

## FCA-E EMI Easy Reference Guide

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### Appendix B: Sample schedule for weekend retreat:

*\*\*Please coordinate all schedule changes with instructor(s)\*\**

#### Friday

- 1700-1800 Check-in
- 1800-1900 Dinner
- 1900-1945 Weekend Overview
- 2000-2100 “Endurance sports outreach in the 21st Century”  
- Demographics, the importance of relationships & proving that faith “works”

#### Saturday

- 0700-0800 Morning run/hike/etc.
- 0800-0830 Shower
- 0830-0930 Breakfast
- 0930-1015 “Christ’s story in your life”  
- How to focus your testimony on Christ’s work in your life
- 1015-1030 Skit: *Rolling Testimony*
- 1045-1130 Testimony writing workshop
- 1145-1230 “Divine appointment preparation”  
- Overcoming fears, steering conversations, methods
- 1230-1330 Lunch
- 1330-1415 “Are You Ready For This Race?”  
- How to concisely, convincingly present the gospel
- 1415-1430 Skit: *Drawing in the Dirt*
- 1430-1700 Afternoon ride/run
- 1700-1730 Shower
- 1730-1830 Dinner
- 1830-1945 Evangelism Methods Workshop
- 2000-2045 Basic Follow-up techniques
- 2045-2100 Skit: *Life-Training*

#### Sunday

- 0700-0800 Morning run/hike
- 0800-0830 Shower
- 0830-0840 Skit: *The Upset*
- 0840-0920 Breakfast
- 0930-1030 Worship Service
- 1030-1130 Pack up and check out
- 1130-1230 Closing prayer and light Lunch