitude exercise

9:15 PM – Group Debrief / Closing Prayer

- Gentle processing, prayer of surrender
- Invitation into evening silence

9:30 PM – Personal Solitude

- Quiet walk, journaling, lights-out prayer

Saturday Morning

7:30 AM – Light Breakfast

- Silence maintained through breakfast

8:15 AM – Session 3: Group Storytelling & Processing

- Guided “Trauma Egg / Life Map” exercise (telling your story with confidentiality guidelines)
- Group members respond: “I felt this when I heard your story...”
 - “Where did you notice God’s presence (or absence) in this part of your story?”
 - “What emotions are you carrying right now as you share (or listen)?”
- Facilitated by house church/huddle leader, elder, counselor, or pastor

10:15 AM – Break / Solitude Time

- Journaling prompts provided
- Optional prayer walk

11:00 AM – Session 4: Understanding the Truth

- Teaching: *Where the Spirit of the Lord is, there is freedom* (2 Cor. 3:17)
- Listening prayer: sitting with Jesus, letting Him speak into your story
- Journaling exercise

12:00 PM – Lunch

- Fellowship meal

12:45 PM – Session 5: Living in the Truth (1 John)

- Teaching + group discussion
- Reorientation: resurrection life, healing, next steps
- Sharing commitments for ongoing soul care (counseling, house church, prayer practices)

1:45 PM – Closing Prayer & Blessing

- Prayer of commissioning
- Encouragement toward 3 free counseling sessions (included in retreat)
- Dismissal

2:00 PM – Departure