

# Prayer Retreat Schedule

We want to encourage you to go on a personal prayer retreat three times per year. You will find it refreshing. Finding adequate time to get away is always a chore. Give yourself lots of time to pray. Plan your own pace and schedule. Try alternating each hour between prayer and prayerful activities. Make it your goal to enjoy the Lord in all that you do.

## **Day 1 – Sunday Evening**

3 pm – Early Bird Time (arrival and unwind)  
4-5pm Quiet time to "be still," walk and pray  
6 pm – Supper and Fellowship  
7 pm – *Quiet Worship Together* - no preaching  
8 pm – Orientation 1 - "A Strategy Alone With God"  
9 pm – Personal Journaling - "Tell God why you came."  
10 pm – Free Time - Fellowship (late arrivals)  
Sleep 11:00 pm – 7:00 am

## **Day 2 – Monday**

7 am – Rise and Shine  
8 am – Breakfast - and Orientation 2 - *Getting Quiet*  
9 am – *God time! (Be Still)*  
10 am – *God time! (Be Worshipful)*  
11 am – *God time! (Be Thankful)*  
12 am – Light Lunch as you are ready  
12:30 pm Orientation 3 - *Self Examination*  
1 pm – *God time! (Confess Sin)*  
2 pm – Nap time  
3 pm – *God time! (Clothe Self)*  
4 pm – *God time! (Cast Care)*  
5 pm – Supper - (use the time for sharing ideas)  
  
6 pm – *God time!*  
7 pm – *God time!*  
8 pm – Worship: *Sharing Insights on Prayer*  
9 pm – *Fellowship Time*  
10 pm – *Whatever! Free Time*  
Sleep 11:00 pm

## **Day 3 – Tuesday (half-day)**

6 am - Rise and Shine  
7 am – Breakfast  
8 am – *God Time!* (Focus on God)  
9 am – *God Time!* (Focus on Self)  
10 am – *God Time!* (*Orientation 4 – Retreat Planning*)  
11 am – *Worship*: Communion & Anointing  
12 am – Lunch

(For those who want more time you are free to stay and seek the Lord until 3 pm or an extra day if you choose.)

## **Prayerful Activities**

### **Think & Plan**

Plan & Dream God's Visions  
Plan Goals  
Plan Yearly Calendar  
Plan Sermon Calendar  
Write Sermon/Lessons  
Write Your Thoughts/Ideas  
Write or Journal to God  
Evaluate Your Personal Life  
Evaluate Your Ministry  
Make Personal/Family Plans  
Do a New Testament Word Study

### **Rest**

Take a Holy Nap  
Go for a Walk with God  
Sing to the Lord  
Worship with Tapes/CDs  
Talk About Prayer, Ministry  
Converse With a Friend  
Play an Instrument to the Lord

### **Read and Study**

Read Scriptures  
Read a Book on Leadership  
Read a Book on Prayer  
Read the Prayers of the Bible  
Listen to Scripture Tapes  
Listen to a Sermon  
Study the Promises of God  
Memorize some Promises  
Meditate on the Cross  
Meditate on God's Creation  
Meditate on God's Promises

### **Study and Preparations**

Spend Time Reading on Vision  
Plan your Yearly Preaching  
Schedule  
Envision What God Longs to Do  
Read a Book for Sermon Prep

## A Quiet Prayer Retreat:

This is your prayer retreat. Don't let anything or anyone stop you from getting alone with God. This is not a seminar or a social gathering. It is a time for God-hungry people to gather in the same place to seek after God. Most of our prayers will be silent and private. We do not develop intimacy with God in a crowd. Please keep conversations to a bare minimum during designated "God Times." Maintain silence please! No stereos or boom boxes without earphones. We are here to commune with God. If you need to talk with others do it in whispers. Feel free to walk about the camp as the Lord leads you.

## Schedule:

Your prayer coach will be available to give you guidance and suggestions as needed. There are four orientations we would like to present during our time together. We are not here to lecture, but to coach you in what we have learned and experienced. We can coach each other. We will try to be flexible as to when they will be presented. You are not required to attend any except the first one.

## What To Bring:

Bring your weary body, a need for rest, and a hunger for God's presence. Wear loose fitting casual clothing (sweats are fine), walking shoes. Bring along a jacket for cool weather, an umbrella just in case, a Bible, notebook or journal, a devotional book on prayer, and a pen or pencil. You might want to bring a walkman with earphones for private listening to worship cassettes or CDs.

## What To Do:

This is not a seminar, nor a conference. It is your time to get alone with God. We will have a few meetings together for worship and fellowship. The rest of the time is for you to walk, talk, sleep, eat, pray, sing, meditate, memorize, read, journal, or study.

We provide the ambience and a few suggestions for disciplines of prayer. We will have available a prayer guide and workbook, books on prayer, cassette tapes, worship CDs, and prayer guides.

## Managing the Time:

An extended time of prayer can be a frightening thing. I am often asked, "What do you do with all that time?" We have developed some tools that will help you discipline your mind and heart through this extended prayer adventure. You will find that at the end of six hours of prayer that it is just not enough! You will long for more. The secret is in changing your prayer habits. Prayer is not talking at God, but quietly communing with Him in long moments of intimacy. We have found six essential areas of preparation for intimate times with God. Those six areas are what guides our time alone with God.

If you would like more detailed insights and further study on [Intimacy With God](#) and [Principles of Intercession](#) log on to our web site where you will find dozens of articles, guides, and tools for improving prayer.

<[www.PrayerToday.org](http://www.PrayerToday.org)>