



# unhurried living

## 24-Hour Retreat Schedule

Includes Modifications for Half-Day or Full-Day Retreat

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### INTRODUCTION

We are so glad you decided to make for yourself this kind of time and space with God. An overnight retreat of this length can truly help you to slow down inside to a pace that makes space for refreshment and renewed energy.

There are various ways you could spend 24 hours with God. You could plan some time in nature or camping. You could plan to make arts a part of your experience. For our purposes here, we will provide a schedule for a retreat that focuses on rest, refreshment and quiet. You don't have to be completely silent, but resting your mind, your voice and your body is a very good thing.

For further help, read over our free [Unhurried Time Guidelines](#) download as an introduction to spending extended time with God.

Key to a 24-hour retreat is *simplicity*. Bring less than you think you need, and plan to do less than you think you should.

### TIMING

Plan ahead and get your retreat time on your calendar. Treat this time like a very important meeting with a very important person (think attending a wedding or a meeting with the president of a company). It is easy to think of a retreat as a luxury item that can be set aside if necessary. This could not be further from the truth.

Making space for retreat has deep spiritual benefits. More recently, experts have also been proclaiming the psychological and physical benefits of silence and rest. Give yourself the gift of honoring your intention to make a retreat.

We have experimented with when to begin the 24-hour retreat and have found that beginning and ending with dinner works best. This schedule reflects this timing. Beginning at dinnertime lets you relax and ease into your time away. You get a good night's sleep and then you have the entire next day to enjoy Unhurried Time with God.



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### LOCATION

Location is an important aspect of your retreat. Try to surround yourself with as much beauty as possible. You can, of course, be alone anywhere, but planning for a space that is conducive to quiet is very helpful. Getting close to nature can be very renewing. Ocean, forest, lake, desert—whichever you prefer.

For a true getaway, you can opt for a local retreat center, which may provide 3 meals and a room for the night. A Google search for “retreat center” or “Christian retreat center” may give you some good options. You might also explore an online deal at a hotel or with [AirBnB](#). We suggest staying within a one-hour drive of your home, if possible. It’s far away enough to be a getaway and close enough so as not to eat up too much of your time with travel.

### MEALS

If the location you choose does *not* provide meals, be sure to make a plan for them ahead of time. You can make your own meals or stop at a grocery store that has pre-packaged meals to keep things more simple.

### PACKING

When packing, simplicity is again key. Bring along as little as is necessary. No need to pack any distractions. Here’s our typical packing list:

- Clothes and shoes for one day
- Toiletries
- Hat & sunscreen (if hot and sunny)
- Outerwear (if cold)
- Bible
- Spiritual reading book(s) (1 or 2)
- Journal
- Pen
- Phone\* & charger
- Art supplies (optional)
- Computer & charger (optional - for journaling only)

*\*A note about your phone. It’s a good idea to make some decisions about your phone before you depart. Try keeping it in airplane mode most of the time and use it only for music. Tell your loved ones or co-workers that you will only check it at certain times during the day. Give yourself the gift of not being virtually omnipresent.*



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The times here are suggestions. Move within your retreat as you see fit. We are simply suggesting a flow. This is a time for grace, not rigidity.

5:00pm

Eat dinner out, choose a lovely location and savor your food. Give thanks to God for such a gift.

6:30pm

Arrive at your destination. Unpack slowly. Set up your things the way you like them.

7:00pm

Do what you *want* to do. Don't try to be studious or spiritual. This evening is about letting the dust settle in your heart and mind.

- Take a walk at strolling pace.
- Journal your concerns, your unfinished business from the day, your desires, your hopes.
- Enjoy some good reading in the Bible or a spiritually enriching book.
- Listen to some music as a main focus (rather than as background noise).
- Experiment with doing absolutely nothing. Notice how you feel and talk with God about that.
- Rest. Relax. Let your inner RPM downshift.

10:00pm

Go to bed. A huge part of retreat is getting good rest. So shut off the lights and let your body rest and recover.

Day 2 – 7:00am

Rise and shine. Eat breakfast and get ready for your day. (If you prefer to sleep in, please do so. Make your time adjustments accordingly).

8:00am – Noon

Spend the first hour simply being quiet. Review the [Unhurried Time Guidelines](#) if necessary.

Choose from the **Unhurried Practices** listed below and add any of your own creative ideas:

- Take a walk at strolling pace. Listen to nature. Notice what it feels like to move slowly.
- Read the scriptures receptively. Not for information, but for transformation.



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- Listen to worship music. Not as background. Really listen to the words and soak in the melodies.
- Sit somewhere and notice what surrounds you. Listen. Look. Feel. Take it in.
- Talk with God about what's been on your heart and mind lately. Do this aloud or in a journal.
- If you brought art supplies. Draw, color and create. Draw your surroundings. Draw a prayer. Draw your feelings.
- Read one of your spiritual reading books that you brought. Stop and ponder or pray. Journal any insights. Be nourished by the wisdom of the author.
- Let these linked articles serve as resources for your Unhurried Time with God. Choose one or two and linger with them over the course of your day. Use them as journal prompts.
  - [Hammering and Silence \(including distractions in your time\)](#)
  - [Psalm 84: The Presence of God](#)
  - [SLOW: A 5-Minute Retreat](#)
  - [Prayer: Are You Stuck in a Rut?](#)

Noon

Eat lunch.

1:00pm – 4:30pm

Continue to engage in practices and activities that refresh you, using the Unhurried Practices listed above. You may even want to take a little nap. It's ok to fully rest in God's presence.

4:30pm

Pack up your things and get ready for dinner or home.

5:00pm

Eat out or head home for dinner.



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### Modifications

#### Half Day Option

For the half-day option, simply use the schedule from Day 2 - 8:00am to noon. You don't have to use those times. Just set aside a four-hour block and enjoy your time.

#### Full Day Option

For the full-day option, simply use the schedule from Day 2 - 8:00am to 5:00pm.

Suggested locations for a full day with God. Mix and match as your location allows. Spend the morning in one place and move to another after lunch, if you'd like.

- A beach
- A lake
- A museum (let the art provoke some creative journaling)
- A local park
- A beautiful public library
- A botanical garden
- A mountain trail
- A nature walk
- A favorite coffee shop
- A local hotel lobby
- A train ride



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### A Next Step

If you would like to receive mentoring in this unhurried practice of making personal spiritual retreat a life-giving rhythm in your life, our free online course, [Influence from the Inside Out](#), will help.

In it, Alan Fadling will guide you through this practice that gets to the heart of we at Unhurried Living help people do:

Rest Deeper. Live Fuller. Lead Better.

We'll help you establish the habit of Unhurried Time with God, classically known as solitude, silence and prayer. This is the centerpiece of the spiritual practices and is a great place to begin if you find the idea of unhurried living compelling.

We know how hard it is in the midst of a full life to establish a practice like this. That is why we've created this course to help you take one step at a time. You'll start with just 30-60 minutes and increase to up to four hours.

Alan will lead you through each step, offering scripture, personal encouragement and reflection questions to help you process your journey.

Practicing unhurried time with God will help you live, work and lead from a full soul.

This isn't about being lazy. It enables us to have perspective and gain resources to do better work. This is the deep well from which you'll draw all that you *need* to live fuller and lead better.

### Receive Weekly Inspiration

Receive weekly inspiration in your email inbox directly from Alan and Gem. Sign-up [HERE](#). We periodically include free resources for your spiritual growth.