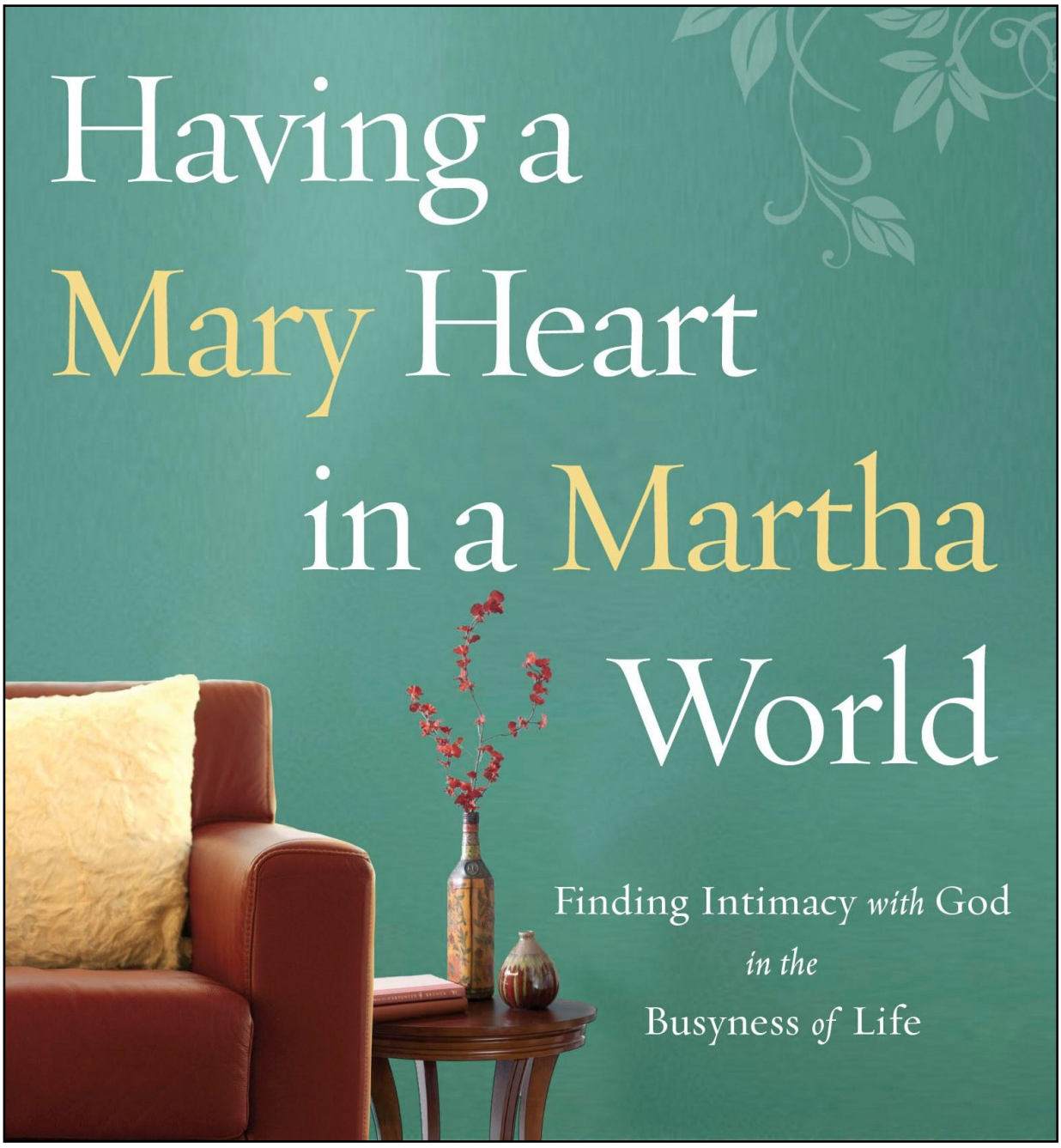


DVD Study

Retreat Guide

Having a Mary Heart
In a MARTHA WORLD
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 Heart in a Martha World* 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 view the other videos in the set 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 be a one-day event as well. The atmosphere should be relaxed and casual.

Because much of the retreat happens around tables, assign "Table Leaders" to facilitate discussion and interaction. Provide each leader a copy of Having a Mary Heart in a Martha World and this guide with the parts they're responsible for highlighted.

On Saturday, there are two special features: a 45-minute "Quiet Time Breakout" in the morning giving women a chance to get alone with the Lord, and a "Kitchen Service Project" on Saturday afternoon. Both will require advance work, especially the afternoon project. I've given details for the quiet time in the preparation and transition sections of Session 3. However, in the "Kitchen Service Project" section, I only give suggestions for what you might want to do. Choose a project that can be completed in 45 minutes or less and make sure that you have all the supplies needed on hand.

At the end of this guide, you will find video pages for the participants to use in the retreat teaching sessions. They are in the "Retreat Journal" which is available for download at havingamaryheart.com. But I've included them at the end of this guide for your use as well.

Theme & Titles:

Theme verse: "Come to me, all you who are weary and burdened, and I will give you rest." Matthew 11:28 (NIV)

Possible titles: Having a Mary Heart in a Martha World—the Retreat
"Come Away…"
At the Feet of Jesus

Promotion:

Begin promoting your event at least a month before the chosen date. You'll find a downloadable poster and flyer on DVD disc 3. You can access these pieces as well as a short retreat promo video at havingamaryheart.com. In the box provided, add your event information such as date, time, location, cost and how women can register.

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

> An invitation for every woman who's ever felt she isn't godly enough, isn't loving enough, isn't doing enough…
>
> The women of ___[your church]_____ invite you to a weekend designed to help us find intimacy with God in the busyness of life.
>
> Date:
>
> Time:
>
> Location:
>
> Cost:
>
> The weekend is based on Joanna Weaver's best-selling book, *Having a Mary Heart in a Martha World* and video curriculum. Join us as we discover the blessings of friendship with God and the sweet joy of fellowship with each other.
>
> [Add registration details here.]
>
> You won't want to miss this life-changing weekend!

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 women's extended time alone with God.

As for decorating, the two main aspects of the book lend themselves well to carrying out a theme: "Living Room Intimacy and Kitchen Service". Some ideas include:

- Decorate the stage with living room furniture. Make it cozy and inviting with a mug, Bible and journal sitting on an end table.
- Use kitchen items to decorate tables to bring in the idea of Kitchen Service.
- Have table hostesses and greeters wear matching aprons ala Martha Stewart.

Gift Bags & Giveaways:

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

- Name tag
- Bottle of water
- Pen or pencil
- Retreat Journal (havingamaryheart.com)
- Packets of M&Ms (for Mary & Martha)
- Small packet of tissue

Optional giveaway items include: journal, coffee mug, apron, cookbook, or 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 Heart in a Martha World* is a wonderful touch as well. It is a tangible reminder of the weekend, and gives women a tool to go deeper in their walk with God. (Many groups factor this cost into the price of the retreat.)

Food & Snacks:

While this part is entirely up to you, I would suggest that you provide 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 some kind of beverage such as coffee and water available throughout the retreat.

To play up the Martha part of the theme, consider having a build-your-own-slice-of-cheesecake or ice cream sundae bar on Friday night. Or host a cooking demonstration hosted during Saturday lunch—have fun with it!

Equipment Needed:

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

Other Items:

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

Handouts:

You can find the following items to download and print at havingamaryheart.com:

- Retreat journal—with viewer guides and space for notes
- Memory verse—Matthew 11:28
- Books of the Bible bookmarks—to use as you wish
- NOTE: Laminating the verse and bookmark adds a nice touch

Suggested Retreat Schedule:

FRIDAY

7:00–9:30 p.m.	Session 1: "Having a Mary Heart" (DVD Session 1) Word Time: Scripture Memorization

SATURDAY

8:30 a.m.	Continental Breakfast
9:00–10:15 a.m.	Session 2: "Burden Bearer" (DVD Session 4) Word Time: Reading and Marking Your Bible
10:15–10:30 a.m.	Break
10:30–11:15 a.m.	Session 3: "Pursued by Love" (DVD Session 5) Word Time: Bible Reading Highlights
11:15a.m.–12:00 p.m.	Quiet Time Breakout
12:00–12:45 p.m.	Lunch OPTIONAL Bonus Session: "Developing a Quiet Time" (DVD Bonus Session)
12:45–2:00 p.m.	Session 4: "Compelled by Love" (DVD Session 6) Word Time: Praying the Word
2:00–2:45 p.m.	Kitchen Service Activity
2:45–4:00 p.m.	Session 6: "Loving God Extravagantly" (DVD Session 9) Word Time: Worship and the Word
4:00 p.m.	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 hi-jacking 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: Having a Mary Heart in a Martha World

Registration:

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

Preparation:

- Prepare envelopes with Table Talk questions.
- Place several sticky-note pads on each table with pens.
- Lean or stand ladders around room (used after teaching session).

Welcome: (10 minutes)

- Welcome ladies
- Open in prayer
- Announcements and important details—like the location of the restrooms!
- Optional drawing or giveaway

Table Talk: (10 minutes)

This is a great chance for the ladies to get to know one another in a fun, lighthearted way. Use the idea below or come up with your own!

Have an envelope on each table with strips of paper with fun questions on them. Have the ladies take turns drawing a question and answering.

- Tell the group about the worst outfit you have ever worn.
- What is the craziest thing you have ever done?
- If you could live anywhere in the world, where would you live?
- What is your favorite childhood memory?
- How many pairs of shoes are in your closet right now? What is your favorite pair?
- When was the last time you had an entire day to yourself? What did you do?
- What is the weirdest thing you have ever eaten?
- What is your all-time favorite song and why?

TABLE ACTIVITY: (8 MINUTES)

- **LEADER:** Have women turn in their Bibles to **LUKE 10:38–42** and read aloud the story of Mary and Martha**.**
- **QUESTION 1:** Brainstorm words that describe each of the sisters. If you could sum up Mary in one word, what would it be? Martha in one word?
- **QUESTION 2:** Which one of these sisters do you relate to most and why?

DVD-1 VIDEO: (5 MINUTES)

NOTE: There will be a prompt to "pause video" directly after the "Ladder Story." You may want to practice pausing and starting the video in advance.

View **DVD-1** Retreat Session 1 opening, then pause video at the "Pause Video" prompt to facilitate the following discussion.

DISCUSSION: (10 MINUTES)

- **QUESTION 1**: What does your spiritual ladder look like? What are some of the ways you've tried to climb the ladder on your own?
- **QUESTION 2:** How has the ladder affected you and your walk with God?
- **QUESTION 3:** What would your life look like if you simply embraced the fact that Jesus came down to us and that all we have to do is accept what He has already done?

DVD-1 VIDEO: (18 MINUTES)

View remainder of Session 1: "Having a Mary Heart in a Martha World"

RESPONSE: (5 MINUTES)

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

CALL TO ACTION: (8 MINUTES)

- With music still playing, refer to the ladders around the room and all the ways we strive to earn God's favor only to fall short every time.
- Ask women to take one of the sticky notes and write: "No more ladder…" at the top of the sheet, and then identify the way(s) they've been trusting in themselves rather than fully in Jesus Christ.

- Invite the women to place the sticky note on one of the ladders around room, and then spend some time in prayer surrendering their lives to the Lord.

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 bring their Bibles and open hearts.
- Close in prayer.

Saturday Morning–SESSION 2

Topic: Burden bearer

Preparation:

- Have a memory verse card for each woman. Available on **DVD-3** or at havingamaryheart.com, print in color and laminate if possible.
- Gather items needed for "Group Activity: Burden Relay."
- Place 1–1 ½" polished rocks and Sharpies on each table for women to use.

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.

Word Time Video: Memorizing Scripture (10 minutes)

- Have women turn to "Memorizing Scripture" sidebar in Retreat Journal.
- **DVD-1**: View corresponding Word Time video (4:02).
- Hand out cards with retreat theme verse (**MATTHEW 11:28**). Practice using the system I suggest on the video, repeating each line three times:

  "Matthew 11:28 / Come to me"
  "Matthew 11:28 / Come to me, all you who are weary and burdened"
  "Matthew 11:28 / Come to me, all you who are weary and burdened and I will give you rest"
  "Matthew 11:28 / Come to me, all you who are weary and burdened and I will give you rest / Matthew 11:28"

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

Group Activity: Burden Relay (10 minutes)

Ask for four volunteers. Divide into two teams and have one from each team stand by the two piles of items you have collected (see list below.) After the signal is given, have the other teammate run to the pile and then together load her down with as many items as possible. Encourage them to be creative in the way they do it! The first loaded teammate who runs back to the goal line with the most items wins.

ITEMS NEEDED: Gather two of any item that has to do with household chores, business, raising children, etc. Try to make identical piles if possible. Big and bulky, unexpected stuff is a lot of fun! Have string, clothespins and safety pins, etc. available to help attach the items. Make sure you have more than enough items to make it impossible or very difficult to carry them all.

DISCUSSION: (10 MINUTES)

- **QUESTION 1**: Read **LUKE 10:40–41**. What did Jesus diagnose as Martha's problem? What tends to make you distracted, worried, and upset?
- **QUESTION 2:** In the book, read "Warning Signs of a Martha Overload" on page 15. Do you struggle with any of these signs? How does it affect your life?
- **QUESTION 3:** After watching the "Burden Relay," what do Jesus' words in Matthew 11:28 mean to you?

TABLE ACTIVITY: (5 MINUTES)

Refer women to the rocks and Sharpies on their table. Then share this note:

> *From Joanna:* "Burdens are real. We each carry a load that weighs us down—especially when those burdens are out of our control. What is weighing you down today? What is keeping you awake or causing you to feel overwhelmed? Take the rock in front of you and write a word that describes the burden you are carrying."

- **PRAY:** *Lord, thank you that you care about the things that concern us. Thank you that you have invited us to bring you all our burdens. I give this situation to you, Lord. I'm asking for strength and wisdom to know what part I am to carry and what part belongs only to you. Help me, Lord. I commit this to you. Amen.*
- Have the ladies keep the rock available for end of video.

DVD-1 VIDEO: (20 MINUTES)

Session 4—"Burden Bearer"

RESPONSE: (5 MINUTES)

- Immediately after video, ask the women to turn to the next page in their Retreat Journals and write their response to: "I sense the Lord saying…"
- Arrange with sound person or worship team to transition from video to soft worship to facilitate response time and prayer that follows.

CALL TO ACTION: (5 MINUTES)

- **SCRIPT:** In Galatians 6:2 (NIV), we're told to: "Carry each other's burdens, and in this way you will fulfill the law of Christ." Let's take a few moments to do that.
- Ask women to divide into groups of two or three, take a few minutes to share the burden(s) they are carrying, and then pray for each other.
- Midway through allotted time, remind them to pray for the other person.

CLOSING: (5 MINUTES)

- Thank the women for carrying one another's burdens and suggest that they keep one another in prayer in the weeks to come.
- Announce break time. If necessary, shorten break to keep to schedule.
- Close in prayer.

Saturday Morning–SESSION 3

Topic: Living Room Intimacy

Preparation:

- Have a copy of Romans 12 available for each woman [See page 22 in this guide.]

For Quiet Time Breakout Session that follows:

- Before event, arrange access to as many rooms as possible for the Quiet Time Breakout. Make sure you 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.
- Provide coffee and water bottles for women to take to rooms. A basket of granola bars and/or fruit is also a nice touch.
- Prepare a table of quiet time resources: various translations of the Bible, devotionals, commentaries, concordances, "scripture promise" compilations, and other Christian books. Have extra pens and paper on hand as well.

Welcome: (5 minutes)

- Welcome women back from break and give any needed directives.
- Optional drawing or giveaway.

Word Time: Reading & Marking Your Bible (15 minutes)

- Turn to "Reading & Marking Your Bible" sidebar in Retreat Journal.
- **DVD-1 VIDEO**: View corresponding Word Time video. (3:41)
- **WORD TIME EXERCISE:** Using the tips they've just learned, have women prayerfully read over the Romans 12 sidebar. Allow about 4–5 minutes for this.
    - Go around the table and have women share what spoke most to them from Romans 12. [Find copy on page 22 of this guide.]
    - **ASK**: Which of the tips Joanna gave us did you find most useful and why?

Discussion: (10 minutes)

- **QUESTION 1:** Have everyone turn in their Bible as you read **JEREMIAH 31:33–34.** What kind of relationship does God want with us?
- **QUESTION 2:** Beginning at the bottom of page 71 of the book, read the Robert Boyd Munger's article "My Heart Christ's Home" story (through page 73.) Have women share what spoke most to them.

• **QUESTION 3:** How does it make you feel to realize that Jesus longs to have time alone with you, to be at home in you? How could this realization transform your devotional life from a duty into a delight?

DVD-2 VIDEO: (20 MINUTES) Session 5—"Pursued by Love"

RESPONSE: (5 MINUTES)

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

TRANSITION TO BREAKOUT:

SCRIPT: In the following session, we will have a chance to get alone with the Lord. But first, let's hear from Joanna about this special time...

WORD TIME: HALF-DAY OF PRAYER (5 MINUTES)

- Turn to "Half-Day of Prayer" sidebar in Retreat Journal.
- **DVD-3 VIDEO**: View corresponding Word Time video. (3:51)

INSTRUCTIONS: (5 MINUTES)

- Explain where prayer spaces are located. Encourage them to find a place where they'll be comfortable and yet give those around them privacy.
- Briefly point to and ask them to read and consider using "Bible Reading Highlight" sidebar and template provided in the Retreat Journal.
- If you have a resource table available, invite women to use anything they might find useful this next hour with God. Approximately 45 minutes.

CLOSING: (5 MINUTES)

- Refer to the theme verse and have the women say it together: *Come to me, all you who are weary and burdened, and I will give you rest.* Matthew 11:28–29

From Joanna: To His weary, busy disciples, Jesus gave this invitation:

"Come with me by yourselves to a quiet place and get some rest." MARK 6:31

In a sense, that's exactly what this extended time alone with God is about. In choosing to exit our busy lives for a while, we have a beautiful chance to sit at Jesus' feet like Mary did. To drink in His love and soak up His wisdom. To, as the disciples did, find rest for our souls. That "calm, inner tranquility" we so desperately need. So that when it is time to leave this place—this oasis of His presence—we are filled with everything we need. For we are filled with Jesus.

Oh, girls, this is going to be wonderful! Just you wait and see!

- Pray over the ladies and your time together. 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 in (LOCATION).
But until we come back together at (TIME), let's honor
the Lord and each other by giving reverence to this time."

- Inform the ladies what TIME to gather for lunch, then have the women quietly disperse to their places of prayer.

Saturday Morning: Quiet Time BREAKOUT

Topic: Personal Time Alone with God (45 minutes)

- Signal ladies when it is time to return to the meeting room or lunch facility. Have someone walk through the building five minutes before ending time gently ringing a bell.

Saturday Lunch: (40–60 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: (during lunch)

- As you welcome the women back to their tables, encourage them to share around their tables as they eat lunch.
  - What did it feel like to spend a dedicated time with the Lord? Was it easier or harder than you expected?
  - Share any breakthroughs or revelations they had.
- If you decide to do the bonus session during lunch (described below), have the women also discuss tips and tools they have found beneficial in their own walk with God.

Saturday Morning: Optional BONUS SESSION

Topic: Developing a Quiet Time (26 minutes)

- This session can be done separately or used during the lunch hour.

DVD-3 Video: (21 minutes) Bonus Session—"Developing a Quiet Time"

Closing: (5 minutes)

- Express how special it was to see the women spending time with the Lord and that you hope it has whetted their appetites for a regular time alone with Him.
- Have the women discuss tips and tools they have found beneficial in their own walk with God.

Saturday Afternoon–SESSION 4

Topic: Kitchen Service

Preparation:

For Kitchen Service Project that follows:

- In advance of the retreat, choose a Kitchen Service Project that can be completed in forty-five minutes. See suggestions in following section.
- Gather needed items and do any required prep work.
- Set up tables and arrange project materials for easy access.

For this session:

- Place brown paper sacks and small squares of paper on each table for use during the closing time after the video.

Welcome: (5 minutes)

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

Word Time: Praying God's Word (10 minutes)

- **SCRIPT:** When Jesus rebuked Martha for her busy distractedness, He wasn't discounting her service—nor ours, for that matter. Galatians 5:13 tells us to "serve one another in love." One way we can do that is to pray for each other.
- Turn to "Praying God's Word" sidebar in Retreat Journal.
- **DVD-2 VIDEO**: View corresponding Word Time video. (3:43)
- After video, have women share verses they like to use when they pray.

Optional Activity: Mary & Martha Quiz Game (15 minutes)

Choose two participants who feel fairly rounded in both of the Mary and Martha sides of life. Go back and forth between Mary and Martha questions. Watch for first hand raised, or provide small white boards for written answers.

10-point questions

Mary:	What was the name of the very first garden? [Eden]
	Who killed Goliath? [David]
	How many commandments are there? [Ten]
Martha:	What temperature should you wash colored laundry? [Cold]
	What side of the plate should the fork be placed? [Left]
	Name three ingredients found in lasagna. [Cheese, noodles, meat, etc.]

20-point questions

Mary:	Name four of the twelve disciples that walked with Jesus. [see MK 3:18]
	Which books of the Bible make up the "Pentateuch"? [First five of OT]

Quote favorite verse in Bible with reference [ask which version they will quote; check for accuracy via Bible or smartphone]

MARTHA: Within what period of time should a bride send thank-you notes? [6 months]

How can you tell that a cake has finished baking? [toothpick comes out clean or finger indentation springs back, etc.]

What is the best method of removing ink stains? [hairspray is one]

50-POINT BONUS QUESTION

MARY: Quote all of the books of the Bible in order [Time limit: 1 minute]

MARTHA: Tell us how you fix your Thanksgiving dinner in chronological order. [Time limit: 1 ½ minutes and must describe at least six elements]

DISCUSSION: (8 MINUTES)

- **QUESTION 1**: Read the story of the little boy and the evangelist on page 97 in *Having a Mary Heart in a Martha World.* How would you like Jesus to "stick out all over" in your life?
- **QUESTION 2:** Have someone read **JOHN 13:1–17.** When Jesus washed the disciples' feet, it was a totally unexpected example of what true Christian love looks like. Why was it so shocking? [refer to page 82 in the book]
- **QUESTION 3:** In what unexpected ways could we wash the feet of those around us?

DVD-2 VIDEO: (19 MINUTES) Session 6—"Compelled to Love"

RESPONSE: (5 MINUTES)

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

CALL TO ACTION: (10 MINUTES)

- **HANDOUT:** Table Leaders pass out brown paper sacks and paper squares.

From Joanna: So many times we underestimate what we have to offer God. Take a few moments and consider what you could offer the people around you. Perhaps you have a skill or passion in a certain area, write it down. Don't underestimate the simple things you could do. Include the spiritual things you want to share. [Allow women time to write on their pieces of paper and place them in the sack.] Congratulations, you just packed a lunch! Now let's give them to God…

- Invite the tables to pray over their lunches, offering them to God.

TRANSITION: (5 MINUTES)

- Encourage the women that sharing their gifts and talents is important, but it is Jesus that the world needs most. As they spend time at His feet each day, He will give them all they need to love, serve, and give to those around them.
- If necessary, only offer a short break to stay on schedule.
- Instruct participants where to go next for the Kitchen Service Project.

Saturday Afternoon–PROJECT

Topic: Kitchen Service Project (45 minutes)

The Living Room Intimacy with God that we were made for will never come from Kitchen Service Busyness for God. However, the longer we spend at Jesus' feet getting to know Him, the more we will get to know His heart. And the heart of Jesus is always for people.

"Whatever you did for one of the least of these," Jesus said in Matthew 25:40, "you did for me." If we want to love Jesus better, we must love others more. Especially when it comes to those who are in need.

IDEAS: Before the retreat, decide what project you will feature during this time. The "Kitchen Service Project" is meant to help women put feet to their faith and their love into motion. Look around you. What could be done in the space of 45 minutes or less that could impact a need in your church, community, or world?

- Gather supplies and put together "Back to School" backpacks for needy kids.
- Fill gifts bags with personal care products and other necessities to give to women living in shelters or substance abuse centers.
- Prepare ministry packets for upcoming missions trips—craft kits, etc.
- Make "care packages" for church kids away at college.
- Create gift baskets for shut-ins

\

These are just a few ideas, but remember, whatever you choose to do must be able to be completed in forty-five minutes and yet still have meaning for the women involved.

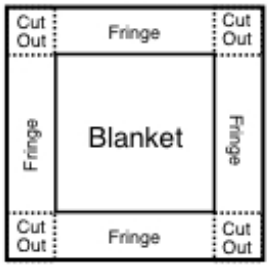
I'd love to have you check out an important ministry that has captivated my heart. Created by my friend, Pebbles Thompson, it's called "Project Ignite-Light." Every day, children are rescued from abusive situations. Her ministry puts together totes filled with things they need as well as little touches of love.

One of the important pieces is the hand-tied blankets they include (instructions below). They make a perfect craft for this "Kitchen Service Activity." After the retreat, you can send them to Pebbles' ministry for distribution or get information on distributing them in your area.

You can contact Pebble as well as find more information at ignitelight.org.

Materials Needed:

***1 1/2 yard print fleece**
***1 1/2 yard matching fleece**
***Stick Pins-optional**
***Measuring Tape**
***Scissors**
***4"x 4" piece of cardboard**



Directions:

1. Lay the two pieces of fleece out so that the wrong sides are together (both right sides are facing out) and the edges are even. If the fabric edges are not even, trim the larger piece and cut off the selvage edge from both pieces.

2. Take the 4" x 4" cardboard and lay it on the corner of your blanket. Then cut out the 4" x 4" corner through both layers of fleece. Proceed to do this on all four corners. (you may want to pin the fleece together to keep material from shifting-pin 4" up as a guide where to stop cutting up for fringe)

3. Now you are ready to cut fringes. Cut the fringes 4 inches deep and 1 inch apart through both layers of fleece. Continue cutting the fringes on all four sides.

4. Now that the fringes are all cut in pairs, tie each pair into a knot(close to the blanket) all the way around.

Saturday Afternoon – SESSION 5

Topic: Extravagant Love

Preparation:

- If doing optional craft, set up a couple of tables around perimeter of room (depending on number of ladies) to place items needed for the perfume bottle activity. See list below.
- Prepare strips of parchment paper with the words: "I am being poured out…" Philippians 2:17 hand out at end of session. [Available at website.]

Welcome: (10 minutes)

- Give any needed directives and announcements for this last session.
- Use final announcements to thank your 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

Word Time: Worship and the Word (10 minutes)

- Turn to "Worship and the Word" sidebar in Retreat Journal.
- **DVD-3 VIDEO**: View corresponding Word Time video. (2:45)
- After video, have women share how they use scripture in their worship.
- **NOTE**: If a worship time has been part of your event, you could replace the discussion by an actual time of worship.

Discussion: (10 minutes)

- **READ:** Have everyone turn in their Bibles to **JOHN 12:1–5.**
- **QUESTION 1**: Why was Mary criticized for the way she loved Jesus?
- **QUESTION 2:** Discuss the differences between Mary's heart and Judas's listed in your Retreat Journal.

- What stands out most to you about the way Mary loved?
- Is your worship ever tainted with a Judas heart?
- What would it take to have more of a Mary heart regarding worship?

- **QUESTION 3:** Have everyone turn to **MARK 14:3–9**, another account of Mary's anointing of Jesus. As you read the following four statements, pause to allow the women to fill in the blanks about Mary's extravagant love.

"She has done a _____ thing to me."
"She did what she _____."
"She poured perfume . . . to prepare for my _____."
"Wherever the gospel is preached…what she has _____ will be told."
Which one of these statements speaks the most to you and why?

Optional Craft: Perfume Bottle (20 minutes)

Provide each woman a bottle to decorate any way she likes using the decorations suggested below. Encourage them to have fun with the project! Perfection is unnecessary. You can find most of the items needed at craft stores, dollar stores, or online.

Example

Decorative bottle with cork
Glass-friendly adhesive
Acrylic jewels and sequins
Glitter glue
Fabric cord or braiding
Small printed words or verses
Print or solid-colored tissue for decoupage

When finished, have women keep bottle at table.

DVD-3 Video: (19 minutes) Session 9—"Loving God Extravagantly"

Response: (5 minutes)

- Immediately after video, ask the women to turn to the next page in their Retreat Journals and write their response to: "I sense the Lord saying…"
- Arrange with sound person or worship team to transition from video to soft worship to facilitate response time and prayer that follows.

Call to Action: (10 minutes)

From Joanna: Mary gave her greatest treasure. If you were to give Jesus your "alabaster jar" what would be in it? It can be hard to surrender the things we cherish. Yet, until we do, even the "good things" in our lives can stand between us and God.
If there is something that you need to give to Jesus today—something you want to lavish as a love gift on Him like Mary did—take a few moments and give it to the Lord in prayer. If you'd like to kneel like she did, find a place to be with Him.

- Invite women to kneel at their chairs or come forward as they surrender their treasure to the Lord.

Closing: (5 minutes)

- Be sensitive to the leading of the Holy Spirit as you allow women to surrender their treasure to the Lord. When it is time to close, do it reverently and gently.
- Ask the Table Leaders to hand out the Philippians 2:17 verse, "I am being poured out…" and invite the women to insert it into their jars as a reminder of the important step of surrender they took today.
- Thank everyone for being a part of this special time then close the day in prayer.

Word Time Exercise: Romans 12

Using the tips offered in "Reading and Marking Your Bible" sidebar in your Retreat Journal, read the following passage slowly and prayerfully, marking what speaks most to you.

Romans 12

Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies
as living sacrifices, holy and pleasing to God—this is your spiritual act of
worship. [2] Do not conform any longer to the pattern of this world, but be
transformed by the renewing of your mind. Then you will be able to test
and approve what God's will is—his good, pleasing and perfect will.
[3] For by the grace given me I say to every one of you: Do not think of
yourself more highly than you ought, but rather think of yourself with sober
judgment, in accordance with the measure of faith God has given you. [4] Just
as each of us has one body with many members, and these members do
not all have the same function, [5] so in Christ we who are many form one
body, and each member belongs to all the others. [6] We have different gifts,
according to the grace given us. If a man's gift is prophesying, let him use it
in proportion to his faith. [7] If it is serving, let him serve; if it is teaching, let
him teach; [8] if it is encouraging, let him encourage; if it is contributing to
the needs of others, let him give generously; if it is leadership, let him
govern diligently; if it is showing mercy, let him do it cheerfully.
[9] Love must be sincere. Hate what is evil; cling to what is good. [10] Be
devoted to one another in brotherly love. Honor one another above
yourselves. [11] Never be lacking in zeal, but keep your spiritual fervor,
serving the Lord. [12] Be joyful in hope, patient in affliction, faithful in prayer.
[13] Share with God's people who are in need. Practice hospitality.
[14] Bless those who persecute you; bless and do not curse. [15] Rejoice
with those who rejoice; mourn with those who mourn. [16] Live in harmony
with one another. Do not be proud, but be willing to associate with people
of low position. Do not be conceited.
[17] Do not repay anyone evil for evil. Be careful to do what is right in the
eyes of everybody. [18] If it is possible, as far as it depends on you, live at
peace with everyone. [19] Do not take revenge, my friends, but leave room for
God's wrath, for it is written: "It is mine to avenge; I will repay," says the
Lord. [20] On the contrary:
"If your enemy is hungry, feed him;
if he is thirsty, give him something to drink.
In doing this, you will heap burning coals on his head."
[21] Do not be overcome by evil, but overcome evil with good.

Retreat Session One

Having a Mary Heart in a Martha World

Behold, I stand at the door and knock. If anyone hears My voice and opens the door, I will come in to him and dine with him, and he with Me.
REVELATION 3:20, NKJV

The Story of Mary and Martha – the Story of You and Me, Luke 10:38-42

The Living Room Intimacy _____ God that we long for will never be found in Kitchen Service _____ God.

Discovering the Better Part

1. ***Martha opened her home*** (Luke 10:38)
    - preparations - *diakonia* - _____
2. ***Mary opened her heart*** (Luke 10:39)
    - She made _____for time with Jesus
    - She did the _____
    - She _____ to Jesus

The same invitation Jesus made to Martha is the invitation He makes to us:

"Come spend time with Me. Allow me to give you the Better Part…
Allow My _____ to so fill your life so that I can spill you to the world!"

Retreat Session Two

Burden Bearer

Give your burdens to the Lord, and he will take care of you.
He will not permit the *godly to slip and fall.*
Psalm 55:22, NLT

Jesus Came to a Burdened World

Religion had become a _____that Jesus said was impossible to bear (Matthew 23:1-4).

When it comes to sin, Jesus is our BURDEN- _____.

When it comes to life, He wants to be our BURDEN- _____.

The Invitation, Matthew 11:28-30

"Come to me, all you who are weary and burdened, and I will give you rest."

- "Rest" means "inner tranquility while engaged in necessary _____."[1]
- Two main words for "burden":
  - *baros* – "a burden or difficulty"
  - *phortion* – "a _____"

"Take my yoke upon you and learn from me, for I am gentle and humble in heart …"

- A yoke is a symbol of _____.

"For my yoke is _____ and my burden is light."

Our Helper, the Holy Spirit, John 14:18, 26

Parakletos means "Helper"—the One "who is _____ alongside."

Your burden can be a _____ (OT – *yehab)* (Psalm 55:22).

[1] Spiros Zodhiates, gen. ed., *The Complete Word Study Dictionary: New Testament*, rev. ed. (Chattanooga: AMG International, 1993), s.v. "#372."

Retreat Session Three

Pursued by Love

I will give them a heart to know me, that I am the Lord. They will be my people, and I will be their God. Jeremiah 24:7

Jesus, Our Way Maker
We were made for a Garden – but sin destroyed all that. Yet God's love kept reaching…

- God's holiness required a separation – the temple _____
- But then Jesus came as the final sacrifice to _____ us to God
- The veil was "torn in two from top to bottom" (Matthew 27:51).

Jesus, Our Example
Jesus came to show us the way back to Garden of Eden intimacy with God. He modeled:

1. Solitude – (Luke 5:16)

2. The Word - (Joshua 1:8)

3. Prayer – (Luke 11:1)

4. Dependence on _____ – (John 5:19)

Finding Our Way Back Home
Because of Jesus, we are invited to enjoy full and complete fellowship with our Father. (John 14:23; John 17:23).

Our life is "_____ with Christ in God" (Colossians 3:3).

Retreat Session Four

Compelled by Love

May the Lord make your love increase and overflow for each other and for everyone else…
I Thessalonians 3:12

The Call to Radical Love, Matthew 22:37-40

- Love _____ with all your heart, soul and mind.
- Love your neighbor as yourself.

While love is a noun, it is best lived out as a _____ (James 2:26).

Jesus' love in feeding the five thousand (Mark 6:30-44 & John 6:1-13).

The Challenge of Practical Love

PRINCIPLE #1 – True love always _____ something.

PRINCIPLE #2 – Do what you can with what you _____.

PRINCIPLE #3 – When we give what we have, God makes it more than enough.

Developing a Kitchen Service Heart

1. Be sensitive to the Spirit's leading.

2. Be willing to do what is _____.

3. Cultivate a holy detachment to the _____.

4. Be completely dependent.

"God [will] make all grace abound to you, so that in all things at all times, having all that you need, you will abound in every good work."

2 Corinthians 9:8

Retreat Session Five

Loving God Extravagantly

"I tell you the truth, wherever the gospel is preached throughout the world, what she has done will also be told…"
Mark 14:9

At Home in Bethany, John 12:1-3
Over and over in the New Testament, we read that Jesus returned to Bethany.

Lazarus _____.

Martha _____.

Mary _____.

Scriptural overview of two anointings:

- End of Jesus' ministry, by Mary in John 12; by unnamed woman in Matthew 26:6-13 & Mark 14:3-9
- Beginning of Jesus' ministry, by a sinful woman in Luke 7:36-50

Giving a Gift Worthy of a Savior, John 12:3-8
Mary the worshipper became Mary the servant as she gave what she had:

1. The _____ was an extravagant sacrifice.

2. The _____ took extravagant boldness.

3. The _____ was extravagant abandonment.

The Beautiful Result

"The house was filled with the fragrance of the perfume" (verse 3).

"Leave her alone. It was intended that she should _____ this perfume …" (verse 7).

Our Response: Philippians 2:17 – "poured" – *spendo*

Don't _____ to your life – pour it out.

Retreat Bonus Session

Developing a Quiet Time

"Trust in him at all times, O people; pour out your hearts to him, for God is our refuge."
Psalm 62:8

The Blessing of Solitude
When Jesus told Martha, "Mary has chosen what is better" (LUKE 10:42), He was inviting her to an intimate relationship with God.

"Only one thing is needed…" – vs 42

Time alone with God – how do we do that?

Roundtable Discussion:

Journaling Your Way to Intimacy, James 1:22-25

1. Journaling helps you to get quiet and _____ with God

2. Journaling helps you capture and remember what God is saying

3. Journaling helps you track and record your spiritual progress

"Start _____ but begin…"