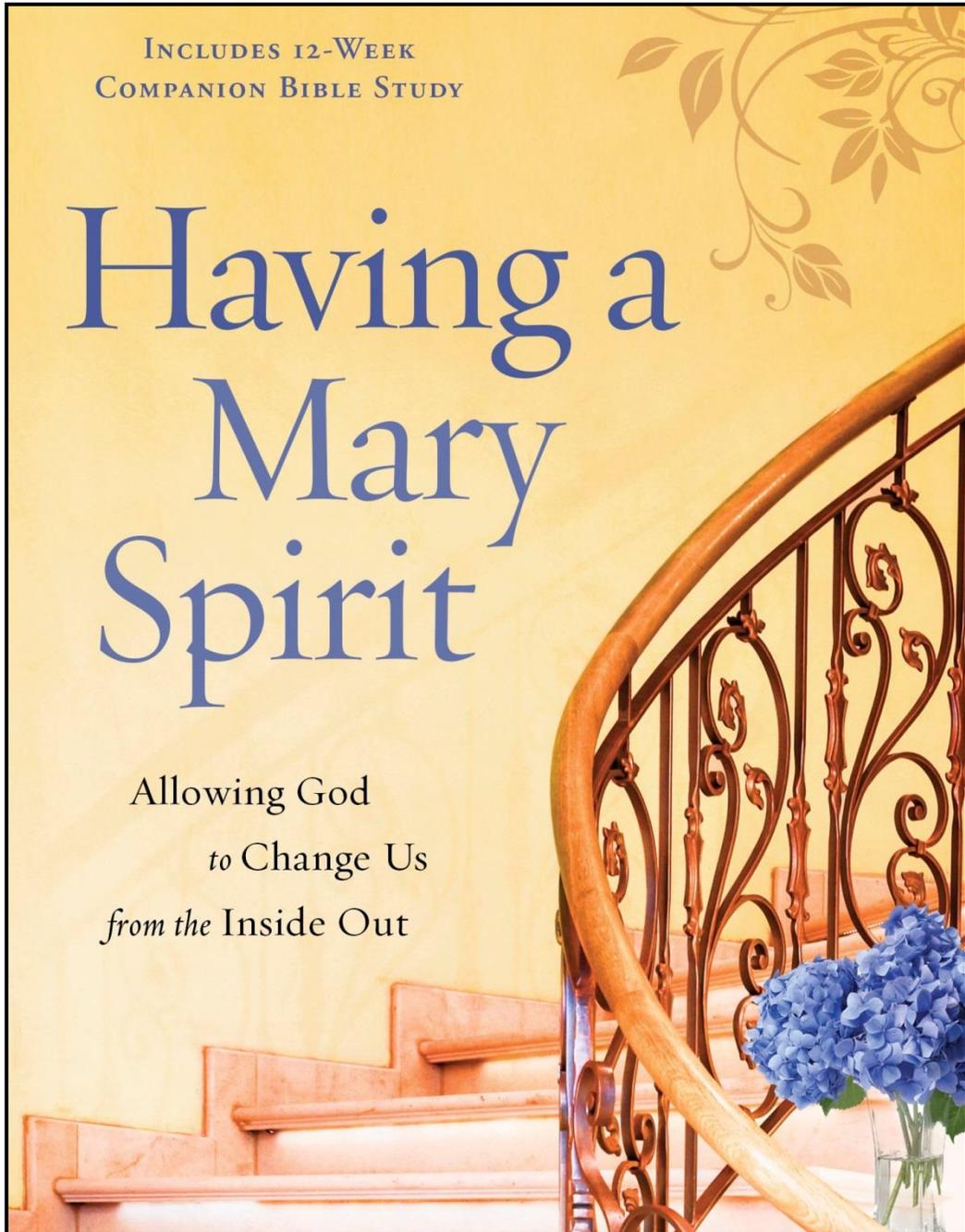


INCLUDES 12-WEEK
COMPANION BIBLE STUDY

Having a Mary Spirit

Allowing God
to Change Us
from the Inside Out



DVD STUDY

RETREAT GUIDE

RETREAT GUIDE

NOTE FROM JOANNA:

I absolutely love retreats! God seems to show up in an extra special way when women set apart an extended time to meet with Him.

The following guide is a suggestion of how you might use the *Having a Mary Spirit: Allowing God to Change Us from the Inside Out* DVD Study to shape a special event for your women. Please feel free to use – or not use! – whatever you desire. Activities and crafts are optional, especially if time is limited. You may want to preview the other videos in the study and change the format completely, creating sessions that are more pertinent to the needs of your group.

I will be praying that the Lord gives you creative ideas to make this retreat a time that women will never forget as they grow closer to each other as they draw nearer to God.

SUGGESTED FORMAT:

While this guide is designed to create a Friday and Saturday weekend retreat (see schedule on page 5), it can be adjusted to fit one-day event as well. The atmosphere should be relaxed and casual. If you use the suggested spa theme, encourage women to dress comfortably – especially on Saturday.

Because much of the retreat happens around tables or in small groups, assign “Table Leaders” to facilitate discussion. Provide each leader a copy of the book, *Having a Mary Spirit*, and this guide in a binder, highlighting the parts they are responsible for. Point them to page 6 which gives helpful “Tips for Leading Small Groups.”

Each participant will need a copy of the “Retreat Handouts” available on **DVD-3** or online at HavingaMarySpirit.com. Use the pieces, along with pages of your own, to create a retreat journal.

THEME & TITLES:

Theme verse: “Create in me a clean heart, O God; and renew a right spirit within me.” Psalm 51:10 (NKJV)

Possible titles: Having a Mary Spirit – the Retreat
A Holy Makeover
Changed – From the Inside Out
Extreme Makeover: Soul Edition
Transformed!

PROMOTION:

Begin promoting your event at least a month before the chosen date. You’ll find a short study promo video as well as a downloadable retreat poster and flyer on DVD disc 3 or at HavingaMarySpirit.com. Just add event information such as: date, time, location and cost.

Ask that an announcement such as this be placed in the church bulletin:

Do you long to be changed by God – from the inside out? That’s the “Holy Makeover” God wants to give to every one of us!

Join us for a life-changing weekend as we encounter God’s transforming love and His powerful grace to help us change.

Date:

Time:

Location:

Cost:

Based on the best-selling book, *Having a Mary Spirit*, author and speaker Joanna Weaver shares biblical truth as she points us to a personal transformation of hope, healing and wholeness. This is the deep and lasting change you’ve been longing for! [OPTIONAL: add registration details here.]

ROOM SET-UP & DECORATIONS:

To facilitate discussion groups, set up round tables in the same room where you will be showing the video. In advance, determine locations for Saturday morning’s Quiet Time Breakout. Put up signs designating which rooms or spaces are available for the extended time alone with God.

As for decorating, a spa theme goes well with the book’s emphasis on transformation. Ideas include:

- Decorate with cool spa-like greens and blues. Simple, clean lines.
- Make room inviting with comfortable furniture. Small electric waterfall or fountain. Lots of candles, baskets of greenery and trees. Stacks of white towels. Large mirrors, soft lighting.
- Use spa-like items to decorate tables, such as: orchids, trays with polished rocks and votive candles, etc.
- Set up "stations" for different spa treatments as they will be part of the Saturday afternoon activity.

GIFT BAGS & GIVEAWAYS:

While the following elements are not necessary, you may want to provide each lady a gift bag that includes:

- Name tag
- Pen or pencil
- Small packet of tissue
- Retreat Handouts (**DVD-3** or HavingaMarySpirit.com)
- Bottle of water
- Sample-size lotions, body washes, etc.
- Breath mints and/or chocolate

Optional giveaway items include: spa and/or beauty salon certificates, gift baskets of beauty items, CDs of relaxing worship music, or a devotional like *My Utmost for His Highest*, *Jesus Calling*, or my own *At the Feet of Jesus*.

Giving each woman a copy of *Having a Mary Spirit* is a wonderful touch as well. It is a tangible reminder of the weekend, and gives women a tool to go deeper in their journey toward transformation. (Many groups factor this cost into the price of the retreat. Bulk pricing is available.)

At the end of the last session, I also suggest giving each woman a rhinestone crown pin or key chain as a reminder of who they are in Christ – and who they are becoming! The crowns can be found at sites like: <http://www.rhinestonejewelry.com>

FOOD & SNACKS:

While this part is entirely up to you, I would suggest providing a dessert or light snack on Friday evening, with a continental breakfast available on Saturday morning. Lunch can be as elaborate or simple as you like – a catered affair to a boxed lunch. But be sure to have an assortment of beverages such as tea, coffee and water available throughout the retreat.

To play up the spa theme, it's nice to have a table set up throughout the retreat featuring pitchers of water flavored with fruit slices, dishes of dried fruit and nuts, and other healthy, tasty items.

EQUIPMENT NEEDED:

Projector and screen for video sessions
Round tables & chairs (if possible)
MP3 or CD player for background music

OTHER ITEMS:

Name tags & markers
See "Preparation" list in sessions
Instrumental worship playlist

HANDOUTS:

You can find the following items on **DVD-3** or at www.HavingaMarySpirit.com

- Retreat Handouts – with viewer guides and space for notes. Print as handouts, or use to create a "Retreat Journal" for your event
- Retreat Memory Verse – Psalm 51:10 (NKJV)
- "Prayer for Transformation" prayer – add a magnet to the back, optional
- Books of the Bible bookmarks – use as you wish
- NOTE: Laminating the verse, prayer and bookmark adds a nice touch

VIDEOS NEEDED:

You will want to familiarize yourself with accessing the DVD sessions needed before the event. They are as follows:

Session 1	*DVD Session 1 – "A Holy Makeover" *Tool Time: Memorizing God's Word
Session 2	*DVD Session 2 – "A New Heart" *Tool Time: Meditating on Scripture
Session 3	*DVD Session 3 – "Whose Side Are You On?" *Tool Time: Journaling Transformation

Session 4 *DVD Session 4 – “Fault Lines of the Soul”
Tool Time: Receiving Correction

Session 5 *DVD Session 10 – “Spiritual Fitness 101”
Tool Time: Accessing God’s Grace

Video pieces marked with an asterisk are available on the DVD set. However, the two Tool Time videos used in session 4 and 5 must be streamed or downloaded from website. See instructions in Leader’s Guide. Access at: www.HavingaMarySpirit.com.

SUGGESTED RETREAT SCHEDULE:

FRIDAY	7:00-9:30 pm	Session 1: “A Holy Makeover” Tool Time: Memorizing God’s Word
SATURDAY	8:30 am	Continental Breakfast
	9:00-10:15 am	Session 2: “A New Heart” Tool Time: Meditating on Scripture
	10:15-11:00 am	Quiet Time Breakout
	11:00 – 12:15 am	Session 3: “Whose Side Are You On?” Tool Time: Journaling Transformation
	12:15-12:45 pm	Lunch
	12:45-2:00 pm	Session 4: “Fault Lines of the Soul” Tool Time: Receiving Correction
	2:00-2:45 pm	Spa Stations & Spa Craft
	2:45-4:00 pm	Session 5: “Spiritual Fitness 101” Tool Time: Accessing God’s Grace
	4:00 pm	Closing Prayer

Tips for Leading Small Groups

- Ask God to give you a genuine love for each woman at the table.
- Pray for attendees both before and during the event. Ask that the Holy Spirit would enlighten their minds and speak to their hearts in a very special way.
- During discussion time around the table, guide the conversation but don't monopolize it.
- Don't be threatened by silence. People often need time to formulate their response. If you jump in with the answers, quieter members will sit back and never interact.
- Sometimes one member is more vocal than the others, to a point of hijacking the conversation. In those instances, be kind but don't be afraid to take back the helm. Ways to do this include thanking the person for her input but then asking if anyone else has a thought or interjecting a short insight of your own. When asking the next question, suggest that someone who hasn't had a chance to share speak up.
- To draw out quieter members, you may want to make gentle eye contact to invite their involvement. After someone has answered a question, address the quiet person by name and ask what she thinks. Don't push or demand, but provide an opportunity for everyone to be heard.
- When an answer is given that doesn't quite fit the question or the scriptural context, thank the participant and then ask if someone else has an answer.
- Sometimes opinions or answers will be given that are unscriptural, and at other times conversations may devolve into gossip or gripe sessions. At moments like these, I whisper a prayer for wisdom and then gently steer the conversation back on track.
- You can gently address a sidetracked topic in closing prayer or share a scripture. But above all, avoid arguing or making anyone look foolish. Present truth and let the Holy Spirit do the rest.

FRIDAY EVENING – SESSION 1

TOPIC: A HOLY MAKEOVER

REGISTRATION: Open registration 30 minutes to one hour before event begins. Offer beverages and a table of goodies to encourage fellowship. Depending on number of women attending, consider having several registration tables (divided alphabetically; express line for those who've prepaid; etc.) Handout nametags.

PREPARATION:

- Print a set of “Retreat Handouts” for each woman (**DVD-3** or online).
- Print “Get to Know You” Bingo cards (on page 20 of this guide). Provide pens or pencils. Consider giving prizes for categories described below.
- Print retreat verse and “Prayer for Transformation” cards for each woman. Print on cardstock and laminate if possible. (**DVD-3** or online)
- Gather items needed for “Makeover Madness” – see instructions below.
- Place large mirror on stage and dry-erase markers for “Call to Action” segment at end. (If your group is large, you may want to have several mirrors and sets of markers placed around the room.)
- If serving refreshments or dessert, consider placing it after the Bingo game.

WELCOME: (10 MINUTES)

- Welcome ladies and open in prayer.
- Announcements and important details – like the location of the restrooms!
- Optional drawing or giveaway.
- Be sure everyone has a copy of the “Retreat Handouts.”

GROUP ACTIVITY: “GET TO KNOW YOU” BINGO

(12 MINUTES)

NEED: “Get to Know You” Bingo Cards and pens or pencils.

INSTRUCTIONS: Give women 10 minutes to find people who fit the boxed descriptions. When they do, the person signs the box pertaining to them. Suggest women try to get as many different signatures as possible. No one should sign more than three boxes, and not all at one time. Other signatures must be gathered in between.

When a row is filled, have them shout “Bingo,” but the game continues until time is called. Give prizes for: the most row “Bingos”; the highest number of different signatures; anyone with a “Blackout” – which is all boxes filled.

TOOL TIME: MEMORIZING GOD’S WORD (12 MINUTES)

- **DVD-1:** View corresponding Tool Time video.
- **HANDOUT:** cards with retreat theme verse (**PSALM 51:10 NKJV**). Practice using the system I suggest on the video, repeating each line three times:
“Psalm 51:10 / Create in me a clean heart, O God”

“Psalm 51:10 / Create in me a clean heart, O God; and renew a right spirit within me.”

“Psalm 51:10/ Create in me a clean heart, O God; and renew a right spirit within me.” / Psalm 51:10

- The women will be surprised how well they know the verse. Congratulate them and encourage them to continue reviewing what they’ve learned.

TABLE ACTIVITY: (15 MINUTES)

From Jeanna: “So often as women, we tend to settle for stereotypes...labeling others as well as ourselves. As a result, we often don’t believe it is possible to change. But I want you to consider the story of Mary and Martha and the Holy Makeover transformation I believe they each experienced when they met Jesus.”

- **LEADER:** Give each table group a poster board and marker. Have them make two columns with the name “Mary” on one side, and “Martha” on the other. Then ask them to read the following portions of scripture:

LUKE 10:38-42 / JOHN 11:1-3, 17-44 / JOHN 12:1-8

- After they read each portion, have them to fill in the chart with the qualities they see in each woman.
- Have the groups share what they discovered in this exercise.
- **FOLLOW-UP QUESTION:** In your opinion, which woman in this story experienced the biggest change? What made you choose her?
[NOTE: Women may have different answers – that’s great!]

OPTIONAL GAME: “MAKEOVER MADNESS” (10 MINUTES)

NEEDED: You will need a stool, a man’s large button-up shirt, and a small table filled with needed makeup items. (Have makeup remover cloths available for afterwards.)

INSTRUCTIONS: Ask for two volunteers, one to sit on the stool, and the other to stand behind her. As you hold the shirt open, have the person in back reach around the seated person putting their arms in the sleeves, so it appear their arms belong to the seated person.

With the beauty products within reach, ask the person behind to apply makeup to the person seated. This will be difficult because they can’t see what they are doing and the seated person is pretty much captive. Instruct them as to the order of the products you wish applied. Have fun with this – it’s pretty hilarious!

DISCUSSION: (12 MINUTES)

- **QUESTION 1:** Have you ever witnessed a true transformation in someone – a no-longer-the-same-person kind of change? Explain what it looked like.
- **QUESTION 2:** What qualities do we need to have to experience that kind of transformation, or one like Mary and Martha experienced?

- **QUESTION 3:** What do you think holds most of us back from experiencing a holy makeover of our own?

DVD-1 VIDEO: (23 MINUTES) “A Holy Makeover” (DVD Session 1)

HANDOUT: “Prayer for Transformation” cards (**DVD-3**)

RESPONSE: (10 MINUTES)

- Immediately after video, ask the women to turn to the next page in their Retreat Handouts and write their response to: “I sense the Lord saying...”
- Arrange with sound person or worship team to transition from video to soft worship music to facilitate response time and call to action that follows.

CALL TO ACTION: (10 MINUTES)

- With music still playing, refer to the large mirror at the front of the room (or mirrors around room). Invite women to come forward and use the dry-erase markers to write a Christ-like quality they want to reflect in their lives.
- After everyone has written their response, invite the women to pray around their tables concerning what they wrote on the mirror.

CLOSING: (5 MINUTES)

- Thank the women for coming and for being a part of this time.
- As you briefly go over the next day’s schedule, express your excitement about what they will experience. Encourage them to dress comfortably (depending on the activities you have planned) and to bring their Bibles and open hearts.
- Close in prayer.

SATURDAY MORNING – SESSION 2

TOPIC: A NEW HEART

PREPARATION:

- Gather items needed for “Quick Change Relay” – see instructions below
- Discussion time – poster board and markers for each table.
- Place a 1-1 ½” polished rock and a piece of Play-Doh in a small bag to hand to each woman before video.

FOR QUIET TIME BREAKOUT SESSION THAT FOLLOWS:

- Before event, arrange access to as many rooms as possible for the Quiet Time Breakout. Try to have enough space to allow some sense of privacy.
- Day of event, check preselected rooms to make sure they are clean and marked as designated prayer spaces. In large areas such as a main auditorium, you might want to have worship music playing very softly.
- Consider having a table filled with Bibles, devotionals and other study helps for women to use during their quiet time.

WELCOME: (5 MINUTES)

- Welcome ladies and any newcomers.
- Give any needed directives and announcements for the day ahead.
- Optional drawing or giveaway.
- Open in prayer.
- Be sure everyone has a copy of the “Retreat Handouts.”

TOOL TIME VIDEO: MEDITATING ON SCRIPTURE (12 MIN.)

- Review memory verse learned last night – **PSALM 51:10 NKJV**.
- Turn to “Meditating on Scripture” sidebar in Retreat Handouts.
- **DVD-1 VIDEO:** View corresponding Tool Time video.
- **TOOL TIME EXERCISE:** Refer to the copy of **PSALM 139**. Have women prayerfully read and mark the portion. Allow about 4-5 minutes for this.
- Go around the table and have women share what spoke most to them.
- **ASK:** Which of the tips Joanna shared did you find most useful and why?

GAME: “QUICK CHANGE” RELAY (10 MINUTES)

NEEDED: Gather two piles of items (one for each team) that include things that can be put on over clothes: oversized clothing and undergarments, swimwear, coats, hats, scarves, sunglasses, boots, high heels, etc.

INSTRUCTIONS: Teams must race, one person at a time, to the pile and put on an item of clothing. Returning to the team, they must take the item off before the next person can go. First team finished, wins. **OPTION:** Rather than dividing into teams, ask

for two volunteers to race against each other to put all the items on, then race back to take them off. First one finished, wins.

DISCUSSION: (10 MINUTES)

- **QUESTION 1:** Give each table a poster board and marker. Have them draw two columns with the headers “Take Off” and “Put On.”

SCRIPT: “If we want to be transformed, we must participate in a ‘Quick Change Relay’ of our own! According to the following verses, what are some patterns and behaviors we need to ‘take off’ so that we can ‘put on’ the new life Jesus provides?”

- **ROMANS 13:12**
- **EPHESIANS 4:22–24**
- **EPHESIANS 4:31–32**

- **QUESTION 2:** Share a brief overview of the “Fly Lady” approach to housekeeping found on page 215 in the book, then read through the points listed in the “Doing the 27 Spiritual Fling Boogie” sidebar in their retreat handouts. Ask the women to take a few moments to mark the items that they need to discard and any additional items that might come to mind.

ASK: In what specific ways would your life be different if you discarded just one of those things?

- **READ:** Close discussion by reading **PSALM 32:5**, then pray thanking God for His forgiveness and help to change.

DVD-1 VIDEO: (23 MINUTES) “A Heart Made New” (DVD Session 2)

HANDOUT: Give each woman a small bag with rock and piece of clay. Tell them to open when I give instructions to near the end of the session.

RESPONSE: (5 MINUTES)

- Immediately after video, ask the women to turn to the next page in their Retreat Handouts and write their response to: “I sense the Lord saying...”

CALL TO ACTION: (8 MINUTES)

- Ask women to pray around their tables, asking God to make their hearts new in specific ways. Close with a short prayer of your own.

CLOSING: (5 MINUTES)

- Suggest that women continue to pray for each other in weeks to come.
- Transition into instructions for “Quiet Time Breakout”

SATURDAY MORNING — QUIET TIME BREAKOUT (45 MINUTES)

LEADER SCRIPT: For the next forty-five minutes, we have a chance to get alone with the Lord. Here's what Joanna has to say about that...

From Joanna: Transformation happens best when we spend time alone with Jesus. As we open His Word, He speaks to us. But He not only speaks to us through His Holy Spirit, He shapes us into His image. I love what Kent Hughes says about this:

“Our lives are like photographic plates, and prayer is like a time exposure to God. As we expose ourselves to God for a half hour, an hour, perhaps two hours a day, his image is imprinted more and more upon us. More and more we absorb the image of his character, his love, his wisdom, his way of dealing with life and people.”

That's what we're going to do during this breakout session. And I believe Jesus is going to meet you in a very special way. Come with a heart that's hungry and open. He will do the rest!

INSTRUCTIONS: (5 MINUTES)

- Explain where prayer spaces are located. Encourage women to find a place where they'll be comfortable and yet give others around them privacy.
- Briefly point to the “Bible Reading Highlights” template in the Retreat Handouts and the suggested portions of scriptures that they might want to read. Encourage them to read slowly and really think about what the scripture is saying to them.
- If you have a resource table of Bibles, devotionals, and other study helps, invite women to use anything they might find useful in their time with God.

CLOSING: (5 MINUTES)

- Inform ladies what TIME to come back for the next session.
- Pray over the women and their time alone with God. Then dismiss them with these instructions:
 - “From this moment, please refrain from speaking.
This time is meant to be between you and God alone.
If you have an emergency, I will be at (LOCATION).
But until we come back together at (TIME), let's honor the Lord and each other by giving reverence to this time.”
- Signal ladies when it is time to return to the meeting room. Have someone walk through the building five minutes before ending time gently ringing a bell.

SATURDAY MORNING – SESSION 3

TOPIC: WHOSE SIDE ARE YOU ON?

PREPARATION:

- Gather rolls of toilet paper needed for the game.
- Discussion time – piece of poster board and markers for each table.
- Optional: print a set of “Table Talk” questions for each table to use during lunch. Cut into strips and place in envelope.

WELCOME: (5 MINUTES)

- Welcome women back from the Quiet Time Breakout. Express how special it was to see the women spending time with the Lord and that you hope it has whet their appetites for a regular time alone with Him.
- Give any needed directives.
- Optional drawing or giveaway.

TOOL TIME: JOURNALING TRANSFORMATION (10 MIN.)

- Review Retreat Memory Verse – **PSALM 51:10 NKJV**
- Turn to “Journaling Transformation” sidebar in Retreat Handouts.
- **DVD-1 VIDEO:** View corresponding Tool Time video. (3:41)
- Go around the table and have women share what spoke most to them.
- **ASK:** What tips have you found helpful when you journal?

GROUP ACTIVITY: TOILET PAPER DESIGNERS

(12 MINUTES)

Divide into groups of five or six people. Provide each team four rolls of toilet paper, then using a team member as a model, instruct the teams they have seven minutes to create the best outfit possible using only the toilet paper. Have the group vote on the “best-dressed.”

DISCUSSION: (18 MINUTES)

- **QUESTION 1:** Have women turn in their Bibles and read **ROMANS 7:15-24** together (the NLT version can be found on page 25-26 in the book.) **ASK:** How have you felt this inner “war” in your life?
- **QUESTION 2:** Read the “Unleashing Twanda” section describing Flesh Woman found on pages 27-31 in the book.

ASK: What does your “Flesh Woman” look like? As a group, come up with a composite sketch of what she looks like in many of our lives.

DIRECTIONS: Have someone artistic at each table take the descriptions offered by the group and turn it into a picture of Flesh Woman complete with labels. If no one is artistic, brainstorm characteristics. Have each table share what they came up with.

• **QUESTION 3:** Point women to the “Profiling Flesh Woman” page in the retreat **HANDOUTS**.

- **SAY:** We all struggle with our lower nature in different ways. Sometimes the best way to overcome the “Flesh Woman” in us is to identify the ways she tends to assert herself in our lives. Take a few moments and fill out this questionnaire.

• **PRAYER:** Read **ROMANS 7:24-8:3**. Emphasize the wonderful work Jesus has done for us! Though we struggle with our flesh, when we turn to Him, He not only forgives us – He sets us free! Invite them to join you as you take the “Flesh Woman” tendencies you’ve discovered to the Lord in prayer.

DVD-1 VIDEO: (20 MIN) “Whose Side Are You On?” (DVD Session 3)

RESPONSE: (5 MINUTES)

- Immediately after video, ask the women to turn to the next page in their Retreat Handouts and write their response to: “I sense the Lord saying...”.

CLOSING: (5 MINUTES)

- Give instructions as to where lunch will be served.
- Encourage the women to get to know one another better during lunch, possibly through the assigned Table Talk exercise below.

SATURDAY LUNCH: (30 MINUTES)

While you may prefer to keep the meal time free from anything else, I would suggest including the Table Talk time below. Leaders shouldn’t force the conversation, but give room for women to share if they wish.

TABLE TALK OPTIONS: (DURING LUNCH)

Encourage them to share any breakthroughs or revelations they experienced during their Quiet Time Breakout – OR - Print the following questions onto strips of paper. Place in envelope and have women draw a one to answer.

- What was the worst fashion/style decision you ever made? (hair, clothes, makeup, etc.)
- Which room in your house would you like to renovate? What would it look like?
- Tell us about your favorite outfit from junior high.
- What one thing about you has changed most in the last 5 years?
- Share every shade of hair color you’ve had.
- What kind of activity do you find the most rejuvenating?
- What did you want to be when you were growing up? What would you like to be now?
- What is the best style advice you ever received?

SATURDAY AFTERNOON – SESSION 4

TOPIC: FAULT LINES OF THE SOUL

PREPARATION:

FOR SPA STATIONS THAT FOLLOW SESSION:

- See details on page 16 in this guide.
- Gather needed items and do any required prep work.
- Set up stations to be beautiful and inviting.

FOR SPA CRAFT THAT FOLLOWS SESSION:

- See details on page 16 in this guide.
- Gather needed ingredients and do any required prep work
- Set-up multiple tables and chairs for workspace.

FOR THIS SESSION:

- For “RX for Fear” craft: Purchase empty prescription bottles, one per lady. Print sheets of verses (back of this guide) and a label (website), one per lady.
- Provide plenty of scissors and tape for each table.
- Print streambed drawings, one per lady (back of this guide).

WELCOME: (5 MINUTES)

- Welcome ladies back from lunch and give any needed directives.
- Optional drawing or giveaway.

TOOL TIME: RECEIVING CORRECTION (10 MINUTES)

- Review Retreat Memory Verse – **PSALM 51:10 NKJV**
- Turn to “Receiving Correction” sidebar in Retreat Handouts.
- **ONLINE VIDEO:** View corresponding Tool Time video.
- After video, have a few women share breakthrough moments in their lives that came as a result of receiving God’s correction.

OPTIONAL ACTIVITY: RX FOR WORRY CRAFT

(12 MINUTES)

NEED: Prescription bottles. Print sheet of verses for each woman as well as the label (available at: HavingaMarySpirit.com). Provide plenty of scissors and tape.

INSTRUCTION: Have women place the label on their bottle then cut the verses into long strips. Rolling them up into a tight bundle, have them secure the “verse pills” with tape and place into the bottle. “Take as needed” – that’s the prescription for the Promises of God!

DISCUSSION: (12 MINUTES)

- **READ:** “Keeper of the Spring” story on page 123-24 in the book.

- **QUESTION 1:** Handout the stream drawings, and **SAY:** We all have things that pollute or block the flow of living water in our lives. Using the streambed depicted here, draw and label things that currently hinder you or have had the power to hinder you in the past.

FOLLOW-UP: Ask if anyone is willing to share what they drew and why?

- **QUESTION 2:** Ask the women to turn to **PROVERBS 4:23-27** and read King Solomon's advice for keeping our lives pure. Have several women note what phrases and words stood out to them and why.

DVD-2 VIDEO: (20 MINUTES) "Fault Lines of the Soul" (DVD Session 4)

RESPONSE: (5 MINUTES)

- Immediately after video, ask the women to turn to the next page in their Retreat Handouts and write their response to: "I sense the Lord saying..."

CALL TO ACTION: (8 MINUTES)

- Read **JAMES 5:16**, then ask women to divide up into groups of two or three and pray for one another. Invite them to share the fault line or weak place that they struggle with.

- **NOTE:** Emphasize the importance of confidentiality. Nothing shared in the room should ever be talked about to anyone else but the Lord.

- Invite the women to pray for each other. Give a prompt midway through to pray for the other person.

TRANSITION: (5 MINUTES)

- Announce break time. If necessary, shorten break to keep on track.
- Instruct participants where to go next for the Spa Stations & Spa Craft.

SATURDAY AFTERNOON — SPA-LICIOUS!

TOPIC: SPA STATIONS & CRAFT PROJECT (45 MINUTES)

FOR SPA STATIONS:

- In advance of the retreat, recruit volunteers to provide the spa services you've chosen to include, such as: manicure, pedicure, mini-facial, massage, etc. Most groups will need several people performing each service, depending on the number of women attending.
- Set up spa stations in different parts of the room or around the church.
- Print signs for stations. Gather needed items and do any required prep work.
- Make stations beautiful and inviting.

FOR SPA CRAFT:

- In advance of the retreat, determine which spa craft you would like to do, such as: bath salts, sugar scrubs, scented candles, etc. Look online for ideas, recipes and supplies.
- Recruit volunteers to provide direction for the craft.
- Gather needed ingredients and do any required prep work.
- Set-up multiple tables and chairs for workspace.

Make this a relaxing yet fun and light-hearted time. Provide seating areas where women can get to know each other as they wait for their turns at the different stations. Create a spa ambience with soft music and candles, as well as a table of “spa goodies” as described in the food section at the beginning of this guide.

Large groups may want to add an exercise class or two. Consider a guided walking tour, weather permitting.

While it won't be possible for everyone to experience everything due to time constraints, try to provide enough activities that everyone gets to do something they'll enjoy.

SATURDAY AFTERNOON – SESSION 5

TOPIC: SPIRITUAL FITNESS 101

PREPARATION:

- Optional: In the video, I speak of running for a crown that will last forever (**1 CORINTHIANS 9:24-27**). You may want to purchase a rhinestone crown pin or keychain to give women as a parting gift. Can be found online at sites like: <http://www.rhinestonejewelry.com>

WELCOME: (10 MINUTES)

- Give any needed directives and announcements for this last session.
- Use final announcements to thank retreat staff, lunch crew and anyone else who has contributed in meaningful ways. Thank the women for coming.
- Announce upcoming Bible studies or special events.
- Optional drawing or giveaway.

TOOL TIME: ACCESSING GOD’S GRACE (10 MINUTES)

- Review Retreat Memory Verse – **PSALM 51:10 NKJV**
- Turn to “Accessing God’s Grace” sidebar in Retreat Handouts.
- **ONLINE:** View corresponding Tool Time video.
- After video, have women share how they’ve used the “space of grace” God has provided at different times in their lives.

DISCUSSION: (10 MINUTES)

- **QUESTION 1:** Give a brief overview of Cheryl’s story (found on page 188-89 in the book). Then read the story of the “Yo-Yo Prayer” on page 192-93.
ASK: How could this prayer prove valuable in your journey to transformation? What does the phrase “Don’t quit quitting” mean to you?
- **QUESTION 2:** Have women turn in their Bible to **TITUS 2:11-12** as you read it out loud.
ASK: What do these verses say about grace and its power to change our lives? Which part of this scripture do you need most right now and why?
- **QUESTION 3:** What has spoken most to you during this weekend?

DVD-3 VIDEO: (21 MINUTES) “Spiritual Fitness 101” (DVD Session 10)

RESPONSE: (5 MINUTES)

- Immediately after video, ask the women to turn to the next page in their Retreat Handouts and write their response to: “I sense the Lord saying...”

CALL TO ACTION: (10 MINUTES)

- Optional Gift: Handout rhinestone crowns as you remind them that we run for a crown that will last forever (**1 CORINTHIANS 9:24-27**).

SAY: This crown is a reminder of, not only of the reward you're running for, but also a reminder of who you are in Christ. A beautiful princess – the beloved daughter of the Most High God!

- Invite women to pray around the table, sharing the things they need to leave behind in order to pursue all that God has for them.

CLOSING: (10 MINUTES)

- Refer to the “Prayer for Transformation” card the opening session. Pray it out loud together.
- Remind the women that transformation is a process, and that God is at work in them helping them become all that they long to be.
- Thank everyone for being a part of this special time then close the day in a final word of prayer.
- Please give them my love! Oh, how I wish I could have been there. I'd love to connect with each of you through my website or Facebook page:

www.JoannaWeaverBooks.com

www.Facebook.com/BecomingHis

RETREAT SESSION ONE: GROUP ACTIVITY

**“GET TO KNOW YOU!”
B I N G O**

Wore braces	Had a pedicure in the last week	Can juggle – prove it!	Cuts her own hair	Been a model
Crafts give you the hives!	More than 25 pairs of shoes	Sewn her own clothes	Can name four clothing designers	Remodeled home DIY style
Can name three HGTV shows	Carries pictures of all her kids	FREE!	Lost more than 60 pounds	Dyed hair crazy color
Exercises regularly	Four lipsticks in purse	Beauty pageant contestant	Doesn't wear makeup	Owens one dress – no more!
Sing “You are so Beautiful!”	Can do backbend or splits – prove it!	Drinks eight glasses of water daily	Wardrobe requires two closets	“Creative” is your middle name

RETREAT SESSION FOUR: RX FOR FEAR

Do not be afraid, little flock, for your Father has been pleased to give you the kingdom. (Luke 12:32 NIV)

The angel of the LORD encamps around those who fear him, and he delivers them. (Psalm 34:7 NIV)

So don't be afraid; you are worth more than many sparrows. (Matthew 10:31 NIV)

Serve only the Lord your God and fear him alone. Obey his commands, listen to his voice, and cling to him. (Deuteronomy 13:4 NLT)

So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand. (Isaiah 41:10 NIV)

This is my command—be strong and courageous! Do not be afraid or discouraged. For the Lord your God is with you wherever you go. (Joshua 1:9 NLT)

But even if you suffer for doing what is right, God will reward you for it. So don't worry or be afraid of their threats. (1 Peter 3:14 NLT)

When I am afraid, I put my trust in you. (Psalm 56:3 NIV)

In God, whose word I praise— in God I trust and am not afraid. What can mere mortals do to me? (Psalm 56:4 NIV)

They do not fear bad news; they confidently trust the Lord to care for them. (Psalm 112:7 NLT)

He will cover you with his feathers. He will shelter you with his wings. His faithful promises are your armor and protection. (Psalm 91:4 NLT)

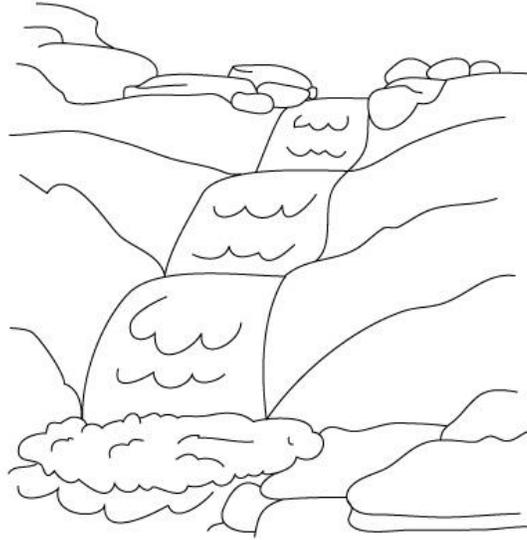
Do not tremble; do not be afraid. Did I not proclaim my purposes for you long ago? You are my witnesses—is there any other God? No! There is no other Rock—not one! (Isaiah 44:8 NLT)

I, am the one who comforts you. So why are you afraid of mere humans, who wither like the grass and disappear? Isaiah 51:12 NLT

<p>But Jesus overheard them and said to Jairus, "Don't be afraid. Just have faith." (Mark 5:36 NLT)</p>
<p>Even though I walk through the darkest valley, I will fear no evil, for you are with me (Psalm 23:4 NIV)</p>
<p>Then he placed his right hand on me and said: "Do not be afraid. I am the First and the Last. (Revelation 1:17 NIV)</p>
<p>And my God will meet all your needs according to his glorious riches in Christ Jesus" (Philippians 4:19 NIV)</p>
<p>Do not be afraid of them; the LORD your God himself will fight for you. (Deuteronomy 3:22 NIV)</p>
<p>Don't be afraid of those who want to kill your body; they cannot touch your soul. Fear only God, who can destroy both soul and body in hell. (Matthew 10:28 NLT)</p>
<p>Jesus told him, "Don't be afraid; just believe." (Mark 5:36 NIV)</p>
<p>Say to those with fearful hearts, "Be strong, and do not fear, for your God is coming to destroy your enemies. He is coming to save you.")Isaiah 35:4 NLT)</p>
<p>Fear not; you will no longer live in shame. Don't be afraid; there is no more disgrace for you. You will no longer remember the shame of your youth and the sorrows of widowhood. (Isaiah 54:4 NLT)</p>
<p>Fearing people is a dangerous trap, but trusting the Lord means safety. (Proverbs 29:25 NLT)</p>
<p>Why are you downcast, O my soul? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God" (Psalm 42:5)</p>
<p>For the Lord your God is living among you. He is a mighty savior. He will take delight in you with gladness. With his love, he will calm all your fears. He will rejoice over you with joyful songs. (Zephaniah 3:17 NLT)</p>
<p>I can do everything through him who gives me strength. (Philippians 4:13 NIV)</p>
<p>For you did not receive a spirit that makes you a slave again to fear, but you received the Spirit of sonship. And by him we cry, "Abba, Father." (Romans 8:15-16 NIV)</p>

RETREAT SESSION FOUR: KEEPER OF SPRING

We all have things that pollute or block the flow of living water in our lives. Using the streambed depicted here, draw and label things that currently hinder you or have had the power to hinder you in the past.



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