

Planning Suggestions for Personal Retreat Time:

The most important planning you can do for retreat is to carve out some uninterrupted alone time with God. Usually, this means you will need to:

- Determine the time (day/hours) you will spend on retreat (minimum of 4-6 hours)
- Clear your calendar – of appointments/responsibilities for a the hours you choose
- Get a good night’s rest the night before (if you can)
- Communicate with those to/for whom you are responsible - that you will be “disconnecting” for a few hours; during your specific retreat hours, ask people not to contact you unless it is a true emergency; perhaps ask a friend(s) to pray for you
- Disconnect from your cell phone – it is best to set it completely aside (minimally you should mute/silence any alerts or ringtones – do whatever you need to do so you are not tempted to check it numerous times!)
- Determine a place – while retreat may be done at home, it is important to find a place:
 - where you will be *uninterrupted and safe* for a few hours.
 - that is beautiful to you
 - that makes it possible for you to spend some time outdoors (weather permitting) – perhaps to a local park or near a body of water