

# Women's Retreat 2022



MORE LIKE YOU  
*less like me*

# *Session One*

## CHRIST WHO IS YOUR LIFE

Col. 3:1-6

"If then you have been raised with Christ, seek the things that are above, where Christ is, seated at the right hand of God. 2 Set your minds on things that are above, not on things that are on earth. 3 For you have died, and your life is hidden with Christ in God. 4 When Christ who is your life appears, then you also will appear with him in glory. 5 Put to death therefore what is earthly in you: sexual immorality, impurity, passion, evil desire, and covetousness, which is idolatry. 6 On account of these the wrath of God is coming."

*notes:*

### *small group discussion*

1. Is your affection, delight, and satisfaction found in the LORD? Or would your honest self-evaluation show you that your affections are placed elsewhere? Maybe you feel that your affections are found in the LORD, but what would your pursuits say about you? What occupies your thoughts? What types of conversations do you often find yourself in with others (talking about: your frustrations, what people are doing that's a nuisance to you, the secret "scoop," your newest gadget or vacation, your opinion of other's opinion of you, etc )? What changes can you make to find your true delight in the LORD?
2. Is sexual sin an area that you need to repent and cleanse from your life? Are you taking your thoughts captive or allowing your mind to dwell upon impure thoughts? Can you identify a pattern in when your mind begins to wander?
3. Do you have a Christian woman who walks with God in your life that you can be honest with so she can hold you accountable? Have you been dealing with this sin struggle and handling it on your own because you're afraid to confess this out loud? Has that been working?

# SET YOUR MIND ON THINGS ABOVE

*Colossians 3:2a*

## Further Studies:

1. Has your salvation been fixated upon the place rather than the Person?
2. Where does your delight lie within each day? Does this tell you anything about what you are truly pursuing with your life/time? What do your spending habits tell you about your pursuits?
3. Is there something or someone that distracts you from desiring God and obedience to Him above the other things? As you evaluated your pursuits, have you identified your idol/the object of your worship? What are you going to do about it?
4. Do you have any misplaced passions and desires that need to be put to death? Are you feeding and entertaining your internal or external sexual desires rather than starving them?
5. Take some time to consider these verses as you think about finding an accountability partner:
  - a. Proverbs 27:17 "Iron sharpens iron, and one man sharpens another."
  - b. Prov. 28:13 "Whoever conceals his transgressions will not prosper, but he who confesses and forsakes them will obtain mercy."
  - c. Jeremiah 17:9 "The heart is deceitful above all things, and desperately sick; who can understand it?"
  - d. James 5:16 "Therefore, confess your sins to one another and pray for one another, that you may be healed. The prayer of a righteous person has great power as it is working."
  - e. Hebrews 3:13 "But exhort one another every day, as long as it is called "today," that none of you may be hardened by the deceitfulness of sin."

## Companion Passages

- Romans 1:26-32
- Romans 6

1 Corinthians 10:13

No temptation has overtaken you that is not common to man. God is faithful, and he will not let you be tempted beyond your ability, but with the temptation he will also provide the way of escape, that you may be able to endure it.

# Session 2

## PUT THEM ALL AWAY

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Colossians 3:7-9

7 In these you too once walked, when you were living in them. 8 But now you must put them all away: anger, wrath, malice, slander, and obscene talk from your mouth. 9 Do not lie to one another, seeing that you have put off the old self with its practices



### Put Away...

1. Anger

4. Slander

2. Rage

5. Obscene Language

3. Malice

6. Lies

## Further Study:

1. When you are negatively affected by other's behavior, do you assume it was intentional? Do you react to situations based off your perception of other's intentions? Or do you offer forgiveness and understanding?
2. If you are feeling wronged or misunderstood, are you like the bull ready to harm others with words or actions? Do you need someone to hold you accountable for the sake of protecting those around you?
3. Do you have a person in your life that you are unwilling to forgive, sprouting that "root of bitterness" within you? Can you see your bitterness defiling those around you? How? How can you begin to amend those wrongs?
4. Does your speech bring sweetness to the souls of those in which you converse? Do your words bring healing and righteousness into other's lives even when it's difficult? Does your speech make you no different from the unbelievers around you? How can you change so that your words are helpful for building others up according to their needs?
5. Are you truthful in all things? Is your account of situations dependable and trustworthy? Would the LORD agree with your recollection of conflicts? Do you twist things to paint a picture of what you wish you had done rather than what happened?

## Companion Passages

- Galatians 5:16-26
- Ephesians 4:17-32

PUT THEM ALL AWAY...  
*Colossians 3:8a*

# Session Three

## THE NEW SELF

Colossians 3:12-14

So, as those who have been chosen of God, holy and beloved, put on a heart of compassion, kindness, humility, gentleness, and patience; bearing with one another, and forgiving each other, whoever has a complaint against anyone; just as the Lord forgave you, so also should you. Beyond all these things put on love, which is the perfect bond of unity.

YOU ARE...

### Chosen \_\_\_\_\_

Ephesians 1:3-4 "Blessed be the God and Father of our Lord Jesus Christ, who has blessed us with every spiritual blessing in the heavenly places in Christ, just as He chose us in him before the foundation of the world, that we would be holy and blameless before Him."

1 Peter 2:9 "But you are a chosen race, a royal priesthood, a holy nation, a people for God's own possession, so that you may proclaim the excellencies of Him who has called you out of darkness into His marvelous light."

### Holy \_\_\_\_\_

1 Peter 1:14-16 "As obedient children, do not be conformed to the former lusts which were yours in your ignorance, but like the Holy One who called you, be holy yourselves also in all your behavior, because it is written, 'You shall be holy, for i am holy.'"

### Loved \_\_\_\_\_

Ephesians 2:4-5 "But God, being rich in mercy, because of His great love, with which He loved us, even when we were dead in our transgressions, made us alive together with Christ..."

1 John 3:1a "See how great a love the Father has bestowed on us, that we would be called children of God..."

# Session Three

## THE NEW SELF



### Put on...

1. Compassion

5. Patience

2. Kindness

6. Forbearance

3. Humility

7. Forgiveness

4. Gentleness

8. Love

### *small group discussion*

1. The King of Kings has chosen you. He has set you apart and sanctified you for His purpose, placing the holiness that belongs to Jesus upon you. He loves you in the purest form of that love. Which of these (chosen, holy, and loved) resonates with you the strongest? Have you fallen prey to the lies of the enemy that you are not chosen, holy, or loved? How has Satan tried to convince you otherwise? Do you believe that Satan is the father of lies? Then how can you stop accepting his lies as truth?

2. We used the illustration of the old man with his wardrobe of exclusively dirty clothes. The new man has gained a new wardrobe of the purest, most brilliant clothing. If we are this new woman with access to both closets, what causes us to reach for the old wardrobe (For example: Do you not trust that God is just and prefer to rely on your anger to administer your justice in your timing? Do you desire that God's grace and mercy only extend to those that you approve? Do you not trust that your heavenly treasures are truly more precious than your earthly satisfaction? Other)?

3. Have you ever purchased a gift for someone in which you put a lot of time and effort only to find out they never use it? As our new "wardrobe" was purchased with the price of Jesus Christ's sinless blood, what are our actions saying to Him when we are constantly reaching for the old wardrobe?

# Session Four

## A THANKFUL LIFE

Colossians 3:15-17

Let the peace of Christ rule in your hearts, to which indeed you were called in one body; and be thankful. 16 Let the word of Christ richly dwell within you, with all wisdom teaching and admonishing one another with psalms and hymns and spiritual songs, singing with thankfulness in your hearts to God. 17

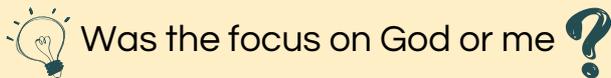
Whatever you do in word or deed, do all in the name of the Lord Jesus, giving thanks through Him to God the Father.



**Let the peace of Christ rule in your hearts...**

**Let the word of Christ richly dwell within you...**

**Whatever you do...do all in the name of the Lord Jesus...**



Was the focus on God or me

Colossians 4:6 "Let your speech always be with grace, as though seasoned with salt, so that you will know how you should respond to each person."

Ephesians 4:29 "Let no unwholesome word proceed from your mouth, but only such a word as is good for edification according to the need of the moment, so that it will give grace to those who hear."

1 Peter 3:9-10 "Do not return evil for evil or insult for insult, but giving a blessing instead; for you were called for the very purpose that you might inherit a blessing. For the one who desires life, to live and see good days, must keep his tongue from evil and his lips from speaking deceit."

Proverbs 15:1 "A gentle answer turns away wrath, but a harsh word stirs up anger."

WITH THANKFULNESS IN YOUR  
HEARTS...  
*Colossians 3:16a*

Actions

Thoughts

Philippians 4:8 "Whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, dwell on these things

Attitudes

Philippians 2:14 "Do all things without grumbling or disputing."

Hebrews 13:5b "Be content with what you have; for He Himself has said, 'I will never leave you or forsake you.'"

Psalms 118:24 "This is the day that the Lord has made, let us rejoice and be glad in it."

*and be thankful...*

## Further Study:

1. Which article in your new wardrobe do you find the most difficult to put on? Why? What measures are you taking to diligently uproot the old habit? Are you using the disciplines (memorizing Scripture, reading the Bible/devotions, prayer, fasting, fellowship, etc) God has given to you as your tools? Have you been mistakenly using those tools as your marks for Christlikeness rather than the tools to help you pursue it (though the power of God-- not your flesh)?

2. Does the peace of Christ rule your heart or are you quickly troubled by your circumstances? Do you believe the word of Christ dwells richly within you? If so, how? If not, how can you pursue it with a pure heart? Evaluate this question while considering what your pursuits revealed about you.

3. As you evaluate the things you do, how can you tell if you're doing things for the Lord or for your own glory? Are you pleased knowing that you are serving Him, or are you crippled if man doesn't give you the praise, thanks, or position of value you believe you deserve? Do you receive correction from your family in Christ as an opportunity to grow, or do you receive it with pride and anger? How would this tell you where your focus lies? Are you fulfilled doing something for the Lord that no one knows about? Can you handle someone else getting "credit" for things you've done?

4. How does thankfulness affect your words, actions, thoughts, and attitudes? Do sinful thoughts cohabit with a mind of righteous thankfulness? Can you spew out slander/gossip/unwholesome talk while also expressing genuine appreciation to the Lord? What tool does the Lord give us to help simultaneously think thanks, speak thanks, and respond in thanks (see Col. 3:16? How will you use that tool in your life and the lives of those around you?

## Companion Passages

John 15:1-17

John 17:20-26

PUT ON THEN...  
*Colossians 3:12a*

# NOTES

# SCHEDULE

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## Friday:

3:30-6:00 P.M.	Arrival and Check In
6:00 P.M.	Dinner
7:00 P.M.	Session 1
8:30 P.M.	Small Groups
9:30 P.M.	Pie

## Saturday:

8:00 A.M.	Breakfast
9:00 A.M.	Group Session
11:00 A.M.	Pack Lunch, Free Time
6:00 P.M.	Dinner
7:00 P.M.	Group Session
8:30 P.M.	Small Group
9:30 P.M.	Ice Cream Sundays

## Sunday:

8:00 A.M.	Breakfast
9:00 A.M.	Group Session
11:00 A.M.	Clean the Retreat Grounds
	Return Home