

Sample One-Day Retreat
Dr. David Sherbino “Renew -A Basic Guide for a Personal Retreat”

- 8:30 a.m. Arrive at the Retreat Center, have breakfast before leaving.
Get settled into your environment, take time to be quiet, allow body to relax.
- 8:35 a.m. Begin by offering your day to God, give over everything you’ve left behind.
Praise and worship, read a psalm slowly.
ex. 9,24,33,34,46,81,84,96,98,145,149,150
Sing a song or chorus of praise.
- 10:00 a.m. Break, go for a silent walk, enjoy a cup of refreshment, or simply gaze out window.
- 10:15 a.m. Thanksgiving – Read Psalm 136:1-9; 23-26. Cultivate thanksgiving to God for:
- His goodness
 - His creation
 - His saving grace
 - His daily provision
 - His enduring love
- Journal if need be.
Write out names of people for whom you are thankful – pray for them.
- 11:15 a.m. Take a short break.
Confession – and examining of conscience.
OR Read a psalm eg.32, 51
OR pray a prayer of examen
- Conclude with 1 Thess. 5:11 and or Psalm 103:11, 12
- 12:30 p.m. Lunch
Take your time – savour – after lunch, a nap or a walk – it’s all good.
- 1:30 p.m. Pray for others – one of four templates can assist in this:
- Ephesians 1:17-23
 - Ephesians 3:16-21
 - Philippians 1:3-6;9-11
 - Colossians 1:9-14
- 2:30 p.m. Break – go for a walk or enjoy a light snack – reflect on prayer time.
- 3:00 p.m. Pray for self – plans, hopes, dreams,
Perhaps a need for discernment.

4:00 p.m. Prepare to go home. Take a few minutes to review the day
Discoveries? Changes to be made? Offer this to God.