

SAMPLE RETREAT SCHEDULE

ESSENTIAL TOPICS TO INCLUDE

See the course outline beginning on Page 12 for a summary of each topic.

Theology Lesson 2

Believe: The Grace of the Sacrament (if not given live by a priest/ deacon)

Theology Lesson 3

Become: The Church's Moral Teaching

Theology Lesson 5

Be Light- What is Domestic Church and How to Live it

Life Skills Lesson 2

Communication in Marriage

Life Skills Lesson 4

Finances

Life Skills Lesson 5

Marriage & Sexuality



NOTE: The Be More Retreat is only available on our app, which requires internet access. We recommend that videos are opened 5-10 minutes prior to being projected in order to give ample time to load.

8:30AM BREAKFAST & FELLOWSHIP

9:00AM OPENING PRAYER & WELCOME, OVERVIEW OF THE DAY

9:15AM THE GRACE OF THE SACRAMENT OF MARRIAGE (PARISH PRIEST OR DEACON) OR USE "THEOLOGY LESSON 2: BELIEVE: THE GRACE...SACRAMENT" (35MIN)

9:50AM "LIFE SKILLS LESSON 2: COMMUNICATION IN MARRIAGE" (25MIN)

10:15AM COUPLE DISCUSSION QUESTIONS (PAGE 15 OR BELOW THE VIDEO IN THE APP)

10:30AM BREAK

10:40AM "THEOLOGY LESSON 3: BECOME: THE CHURCH'S MORAL TEACHING" (30 MIN)

11:10AM COUPLE DISCUSSION QUESTIONS

11:25AM "LIFE SKILLS LESSON 5: MARRIAGE & SEXUALITY" (30 MIN)

11:55AM NFP WITNESS OR COUPLE DISCUSSION QUESTIONS

12:10PM BLESSING OF THE MEAL & LUNCH

1:10PM "LIFE SKILLS LESSON 4: FINANCES" (25MIN)

1:35PM COUPLE DISCUSSION QUESTIONS

1:50PM "THEOLOGY LESSON 5: BE LIGHT- WHAT IS THE DOMESTIC CHURCH AND HOW TO LIVE IT" (30MIN)

2:20PM EUCHARISTIC ADORATION, EXAMINATION OF CONSCIENCE, SACRAMENT OF RECONCILIATION