**Oasis Retreat**

**Schedule**

**Introduction and Opening Prayer: 3 minutes**

**Session 1 A Quick Look at your Life** (Opening – 2 minutes)

*“A Quick Look at your Life” Worksheet (off screen – 30 minutes)*

 Part 2: A Quick Look at your Life (Closing – 1 minute)

**Total Session time – 33 minutes**

**Session 2 Reflect on how you have benefited from spending time with the Lord**

**Total Session time – 15 minutes**

**Session 3 Journal Keeping** (Opening – 12 minutes)

*Reflection (off screen – 5 minutes)*

Part 2 Journal Keeping (Closing – 6 minutes)

**Total Session time – 23 minutes**

**Session 4 Hidden Treasure – Dialogue Journaling with Jackie Rettberg**

Watch Video– 15 minutes

 “*Abram-Genesis 12:10-20” worksheet (off screen – 10 minutes)*

Group Sharing – 20 minutes

*Share thoughts with a friend sitting next to you (off screen – 10 minutes)*

 *Share with whole group (off screen – 10 minutes)*

***(****Try to encourage as much sharing as possible)*

 Wrap up Summarizing the Value of Engaging with God’s Word – 5 minutes

**Total Session time – 40 minutes**

**Session 5 Lunch with Jesus** (Opening – 2 minutes)

*Lunch alone with Jesus (off screen – 2 hours)*

*Provide Various Worksheets from the list below for women to use during their Lunch with Jesus*

 Group Sharing

*Share blessings with group (off screen – 10 minutes)*

*Close with Prayer and Worship (off screen – 15 minutes)*

**Total Session time – about 2 1/2 hours**

**Closing Remarks: 2 minutes**

**For the Facilitator**

The purpose of this retreat is to help women learn how to spend two hours on their own with the Lord. You will want to provide them with enough resources to help them engage with their Bible and reflect on what it says. For women who have never felt comfortable having their own Quiet Time, this experience can be transformational.

**Preparation**

Please print the following documents for each participant. These are all available on the NEWIM Online Retreat Resource page:

1. A Quick Look at Your Life Today (Session 1)
2. Abram Goes to Egypt (Session 4)
3. The Lord Is (Session 5)
4. A Time for Reflection (Session 5)
5. The Wonderful Purposes of the Lord (Session 5)
6. For Who Has Known the Mind of the Lord (Session 5)
7. Understanding Meditation (Session 5)
8. Psalm 103 (Session 5)
9. After Your Lunch with Jesus

**Things to Consider**

Timing: If you are planning to hold a full retreat with all 5 sessions, allow about 4-1/2 hours, plus time for music.

Worship with Music: If you want to include some time for worship with music, you will need someone to lead the worship, or choose from the list of worship videos on NEWIM’s YouTube Channel.

Art Materials: If you would like to give women the option to work on a creative project during their Lunch with Jesus, be sure to provide paper and crayons, colored pencils, markers, etc. You could also introduce them to Visio Divina using the video on the website.

Lunch with Jesus: This retreat is intended for women to have a two-hour lunch session on their own with the Lord in silence and solitude. They should either be provided a sack lunch and drink, or be asked to bring their own. It’s important to really underscore that you do not want women to talk during this time. You may want to look at a few handouts available on the website: “Thoughts on Silence,” “Thoughts on Solitude,” “Why Retreat to Spend Time Alone.”

Location: You will need to meet in a location that enables each participant to have some quiet space apart from others during the Lunch With Jesus session.

Bibles: Encourage all attendees to bring their Bible, journal, and pen,

Sharing: The facilitator will want to take the opportunity to lead women to share their thoughts and questions during Session 4 (Hidden Treasure), and sharing of blessings at the end of Session 5 (Lunch with Jesus).

Dialogue Journaling Handouts: You may want to print out “Things to Remember” and “John 7:1-13 Sample” for women to be able to take home and use.