

# **HCM INTERNATIONAL**

## ***Come Away with Me Extensive Care Retreat***

### **SAMPLE SCHEDULE**

**\*\*SUBJECT TO CHANGE\*\***

#### Monday

4:30 PM Arrival  
5:30 PM Dinner  
6:30 PM Opening Session  
8:30 PM Fellowship Time

#### Tuesday – Day One

8:00 AM Breakfast  
9:00 AM Morning Session: “Trauma, Episodic Memory, & the Power of God”  
10:30 AM Break  
10:45 AM Small Group Process “Making Group Formational”  
12:30 PM Lunch  
1:30 PM Individual Formational Counseling, Guided Personal Prayer & Reflection, and Free Time  
5:30 PM Dinner  
7:00 PM Evening Session: “The Stages of Healing”  
8:30 PM Prayer & Ministry time followed by Fellowship Time.

#### Wednesday – Day Two

8:00 AM Breakfast  
9:00 AM Morning Session: “Experiencing God’s Love”  
10:30 AM Break  
10:45 AM Small Group Process: “The Book of Love”  
12:30 PM Lunch  
1:30 PM Individual Formational Counseling, Prayer and Free Time  
5:30 PM Dinner  
7:00 PM Evening Session: “Learning to Trust Again”  
8:30 PM Individual Prayer

#### Thursday – Day Three

8:00 AM Breakfast  
9:00 AM Morning Session: “Dysfunctional Behaviors & the Cross of Christ”  
10:30 AM Break  
10:45 AM Small Group Process: “Moving Toward the Cross”  
12:30 PM Lunch  
1:30 PM Individual Formational Counseling, Prayer and Free Time  
5:30 PM Dinner  
6:30 PM Evening Session: “Moving Toward the Cross”  
8:30 PM Movie Night (Optional)

#### Friday – Day Four

8:00 AM Breakfast  
9:00 AM Morning Session: “Emotions: Can You Trust Them?”  
Learning to Lament  
10:45 AM Small Groups  
11:30 AM Individual Experiential: “Writing Your Lament”  
12:30 PM Lunch  
1:30 PM Individual Formational Counseling, Prayer and Free Time  
5:30 PM Dinner  
6:30 PM Fun Evening

#### Saturday – Day Five

8:00 AM Breakfast  
9:00 AM Morning Session I: “The Lies We Believe”  
10:30 AM Break  
10:45 AM Morning Session II: “The Body Outline”  
12:30 PM Lunch  
1:30 PM Individual Formational Counseling, Prayer and Free Time  
5:30 PM Dinner  
7:00 PM Small Group Process: “The Body Outline”  
8:30 PM Worship & Prayer Time

#### Sunday – Day Six

8:00 AM Breakfast  
9:00 AM Morning Session: “Deep Wounds, Deep Healing”  
10:30 AM Break  
10:45 AM Small Groups  
11:15 AM Individual Experiential: “Bandages”  
12:30 PM Lunch  
1:30 PM Individual Formational Counseling, Prayer, and Free Time  
5:30 PM Dinner  
6:30 PM Evening Session: “The Place of Forgiveness”

#### Monday – Day Seven

8:00 AM Breakfast  
9:00 AM Small Group Session “Walking in Victory”  
10:00 AM Break  
10:15 AM Closing Service of Consecration and Celebration  
12:00 PM Lunch  
1:30 PM Depart