
Your Best Retreat Ever

*Advance Your Women's Ministry Through
Holy Spirit-Led Retreats*



A Free Checklist & Leader Guide for Women's Ministry Leaders

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Breakthrough • Sisterhood • Renewal • Even on a Budget

A Word to You, Leader

ADVANCE — Away from Routine

Greetings, dear sister!

You don't need a big budget, a fancy venue, or a packed schedule to host the retreat women will talk about for years.

Instead, prayer, purpose, and space for the Holy Spirit to move make the difference.

I've led and been invited to speak at women's retreats for decades, and I've watched God show up powerfully—again and again—when leaders create room for Him.

This guide is designed to help you do just that: plan a retreat where Jesus meets women deeply, walls come down, sisterhood is forged, and your ministry is strengthened and multiplied... even on a budget. 😊

Let's get practical.



YOUR BEST RETREAT EVER — LEADER CHECKLIST

ADVANCE — Directed by the Holy Spirit

1. Start in the Secret Place (Prayer & Vision)

Every fruitful retreat begins with prayer—not pressure.

- Invite the Holy Spirit into the planning from the very beginning
- Ask: *“Lord, what breakthrough do You desire for these women?”*
- Write **one clear spiritual outcome**

(Example: “Every woman leaves knowing she is deeply loved and never alone.”)

- Choose a theme that supports that outcome

“Commit your works to the Lord, and your thoughts will be established.”

Proverbs 16:3 (NKJV)

Leader Note: Prayer is essential—but it doesn’t need to be complicated or rigid. Stay connected, stay listening, and let the Lord lead as you plan.



ADVANCE — Vision Is Clarified

Breakthrough Themes That Consistently Bear Fruit

(Choose one that fits your women and your season.)

The Lord of the Breakthrough

“So David went to Baal Perazim, and David defeated them there; and he said, ‘The Lord has broken through my enemies before me, like a breakthrough of water.’”

2 Samuel 5:20 (NKJV)

- It Is Well with My Soul
- Fearfully & Wonderfully Made
- Cast Your Burdens on the Lord
- Unshakeable Joy in Jesus
- Restored & Set Free
- Daughters of the King
- Overcomers in Christ
- Made New
- Safe in His Arms

ADVANCE — Anointed Space Is Created

2. A Schedule That Breathes

Breakthrough needs breathing room.

When the schedule isn't packed and women aren't rushed, they can often be more open to the Presence of the Holy Spirit and what He wants to do in their lives.

Sample Weekend Flow (Adapt Freely)

Friday Evening

- Arrival, light refreshments, worship
- Welcome + Session 1
- Worship and ministry time
- Testimonies or relaxed connection activity

Saturday

- Breakfast + worship + teaching
- Small groups / prayer stations
- Lunch
- Free time (rest, prayer walks, journaling, connection)
- Afternoon breakthrough session
- Dinner
- Fun evening or testimony circle

Sunday

- Worship, testimonies from the weekend, communion, impartation
- Commissioning prayer and send-off

“Where the Spirit of the Lord is, there is liberty.”

2 Corinthians 3:17 (NKJV)

ADVANCE — Nourishment for Spirit, Soul & Body

3. Breakthrough Activities That Open Hearts

Use what fits your women—no need to do everything.

- Prayer wall with anonymous requests
- Symbolic release activity (writing down burdens and letting them go)
- Anointing oil prayer stations (James 5:14)
- Testimony moments (short, Holy Spirit-led)
- Scripture reflection or prayer walk
- Blessing circle—each woman prayed over by name
- Journaling with guided prompts
- Stretch breaks between sessions
- PraiseMoves® session** (Saturday morning or afternoon, theme-based)



ADVANCE — Community Is Strengthened

4. Build Your Dream Team

(You Were Never Meant to Do This Alone)

- Prayer/intercession team covering every session
- Anointed Praise & Worship leader sensitive to the Holy Spirit
- Small-group facilitators (1 per 8–10 women)
- Hospitality lead (welcome table, nametags, warm smiles)
- First-time guest connector to ensure no one feels invisible

“Two are better than one... For if they fall, one will lift up his companion.”

Ecclesiastes 4:9–10 (NKJV)



ADVANCE — Stewardship Creates Freedom

5. Budget-Smart = Stewardship Smart

- Set a registration fee women can realistically afford (often \$35–\$99)
- Use your church, a local retreat center, park pavilion, or someone's home
- Plan potluck or shared meals (simple and community-building)
- Offer scholarships—someone almost always wants to bless another woman
- Keep décor simple: thrifted items, borrowed pieces, candles, string lights

Truth: Simplicity does not limit God's power.



ADVANCE — Empowered to Return Changed

6. Small Touches That Create a Big Impact

- Handwritten nametags with Scripture or encouragement
- Simple welcome gift (makeup bag w/Scripture, verse card, pen)
- T-shirt (event t-shirt figured into ticket price—great for group photo)
- Blessing or encouragement table
- Photo area with theme verse backdrop for fun group photos
- Closing commissioning prayer for each woman

Women may forget the schedule—but they will remember how they felt in the presence of the Lord and their sisters in Christ.



ADVANCE — Multiplication Happens

7. One-Day Mini-Retreat Blueprint

Perfect for first-time retreats or tight budgets.

- Coffee & welcome
- Worship + Session 1
- Small groups or prayer time
- Lunch (shared)
- Worship + ministry + commissioning

One day. One focused goal. Powerful fruit.

ADVANCE — Fruit That Remains

8. Post-Retreat Momentum

- Send a thank-you message or video within 48 hours
- Invite testimonies
- Create a prayer or connection group
- Begin dreaming about the next gathering—together

“Those who sow in tears shall reap in joy.”

Psalm 126:5 (NKJV)

Retreat Schedule Template (with Guest Speaker Spaces)

FRIDAY

Guest Speaker – Friday Evening: _____

SATURDAY

Guest Speaker – Saturday Session: _____

PraiseMoves® Session (AM or PM): _____

SUNDAY

Guest Speaker – Sunday Impartation: _____

Guest Speaker Note: This may be Dr. Laurette or another trusted speaker the Lord highlights for your women.

When Outside Support Makes Sense

Sometimes it's helpful to bring in outside ministry support—especially when your leadership team needs space to receive.

You are always welcome to invite **Dr. Laurette** or one of our **Certified PraiseMoves® Instructors** to support your retreat through Scripture-based teaching, movement, worship, and encouragement. These sessions are designed to be accessible, Christ-centered, and deeply renewing.

Learn more at **[PraiseMoves.com](https://www.PraiseMoves.com)** and **[DrLaurette.net](https://www.DrLaurette.net)**.

Final Encouragement

You have what you need. God is faithful. And the Lord of the Breakthrough will meet you, your team and your Retreat attendees, enabling you to ADVANCE *in Him* as you RETREAT together *with Him*.

“Now to Him who is able to do exceedingly abundantly above all that we ask or think, according to the power that works in us, to Him be glory in the church by Christ Jesus to all generations, forever and ever. Amen.”

Ephesians 3:20 (NKJV)

With love, rejoicing,

Dr. Laurette Willis

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