



This is an intentional time of listening to and responding to God during a regular week of life and work. This can be organised for an individual or group and involves:

- An opening meeting of about one hour to introduce folk to each other and give some material for prayer which may be the basis for individual conversations.
- Daily individual appointments of up to 45 minutes with a trained spiritual director/ guide, usually for 4-7 days, in a church, retreat setting or other place.
- A daily commitment by each participant to pray somewhere individually for at least 30 minutes every day with material suggested by the guide.
- A closing meeting of about one hour to sum things up and draw the RDL to a close.

In a parish context a RDL could begin on a Saturday evening, followed by individual appointments Monday to Friday, with an ending meeting on the Friday or Saturday evening.

The benefits of this type of retreat are:

- A relaxed opportunity to have someone else journeying alongside the retreatant confidentially, helping the listening and responding process.
- Speaking with someone outside of the immediate context so coming with no biases. Having an individual focus, though in a group RDL knowing others are also on a similar path.
- There is no planned content after the first meeting which means the retreatant is able to explore whatever God highlights for them.
- Being encouraged to notice where God is during regular life as well as the intentional prayer time.