

L2.52  
REAL LIFE, LIVED RIGHT

Facilitator's Guide

Does your church have a program for college students? Do you have college interns serving in various capacities in your church during the summer? Do you have a great group of young adults serving in your areas of ministry in some capacity? Then L2.52 is JUST for you! This is a 2-weekend retreat program, a Launch Retreat held at the front end of the summer and a Landing Retreat at the end. Each retreat is uniquely designed to equip your participants with life skills and spiritual accountability to help them serve well during their summer and take what they learned and apply it their daily life. L2.52 is based on Luke 2:52 “And Jesus grew in wisdom and stature and in favor with God and man.” Our goal as disciples is to continually grow to be more like Jesus, and L2.52 offers great applicable tools to help individuals accomplish this goal. During the course of the two retreats participants will learn things such as listening to God, living in authentic community, talk/sermon preparation, developing a spiritual rule, spiritual gifts, time management, personal spiritual health assessment, and lots of time for reflection, journaling and worship. You get the entire retreat outline including participant registration/application, session topics, reflection resources, games, schedules and reproducible participant journal. If you wish to order printed, bound copies of the participant journal with summer devotional materials, you can order copies of those here: [www.brightideasforchurchleaders.com](http://www.brightideasforchurchleaders.com) . This is the only resource you’ll need to run two successful retreats meant to spur young adults on in their faith and service to God.

## Introduction to L2.52

**What is L2.52?** L2.52 is based on Luke 2:52, “And Jesus grew in wisdom and stature, and in favor with God and man.” L2.52 is designed to be a season of preparation during the summer for young adults between 19-27 years old. The individuals chosen for this retreat have a well-established relationship with Jesus, possibly some short-term experiences through which their faith grew exponentially, may be looking to pursue church ministry as a career, and are looking to go a little deeper in their spiritual journey. This experience is meant to be a season of preparation to help them discern what’s next in their walk with Christ and is meant to: open their eyes, expand their minds, and fan the flames of their faith.

**What is the goal of L2.52?** Each person experiences life, but some have learned to live a life that matters. Their life conveys a sense of direction and purpose, which others lack. They have a vision that calls them and an order to their lives that guides them. These people are the legacy leavers and they are the ones who make a difference. This is not limited to driven overachievers, rather, each individual has this potential within, but may lack the knowledge on how to exemplify it. Living a life worth imitating requires a purpose, a commitment to discipline, and a community to help you make it through the times when the cost seems greater than the reward. It is the goal of L2.52 to help participants find a practical path of application for the spiritual principles which will help direct and order their lives.

Some program goals are: Open their Eyes, Expand their Mind, and Fan their Flame.

Open their Eyes: We will spend some time discerning call and purpose in participants’ lives. They will be taught by several ministers in local congregations who have all discovered their call to ministry in unique and different ways. Participants will be exposed to some hands-on ministry experiences in different arenas in order to determine if church ministry is their calling.

Expand their Mind: Participants will exercise a deep commitment to spiritual disciplines during this time. They will be pushed and stretched in order to learn new things and go further in their spiritual walk. The goal is that they will discover God can do far more through them than they ever thought possible. They will learn spirituality is based upon practical disciplines and discover how important small repeated practice of these disciplines is to deeper overall spiritual growth. They will also develop their own Spiritual Rule to guide their personal spiritual development.

Fan their Flame: A variety of worship experiences will provide the environment to fan the flame of a life lived out with passion. In addition to worship through song, participants will be given a regular opportunity to reflect on and evaluate their spiritual walk through journaling.

### **Program Schedule:**

L2.52 is a summer-long experience that begins and ends with a weekend retreat.

Launch Retreat: 11:30am Monday morning through Tuesday afternoon at 5pm

Throughout the summer, correspondence and follow up will take place through e-mail and other electronic communications.

Landing Retreat: 10am Saturday morning through Sunday 10am

**Where should this take place?** A retreat center that offers one large group gathering place to host worship, teaching, and games, and a building with either a kitchen for you to prepare food for the group, or a dining hall that will provide meals. You don't necessarily want to do these activities in the same space used for the worship service, as there will be games that require lots of open space that a chapel may not be able to offer. You will also need dormitory style housing for gender specific groups (E.G. girls in one cabin, guys in another, or guys and girls on separate floors of the same building.)

# L2.52 Participant Application

Date: \_\_\_\_\_

## Biographical Information:

Name: \_\_\_\_\_

Birthdate: \_\_\_\_\_ Age: \_\_\_\_\_

College Address (Spring Semester): \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

E-mail: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Parent/Guardians' Name(s): \_\_\_\_\_

Home Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone Numbers (H): \_\_\_\_\_ (W)/(C): \_\_\_\_\_

Are you attending college? \_\_\_\_\_ If so, where? \_\_\_\_\_

Do you attend a campus ministry? \_\_\_\_\_ If so, where? \_\_\_\_\_

Do you have a home church? \_\_\_\_\_ If so, what is it? \_\_\_\_\_

Do you attend a church at your college? \_\_\_\_\_ If so what is it? \_\_\_\_\_

Do you have a summer job? \_\_\_\_\_ If so, where? \_\_\_\_\_

What will you be doing? \_\_\_\_\_

*Please answer the following questions:*

- 1. Please share your personal testimony, including the highs and lows of your life. Be sure to include what God has been teaching you in the past three months.**
- 2. List and describe any relevant work, volunteering or other experiences (ministry, youth work, drama, singing, Bible study leader, etc.)**
- 3. What are some of your future goals and aspirations?**
- 4. What are you most passionate about in life and in ministry (hobbies, interests, areas of ministry)? How do you see yourself using these passions in ministry?**
- 5. What would you consider to be your gifts and talents?**
- 6. What is your biggest stumbling block in pursuing Christ? What encourages you and fuels you to grow in your walk with Jesus Christ?**
- 7. What areas in your walk with Jesus would you like to grow in this summer? Which areas do you feel most consistent and confident in?**

## Launch Retreat

This initial retreat lays a groundwork for ministry that will take place during the summer in participants' individual ministry environments. It will also develop friendships from which accountability will develop that will continue to help them grow from this experience.

### Monday-

**Check-in and Registration-** Monday morning, 11:30am - Arrive, get room assignment, and meet in a large group room that will not be used for the first worship session.

**Lunch-** 12-12:30

**Connect-** 12:30-1:30pm- Start with some icebreaker styled games to build community and trust among your participants.

**1. Syllable Name Game** - Each person stands in a circle, starting with the leader, and says their name, broken into syllables (1, 3, 6, etc.). For each syllable of their name, they display a motion. This continues until every single person around the circle, in order, has said their name. For example, my name is Katrina, so I would say, Ka-trin-a, and maybe do a mock firing of a gun, lock, load and fire. What each person chooses to do usually tells something about them, so pay close attention to individual motions. At the end of the game, make predictions about each individual based on their motions. For an extra challenge, see who can remember everyone's name.

Share & Discuss (divide people into groups of 3 or 4 to answer the following questions):

- What's one thing you like about yourself?
- What's one thing you would like to change about yourself?

**2. Jump Rope Community Builder Game-** You will need one large jump rope & enough open space for two people to swing the rope without hitting a ceiling or other object. Have two volunteers on either end turning the jump rope. Explain that each person must walk through the swinging rope, jump over it once, and walk out. They must not touch the rope or skip a jump. Then the two people turning the rope must switch out and jump as well. Keep going until everyone goes through consecutively with no mistakes. Go one at a time, no skips, and no trips. If one person makes a mistake the whole group must start over from the beginning.

Share & Discuss (keep people in the same groups as earlier)

- What is your biggest fear?
- If you knew you could not fail, what would you do?

### **Worship and Session 1- 1:30-2:45, Creating Space to Hear God's Whispers**

15 min- Intro to L2.52 (found at the beginning of the journal)

- What it is- based on Luke 2:52
- Why it's important
- What to expect
- What is expected of them
- How it will equip them for ministry
- Questions?

20 min- Worship through music

30 min- Talk #1- Creating space to hear God's whispers.

- Read 1 Kings 19:9-13. As you read the passage through, ask participants to close their eyes and imagine what it would be like to be Elijah. Talk about each verse in the passage, asking how Elijah must have felt during this encounter with God. Encourage participants to take notes on the space provided in their journal.



- Point out how the Lord often appears to us not just in passionate, expressive corporate worship experiences, but also in the still, quiet moments of our day.
- Identify some examples of this in your own life you can share with the group.
- Share different ways we can pay attention to God's whispers through spiritual disciplines such as regular Bible reading, prayer, rest, and reflection.

10 min- Journaling

After worship and teaching, have participants reflect on the following questions in their journals:

- When do you think you are most likely to hear God's whispers?
- How can you intentionally quiet your mind to receive His guidance for your life?
- What do you want to get out of this L2.52 experience?
- What stuck with you from the first session? What did you learn? What did you feel? What do you plan to do?

**Connect- 2:45-4:00pm**

**Follow the Leader-** Before the activity, set up an obstacle course beginning at the door of the worship center and ending at a location with a snack for participants. Make sure it is a distance of at least 150 yards. The first 50 yards should be relatively simple and include small obstacles like a log, tree, or bench. The next 50 yards can be more complicated with obstacles like a playground, fence or more wooded area. The final 50 yards should be relatively simple with low level, easy to navigate obstacles.

Pair people up and give each pair a blindfold. One person from each pair will wear a blindfold and the other will have to guide their partner out of the worship area, through the designated course, toward the place where lunch will be served. This will be an exercise in trust that will become continually more difficult.

For the first 50 yards, the blindfolded person will follow vocal commands from their partner without any physical touch. Their partner needs to guide them safely through the obstacles without touching any obstacle. If they touch an obstacle, they must start over.

For the second 50 yards, the leader will then switch from giving vocal commands to guiding the blindfolded partner by placing a hand on their shoulder. During this part of the course, no audible instructions will be given.

For the final 50 yards, leaders are allowed to give vocal commands again, but at a distance of 10-15 feet. Blindfolded partners will need to be listening carefully to hear their partner's directions.

Once everyone safely reaches the ending spot without disturbing any obstacles, remove the blindfolds and debrief what happened by discussing the following questions:

- To those who were blindfolded, how did this exercise make you feel?
  - What was hard or frustrating?
- To those who were leaders, how did you feel during this exercise?
  - What was hard or frustrating?
- How does this exercise apply to your life?
  - Do you ever feel similar in life's circumstances? Confused? Frustrated, or nervous?
- What are ways we can seek out help when we are struggling with the same things in our spiritual lives?

#### **Solitude and Journaling- 4:00-4:30**

- What makes you desire a more intimate relationship with Jesus?
- What are some things you are holding back from God that could hinder your spiritual growth?
- Who can you ask to hold you accountable in areas where you struggle?
- What makes it difficult for you to accept accountability from others?

#### **Talk it Out- 4:30-4:45**

- What was a major influence in shaping who you have become?
- Describe a meaningful relationship you've had. What made it significant?

## **Session 2- 4:45-5:30, Essential Community**

30 min- Talk #2- Essential Community

- Read the story of the early church from Acts 2:42-47. Have participants underline evidence of community found in the scripture printed in their journals.
- Point out the believers first devoted themselves to teaching and fellowship.
- Ask the group, "What are the characteristics of essential community evidenced by this first body of believers?"
- Point out how generosity played an important role in the development of the early church.
- Discuss what this type of community looks like in today's church.
- Reread verse 47 and discuss how this authentic community was attractational for nonbelievers. How can our community draw others toward Christ?

15 min- Journaling

After worship and teaching, have participants reflect on the following questions in their journals:

- Do you think we really need community to be fully alive?
- Why do you think finding authentic community is so difficult? What are the obstacles?
- With whom do you have this type of community?

## **Fellowship and Fun- 5:30-6:30pm**

Have space for participants to play games like Four Square, Basketball, Dodge Ball, Volleyball, or classic board games.

**Dinner-** 6:30-7:15

## **Dig Deep Worship Experience- 7:15-8:30**

20 minutes of worship music

35 minutes- Ignatian Contemplation- Ignatian Contemplation is a form of prayer by which we take a passage of scripture, usually from the Gospels, and immerse ourselves in it using all our senses. Using our imagination, we feel the heat of the day, smell the livestock, see the clouds of dust on the road, listen to Jesus' words, and watch His actions. It's a way to engage with the Gospel with all our being.

**Quiet-** Still your heart, mind, and soul. Prayerfully seek God's guidance and be aware of His presence. Be assured that the Holy Spirit is guiding your prayer as you seek Him right now. Use your imagination and consider how God sees you right now. (observe a moment of silence)

**Listen-** Read Mark 2:1-12 aloud

**Imagine-** As I read the passage again, listen with your senses. Imagine the scene as if you were right there. What is around you? Who else is there? What do you hear in the scene? What do you smell? Where are you? What can you feel? What conversations are happening around you? What is the mood of the people? Reread Mark 2:1-12.

**Contemplate and Discuss-** As a group, discuss the following questions.

- How did this exercise enhance your understanding of the passage?
- What part of the scripture most deeply moved you?
- What words or phrases stood out to you?
- Have you ever been paralyzed by your circumstances or hardship?
- Do you feel stuck in anything right now?
- How can we support you as a group and help you get the healing you need?

20 min worship through music, leading into Communion Experience. Depending on the size of your group, you may choose to allow each participate to serve another or for everyone to come forward and receive through intinction.

**Break from 8:30-9:00**

**S'mores and Campfire- 9:00**

### **Tuesday morning-**

**Wake-up and breakfast by 8am**

**Worship and Session 3- 8:30-10:45 am, God Speaks Through You**

8:30-8:50- Worship through music

8:50-9:30- Session 3, God Speaks Through You

God speaks, and he has given us the privilege of speaking for him and about him. How do you give an effective talk? Boring talks happen all the time, but we want to give great talks about God, how do we do that?

- I. Good talks have one big idea
  - a. You can only say one thing.
  - b. If you try to say three, people will remember none
  - c. Use scripture in your talk but not as the title of the talk
- II. Have a one sentence Big Idea
  - a. Examples
    - Bad: The power of prayer, Faith, Jesus and his love, why we need elders
    - Good: Prayer is powerful, we must have faith, Jesus loves everyone, we need elders because we need authority in our lives
  - b. Subject: What is the author talking about?

- c. Complement: What is he saying about what he is talking about?
- III. You can only do a few things with an idea
- a. Explain it--what does it mean? (God justifies the ungodly)
  - b. Prove it--is it true? (Jesus is the only way to heaven)
  - c. Apply it--so what? (Love your enemies)
  - d. Remind people of it--experience it (God is faithful)
  - e. Figure out what you need to do with your idea: what questions will they be asking?
- IV. Make an outline based on your idea
- a. Each step is a sentence (4 or 5 at most)
  - b. Each step will explain, prove, apply, remind
  - c. Two types of outlines
    - 1. State idea at beginning (clear but can be boring)
    - 2. State it at the end (intriguing but very hard to be clear)
  - d. Make your outline as clear as possible
    - 1. Have markers (first, second, etc.)
    - 2. Tell them what you're going to tell them...
- V. Now fill in your outline
- a. Restate, don't repeat
  - b. Introduction (attention and need)
  - c. Conclusion (drive home the main idea)
  - d. Application (throughout or at the end)

e. Illustrations (to explain, prove, or apply)

VI. If you forget everything else, remember that good talks have one big idea

9:30-10 – Look at the possible passages in your journal and choose one or more verses from one of the chosen passages. You'll have 30 minutes to construct a quick talk outline and a few main points. After 30 minutes, come back to the large group gathering room, and each of you will deliver a 5 minute break down of your talk.

10-10:45 - Participants give their 5 minute talks

**Take a Break - 10:45-11:00**

### **Session 4- 11-12, Spiritual Rule**

A Spiritual Rule is a rule of life that has clear structure to help you get to where you want to be. It encompasses every aspect of your life from home, work, play and spiritual growth; you develop clear goals and a structured schedule to help you achieve these goals. You would never wake up one morning and go run a marathon without training, so why would you expect your life to suddenly change or get better without working hard to maximize the good and cut out the bad? Creating a spiritual rule helps you decide what is most important in your life, and acts as a paper accountability partner in your journey toward a better you. Find a space to work quietly and go through the two key questions in your journal. Look at the Spiritual Rule examples provided and begin to craft your own.

#### **The Two Key Questions:**

##### **1. Are you growing?**

Examine your life in the following areas:

- Spiritually = Are you taking personal time with God each day? (Reading: SOAP- Scripture, Observation, Application, & Prayer), Have you developed a Spiritual Rule? Do you have a mentor?
- Professionally =What does your job look like? Are you working to better yourself in the work place?

- Socially/Physically = Are you exercising and spending time with people that build you up?
- Personally & Emotionally= Do you take a Sabbath? Need a Sabbatical?

### Journaling

- a. How are you growing?
- b. What are you learning?
- c. What is hindering your growth?
- d. What could enhance your growth?
- e. Who is your guide? Your spiritual example?
- f. How do you care for your soul?
- g. What does your personal time with God look like?

## **2. Are you intentionally investing in someone else?**

### Journaling

- a. What is their name?
- b. How are you investing in them?
- c. Are they growing?
- d. Where do they need to grow?
- e. How do you pick the people you choose to invest in?
- f. What are the traits that show you someone is receptive and ready to grow?
- g. How do you spot potential?

Discuss the participants' answers to these questions in small groups.



Using the responses to these questions and the prompts in your journal, begin a rough draft of your own spiritual rule. You'll find some examples in your journal to get you started.

### **Lunch and Free Time- 12-1:45**

**Small Group Sharing: 1:45-2:15-** Break into groups and share your draft of your Spiritual Rule. Seek help and guidance from others in areas where you may be weak.

### **Session 5: Spiritual Gifts 2:15-3:15**

5 min- Talk #5- Spiritual Gifts

- Read 1 Peter 4:10
- Point out that everyone has received gifts.
- Your gifts were given to be used to serve others.

15 min – Print the spiritual gifts assessment found here for each participant:

[http://www.lifeway.com/lwc/files/lwcF\\_PDF\\_Discover\\_Your\\_Spiritual\\_Gifts.pdf](http://www.lifeway.com/lwc/files/lwcF_PDF_Discover_Your_Spiritual_Gifts.pdf)

After each person has taken the assessment and scored their responses share the results with a small group.

- What did you discover about the way you are wired for life and ministry?
- How can you lean more strongly into your strengths?
- How can knowing your gifts benefit you in ministry?
- What might be cautions for applying your knowledge of your gifts?

10 min. Talk #6 – Gifts, Calling, and God's Will

- **CALLING:** In the Bible we are called to belong to Christ and use our gifts in His service
- **WILL:** God is not limited by our gifting and He sometimes chooses to work outside of where we are gifted to grow and stretch us.

- Share personal experience from your own calling and how you are personally gifted.

15 min- Hear from Others' Experiences- Invite three lay people from your community to share about how they are using their spiritual gifts in a secular career. If possible include a teacher, someone from the healthcare field and someone from a business environment.

15 min- Journaling and Reflection

- What did you discover about your spiritual gifts?
- Whether in full time ministry, or secular work, you are still called to be a witness to the gospel. What does it look like in your life?
- Personally and within organizations, how can you use your gifts to teach others about Christ?
- After this session, in what area of your life do you feel most challenged?

**Community Building- 3:15-3:45- Win as much as you can!** You will need a rope or long piece of duct tape and a timer. Label the space on either side of the rope as 1 and 2. Have all the attendees find a partner. Partners will stand on opposite sides of the tape or rope line, facing each other. By power of persuasion, each person needs to try and convince their partner to join them on their side of the rope, in hopes that their side, either side 1 or 2, will be the one chosen by the leader as the winner of that round. You only have 10 seconds to convince your partner to join you on your side. If the timer goes off and you are on opposite sides, you lose two points. Each time you and your partner are on the chosen side, you gain 2 points; each time you and your partner are on the losing side of the rope, you lose a point. Play four or five rounds, allowing time for one pair to get a few points on the board, before you conclude the game. The goal is to exercise the power of persuasion when there is something at stake.

After 5 or 6 six rounds, have them split up into groups of four to discuss the following questions:

- Was it hard to trust your partner in this game?

- Is it hard to tell the difference between people you should trust and people you should keep at a distance?
- How can you best discern whether a person is a good influence or a bad one?
- Who can hold you accountable when you are in a relationship that may not be the best for you?

### **Session 5- 3:45-4:30- Time Management**

30 min- Time Management : Why it matters

- If you don't control how you spend your time, then the world will do it for you.
- Rely on God to help you determine and filter your priorities.
- God is outside of time, more importantly He is outside of our understanding of time. 2 Peter 3:8-9
- How do you keep a calendar? Paper, dry erase, iphone?
- Why do you keep the type that you do? (If you keep a paper copy, you probably like to cross things off)
- It's important to have a system, but don't do one that oppresses you, choose something that motivates you.
- Talk about the importance of prioritizing your time. If desired, do a demonstration with a large, clear glass jar holding 1 large marble or ball, and lots of smaller marbles or balls. When you put the large marble in first, and the small ones around it, everything fits, but if you put the smaller ones in first and the largest one last, it will not all fit.
- How you spend your time can be broken up into four categories:  
 Important & Urgent- They need to be done promptly or there will be some pretty big consequences.  
 Not Important, but Urgent- These require immediate attention, but as far as consequences are concerned, they are minimal if you don't do it.  
 Not Urgent, but Important- These are the types of things you wish you had more time for, like exercising, volunteering your time, or doing stuff

with your kids. The dividends are worth every second, but you don't always have time to do it.

Not Urgent & Not Important- Time wasters- TV, playing video games, internet browsing, things that take up more time than they should.

- Rhythm: God created us with a desire for both change and stability. Balance in both areas is extremely important.

15 min. Find Time Management Quadrant Diagram in your book and have participants split up into small groups and walk through the following questions, writing their responses into the appropriate squares.

What are some rhythms you have already established (work schedules, exercise plans, activities for days off work, time with friends, church activities, service opportunities, etc.)? Add them to the appropriate quadrant.

Are you having a Sabbath? Do you have enough time to play? Too much time to play?

What is a rhythm you'd like to establish? How important should that be in your time management plan?

**4:30-5- What's Next?** Take this time to let participants know how you will continue to encourage them throughout the summer.

- Develop a time management plan that will guide your summer.
- Complete your spiritual rule and use that as a guide for your life during this season.
- Practice regular spiritual disciplines:
  - Daily prayer
  - Daily Personal Time with God- reading, reflection, and journaling using the SOAP method
  - Regular worship attendance at a local congregation

- Regular meetings with a mentor or accountability partner
- Schedule a facetime or skype meeting with one of the leaders twice during the summer, checking in on how you are using your gifts in service to Christ and getting encouragement, feedback, and suggestions
- Read and respond to weekly e-mail encouragements from your leader

**Dismiss to go home at 5pm**

## **Landing Retreat**

10am Saturday morning through Sunday 10am

We recommend using the same facility as the previous retreat or finding a family that can host everyone in their home for a more intimate environment. This retreat is meant to discuss how well participants were able to learn and apply what they were taught during the opening retreat. Did they budget their time well? Did they discern their calling more clearly? Were they able to consistently open their eyes to the Lord's will, fan their flame of faith, and expand their minds to the work of the Holy Spirit in and around them? How did they use the tools they were given at the front end of the summer to grow in their faith for the past few weeks?

The schedule of this retreat will look and feel different than the first retreat. Make sure to find a worship band to lead them well for a night of worship & scripture reading. You should plan for two sessions, a worship night, and a "Give God the Glory" service for the final morning before departure.

### **Retreat Schedule and Break Down**

**Arrive on Saturday at 10am- Get settled and meet in the large group area for a game at 10:30am**

**Connect- 10:30-11:00 min- Is your Life off Balance? Short Rope game:**

Pair everyone up and give each pair a jump rope or short rope. Each person is to grab one end of the rope and face each another, squatting down. When the leader says 'go,' your goal is to knock the other person off balance. They are off balance if they move their feet or place a hand on the ground. The one who loses balance is "out" and will sit out the next round. Winners keep playing until one winner remains. Debrief by asking the following questions:

- What knocks you off balance in your life?
- What are the warning signs that your life is getting out of balance?

- How do you try to maintain balance between home, work, school, and other responsibilities?
- When you find yourself off balance, how do you correct yourself?

### **Session 1- 11:00- 12:15 pm- Getting to know YOU**

5 minutes- Discuss accountability and the importance of allowing others to speak into your life in that way.

10 minutes- Introduce the Johari window (see journal)

- A technique for illustrating and improving self-awareness.
- Discuss the four quadrants and how they can be helpful in developing your character.

45 minutes- Spiritual Health Plan

Print and copy the Spiritual Health Assessment from Lifeway found here:

[http://www.lifeway.com/lwc/files/lwcF\\_PDF\\_DSC\\_Spiritual\\_Growth\\_Assessment.pdf](http://www.lifeway.com/lwc/files/lwcF_PDF_DSC_Spiritual_Growth_Assessment.pdf) Distribute to each participant. Review the instructions found on page 2 of the packet.

Sometimes there are things in our lives that we see as weaknesses, and there are things we know to be strengths. But did you know there are parts of your life other people see as your strengths and weaknesses you may not be aware of? We are going to do an exercise together, so pick a partner you think knows you pretty well. You will fill out one Spiritual Health Plan for yourself, then give the observations sheet to your partner. Complete the growth plan that follows. You will share your results and report back to the large group what you discovered and what was most surprising.

The purpose of this exercise is to open up some great authentic community and help people have a renewed vision for who they are in Christ. There is a certain perspective through which we view ourselves and it can be a very spiritual

experience to learn how others see us, and even more importantly how God sees us.

15 min- Journaling

After worship and teaching, have participants reflect on the following questions in their journals:

- What did the Spiritual Health Assessment reveal about your strengths?
- What did it reveal about your weaknesses?
- What are you going to do about it? Come up with a plan to address those areas that need attention, nurture, accountability, etc.
- How were you encouraged by someone else's assessment of your spiritual health?

**Lunch - 12:15-1:15 PM**

**Session 2- 1:15- 2:15pm – Solidify Your Calling**

30 min. Individually go through the pages in your journal and respond to the questions in order to clarify your call.

30 min. Share about your own personal journey of discovering your passion and how you found your mission field. Allow participants to share their calling.

In closing, remind them that God shapes and directs everything. Sometimes our vision and our passion are not revealed to us all at once, they can come in small pieces at a time. What's important is that we continue seeking His will and His purpose for our lives.

**Large Group Games- 2:15-3:30 PM-** in a field, weather permitting.



- Some suggestions, Kick-Ball, Capture the Flag, Whiffle-Ball, Ultimate Frisbee, Large beach ball volleyball, etc. feel free to play 2 of them in the course of the time.

**Free Time- 3:30-6:00 PM**

**Dinner- 6:00-6:45 PM**

**Night of worship- 7:00-9:00 PM**

For this session, have someone from your local community share their story. This testimony should demonstrate how God is worthy to be praised. Look for someone who despite all circumstances, no matter how bleak or scary, chose to praise God, and received God's mercy.

During this worship experience you may choose to engage in music, corporate and individual prayer, scripture reading, and celebration of the Lord's Supper.

Consider offering a craft station or journaling area. Keep the mood calm and reflective, low lights, and quiet music. The atmosphere is meant to keep the people in a meditative state.

**Snacks- 9:00- 11:00pm-** around a bonfire, dismiss to cabins.

## **Sunday Morning -**

**8:00 AM- Personal devotion time**

**8:30 AM- Breakfast**

**9:00-10:00 AM- Final Session: God is worthy**

Start with worship, no more than three songs. Then have the program director encourage a time of sharing. This is a great opportunity to have your participants share publicly what they got out of their summer. Starting with something they learned at the opening retreat that impacted how they lived out the summer.

How did God show up, what are you most grateful for, and what do you hope to continue doing once you leave here?

After everyone has shared, wrap up the retreat and head home.