One day Discipleship Reflection Outline

9:00 a.m. Arrive at the cabin

9:05 a.m. Introductions, group placement

9:15 a.m. Opening Prayer

9:30 a.m. Begin session one

10:30 a.m. Stretch break

10:45 a.m. Session two -- in prayer

11:30 a.m. Lunch and walk time

12:30 p.m. Session three

1:30 p.m. Session five – in pairs

2:30 p.m. Session six – in prayer

3:30 p.m. Conclusion