

# How To Plan A 48 Hour Retreat

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**What to bring:** Clothes, Food, Bible, Books, Journal, Walking Shoes, & Etc.

## **How to plan your retreat:**

1. What are the givens?
  - a. Sleep
  - b. Meals
  - c. Calls (Spiritual Direction - Mentor etc)
2. What is the topic or purpose of retreat?
  - . Why retreat now
  - a. What is the purpose
  - b. Certain practices you want to try? Books to read? Things to catch up on?
3. Schedule your retreat:
  - . Evenings, Mornings, Afternoons, Evenings, Mornings (48 Hour Retreat Timeframe) for bulk of your processing, reading, engaging in topic or activities.
4. What practices or activities do you want to do?
  - . Art: Drawing, coloring, crafting, painting, music
  - a. Spiritual Practices Lectio Divina, Visio Divina, Imaginative prayer, singing, psalm writing
  - b. Embodied: Walking, Yoga, Running
  - c. Intellectual: Reading books, podcasts, audiobooks
  - d. Processing: Journaling, Talking outloud to God, Spiritual Direction
5. Write out what you want to do and schedule it.
  - . See Sample Retreat Plan

## **How to enter retreat:**

- Turn your phone off (leave in the car) or on airplane if you need it for podcasts (download everything before so you don't have to access the internet)
- Unpack
- Spend 1-2 hours processing your expectations and get out all of your desires for the retreat.

## **How to leave retreat:**

- Clean up after yourself
- Ask God to show you where He was most present
- Have a reentry plan (don't schedule meetings, or run back to the chaos and demands of your life so fast).

**Post Retreat:** Pick a date to return to your journal or reflect on what happened on retreat (MOST IMPORTANT STEP) we often see clearer in the rearview mirror than when on retreat. Spend time reflecting or discussing with someone you trust.

Meet with a Spiritual Director and talk about what God might be doing with the fruit of the retreat.

## BOOKS TO PLAN YOUR RETREAT:

Resting Place <https://amzn.to/3tMITXP>

Wilderness Time <https://amzn.to/3hXxBMT>

Holiday With God

To book a session for spiritual direction email me at [maryl@maryldemilo.com](mailto:maryl@maryldemilo.com)