

Ignite Your Retirement Retreat Schedule

May 18-21, 2026

Monday, May 18: Entering the Fog

- **7:00 PM – 9:00 PM: Session 1: The Group Chat – "The Pause"**
 - **Core Concept:** Acknowledging that the old map doesn't fit the new terrain.
 - **Key Question:** What has changed that I haven't fully acknowledged?
 - **Activity:** The Identity Audit—listing lost roles and the "fog" of this season.

Tuesday, May 19: Clearing the Debris

- **9:00 AM – 10:30 AM: Session 2: Uncover**
 - **Focus:** Confronting loneliness and disappointments under the surface.
 - **Activity:** Fog Mapping—journaling fears and retirement disappointments.
- **10:30 AM – 11:00 AM: Break (Coffee & Reflection)**
- **11:00 AM – 12:30 PM: Session 3: Release**
 - **Focus:** Letting go of the "Control Illusion" and old roles.
 - **Ritual:** The Burden Drop—physically leaving regrets or old expectations at a "drop zone".
- **12:30 PM – 1:30 PM: Lunch**
- **1:30 PM – 3:30 PM: Free Time / Solitude (Nap, Hike, or Prayer)**
- **3:30 PM – 5:00 PM: Session 4: Pinpoint**
 - **Focus:** Identifying the "gap" as a space for a new spark.
 - **Activity:** Spark Hunting—small group discussion on dormant passions.
- **5:30 PM - 7:30 PM Dinner out at the Branson Landing (Dutch-Treat)**
- **7:45 PM - 9:00 PM Informal Networking**

Wednesday, May 20: Catching the Spark

- **9:00 AM – 10:30 AM: Session 5: Observe**
 - **Focus:** Tuning into God's nudges and looking for "open windows".
 - **Activity:** The Silent Walk—30 minutes in nature to practice listening.
- **10:30 AM – 11:00 AM: Break**
- **11:00 AM – 12:30 PM: Session 6: Surround**
 - **Focus:** Building a "Fire Circle" of community.
 - **Activity:** Community Connection—networking to find "running mates".
- **12:30 PM – 1:30 PM: Lunch**
- **1:30 PM – 3:00 PM: Group Activity / Recreation**

- **3:00 PM – 5:00 PM: Session 7: Elevate**
 - **Focus:** Turning the retreat steps into a lifestyle.
 - **Activity:** The Ignition Plan—creating a 30-day action plan for returning home.
- **6:00 PM:** The Ignition Dinner (included)

Thursday, May 21: The Commissioning

- **9:00 AM – 10:00 AM:** Commissioning Service
- **10:00 AM:** Retreat Closes