

Suggested 24-hour Retreat Timetable		禱告營時間表	
		Friday 星期五	Saturday 星期六
6:00	8:00		Rise/Shine: (4) Morning Devotion 晨更靈修
8:00	8:45		Breakfast 早膳
9:00	9:30		(5) Praise and Worship 詩歌敬拜
9:30	11:15		(6) Spiritual Journey Reflection: Psalm 23 靈程反思：詩篇23
11:15	12:00		(7) Sharing (Small Group) 小組分享
12:00	12:45		Lunch 午膳
1:30	3:00		(8) Reading for Reflection #2 個人默想 #2
3:00	5:00		(9) Corporate sharing and prayer 合組分享及禱告
5:00	5:30		Journey Home 回程
5:30	6:15		
7:00	7:30	Dinner (Optional) 晚膳	
7:30			
8:00	8:30	(1) Praise and worship 詩歌敬拜	
8:30	10:00	(2) Personal Reflection #1 個人默想 #1	
10:00	11:00	(3) Praying Through & Through 祈通祈透	