



# JOHN PAUL II Healing Center

*Transformation in the Heart of the Church*

## Restoring the Glory – Virtual Retreat

**Sample Participant Schedule\*** (All times listed are Eastern Time)

*Times are suggestions for your self-paced retreat, unless marked as “Live”*

**Prayer Ministry:** You will have one scheduled 45-minute session within the timeframes below

### Monday

9:00 AM – 10:30 AM\*\*  
10:30 AM – 12:30 PM  
12:30 PM – 2:00 PM  
2:00 PM – 3:00 PM  
3:00 PM – 4:00 PM

#### **Introduction & Talk 1: God’s Glory & Our Story**

Journaling/Confession/Adoration

#### **Talk 2: Family—God’s Design for Sexuality**

Journaling/Confession/Adoration

**Live:** Q & A | Prayer Experience

### Tuesday

9:00 AM – 10:30 AM  
10:30 AM – 12:30 PM  
12:30 PM – 2:00 PM  
2:00 PM – 3:00 PM  
3:00 PM – 4:00 PM  
6:00 PM – 7:00 PM  
7:00 PM – 8:00 PM

#### **Talk 3: Identity—Male & Female in God’s Image**

Journaling/Confession/Adoration/Prayer Ministry

#### **Talk 4: Development—Security, Maturity, & Purity**

Journaling/Confession/Adoration/Prayer Ministry

**Live:** Q & A | Prayer Experience

Prayer Ministry

**Live:** Evening Activit(ies)

### Wednesday

9:00 AM – 10:30 AM  
10:30 AM – 12:30 PM  
12:30 PM – 2:00 PM  
2:00 PM – 3:00 PM  
3:00 PM – 4:00 PM  
6:00 PM – 7:00 PM  
7:00 PM – 8:00 PM

#### **Talk 5: Wounds—Disruptions in Development**

Journaling/Confession/Adoration/Prayer Ministry

#### **Talk 6: Compulsions—Disordered Desires**

Journaling/Confession/Adoration/Prayer Ministry

**Live:** Q&A | Prayer Experience

Prayer Ministry

**Live:** Evening Activit(ies)

### Thursday

9:00 AM – 10:30 AM  
10:30 AM – 12:30 PM  
12:30 PM – 2:00 PM  
2:00 PM – 3:00 PM  
3:00 PM – 4:00 PM  
6:00 PM – 7:00 PM  
7:00 PM – 8:00 PM

#### **Talk 7: Healing—Restoring Wholeness**

Journaling/Confession/Adoration/Prayer Ministry

#### **Talk 8: Freedom—Deliverance from Strongholds**

Journaling/Confession/Adoration

**Live:** Q&A | Prayer Experience

Prayer Ministry

**Live:** Priest-led Night of Healing Prayer | Q&A

### Friday

9:00 AM – 10:30 AM  
1:30 PM - 2:30 PM

#### **Talk 9: Integration—Journey to Sexual Wholeness**

**Live:** Sharing of Graces

*\*Schedule represents a sample, is tentative, and is subject to final confirmations*

*\*\* Each talk is 1 hour in length; we have allotted 1.5 hours to account for pausing & note-taking*