

# **Core Group Retreat - Adult LifeGroup (on a budget)**

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# Schedule

## Friday

- Dinner on the way
- Arrival - Get settled
- Put kids down
- Porch & Drinks - 1-hour - Session 1
  - Expectations of weekend
  - Hand out packets
  - What's going well?
  - Pray
- Self-Eval/Inventory \*Group members can do the self evaluations as they arrive\*
- Chill/Games/Sleep

## Saturday

- Breakfast/Coffee - Yogurt Bar
- Saturday Morning Session
  - Pair up to go over inventory from Friday Night.
  - Session 2
- Lunch - Sandwiches, Chips, Sodas/Water
- Free Time
- Dinner - Pasta Bar
- Session 3 - Worship
- Put kids down
- Chill/Games/Sleep

## Sunday

- Breakfast/Coffee - Cereal/Oatmeal
- Group Reflection Time
  - "In light of what we discussed this weekend..." - How to apply what we've learned.
  - What type of member is each person? (Core Group, Fringe, Mission, Hurting, New Entry)
- Pack up/leave

# Sessions

## Session 1 - Friday Evening - Personal Inventory

Christians are marked by the life-giving love of Jesus. Through the Holy Spirit, we are given a new heart and continually molded into the image of Christ. We begin to love Jesus, his word, his church, his mission, and to hate sin.

### *Love Jesus*

- What does your relationship with Jesus look like currently?
- How has the gospel recently impacted your life?
- What does prayer look like for you currently?
- In what ways are you worshipping and enjoying Jesus?
- How would you like to grow here?

### *Hate Sin*

- Where has the Holy Spirit been leading you to repentance?
- Who have you invited into your sin struggles through confession?
- Where have you had patterns of idolatry in your life (comfort, control, approval, power, success, etc.)? How do you seek to combat this propensity on a daily basis?
- How would you like to grow here?

### *Love His Word*

- What does bible reading look like for you right now?
- What else are you reading or in what other ways are you seeking to grow?
- Is reading/studying a chore or is it life-giving?
- How would you like to grow here?

### *Love His Church*

- How are your relationships with your church family?
- Is there anyone you need to encourage but haven't?
- Is there weirdness, drama, or tension between you and anyone else?
- Is community important to you? How does your life indicate that church family is a priority?
- How are you gifted to serve in the body? What are you good at? What gives you life?
- How are you currently being generous?
- How would you like to grow here?

### *Love His Mission*

- In what ways are you actively pursuing God's mission?
- Who are you currently building with who doesn't know Jesus?
- In what ways are you trying to infuse mission into your everyday life?
- How have you been going out of your way for gospel opportunities?
- How would you like to grow here?

## Session 2a - Saturday Morning - Covenant Evaluation

1. If you currently have a LifeGroup Covenant, use this evaluation.
2. If you do not currently have a LifeGroup Covenant, jump to page 5.

**\*Group Leaders should bring copies of their covenant for the group to review\***

### Covenant Evaluation

LGL: \_\_\_\_\_

Date of Evaluation: \_\_\_\_\_

Reread your LifeGroup Covenant and use the following statements to evaluate your LifeGroup. Using the rating system below identify your level of concern and/or excitement about each category and then use the box to explain your answer.

Rating Identification:

- 1 – **Very Concerned:** Our culture is the opposite of the desired outcome and major changes need to be made quickly.
- 2 – **Concerned:** Growth is needed in this area and we would not want to replicate this culture in other groups.
- 3 – **Content:** Good culture established and growing appropriately. We would want to replicate this culture in future groups.
- 4 – **Excited:** Excelling in this area and little need for growth.
- 5 – **Very Excited:** By God's grace our group fully exhibits the desired culture, and we could help lead the church in this area.

1. Jesus Centered: As a LifeGroup saved by grace, we are fostering a Jesus-Centered culture. We are consistently pushing each other toward Jesus and the gospel?

2. Family: As brothers and sisters in God's family, our LifeGroup is living out the 'one another' commands as a true family.

3. On Mission: As a LifeGroup on mission together, we are actively engaging our desired mission.

4. Rhythms: As a LifeGroup we have established the three basic rhythms and are using them as tools for doing life together and being on mission together.

## Session 2b - Saturday Morning - Write a Covenant

### [LIFEGROUP COVENANT TEMPLATE]

#### JESUS-CENTERED

Jesus, the eternally-existent Son of God, put on human flesh. He came to make a way for us to be reconciled to God. He lived a perfect life in submission to the Father, succeeding in every way we failed, then died on a cross to pay the price for our sins and rose from the grave to defeat sin and death forever. The gospel is good news that changes everything. We are now the people of God, saved by grace through faith. Our identities have been transformed, and the gospel is invading every area of our lives. As a LifeGroup saved by grace, this is how we will live:

We will...	
We will...	
We will...	
We will...	
We will...	
We will...	

#### FAMILY

By His love, God the Father has adopted us into His family through the work of Jesus. God has placed us in a group to do everyday, ordinary life together. We get to put the gospel on display by the way we love one another, and it is this love for each other that will be the most attractive component in reaching our friends and neighbors. As brothers and sisters in God's family, this is how we will live:

We will...	
We will...	
We will...	
We will...	

We will...	
We will...	

### **ON MISSION WITH HIM**

God is on a mission to save the planet through Jesus, and He's using a community of people to do so. Jesus is building His church, and the gates of hell nor any other force on earth stands a chance of stopping it. We who have been adopted into the family of God are now a part of Jesus' rescue mission to reconcile the ends of the earth to God. We walk in step with the Holy Spirit, following His lead on mission together. As a LifeGroup on mission together this is how we will live:

We will...	
We will...	
We will...	
We will...	
We will...	
We will...	
We will...	
We will...	
We will...	

## Session 3 - Saturday Night - Encouragement, Confession, Worship, Communion

**1) If someone is musically talented in the group, they can lead in a time of singing and worship through music.**

### **2) Encouragement.**

- Have someone in the group read Hebrews 3:12-13.
- Say: "We see in Scripture that one of the means by which God has called us to push back against evil and sin in our hearts is through encouragement. A defense against bitterness and the deceit of sin in our lives is to encourage one another. This is not simply surface level encouragement, but deep encouragement of what we see Jesus doing in other people's lives. We want to take a moment as a group now to practice this."
- Two options depending on group size:
  - Option 1:
    - "Hot seat" each member of the group, giving time for everyone to speak encouragement about that individual in front of the whole group.
  - Option 2:
    - Turn on background music and give time/space for people to move around the room and encourage others individually.

### **3) Confession**

- Have someone in the group read 1 John 1:5-10.
- Say: "1 John 1 tells us that if we do not confess our sins, but cover them up, we are liars and do not have the truth of God in us. But the beautiful promise it gives is that if we confess our sins he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness. We want to take time for confession now."
- Two options:
  - Option 1:
    - Do a regular confession time similar to what you do at Lifegroup.
  - Option 2:
    - Have individuals pair off (can be with spouses or with same sex group members) for a time of confession. Have each person confess then the other person pray for them.

### **4) Communion**

- Read 1 Corinthians 11:23-24.
- Take the loaf of bread, break off a piece, pass it to the next person and have them do the same. Everyone will eat their piece of bread.
- Read 1 Corinthians 11:25-26.
- Take the grape juice or wine and pour it into small cups (can do this beforehand), pass out cups at this time, and have everyone drink it.

**5) More worship (optional) then close with prayer.**

## Session 4 - Sunday Morning - Gospel Fluency

### Gospel Fluency Tool:

Adapted from *How People Change*

P 97

1. **Heat.** This is the person's situation in daily life, with difficulties, blessings, and temptations.
2. **Thorns.** This is the person's ungodly response to the situation. It includes behavior, the heart driving the behavior, and the consequences that result.
3. **Cross.** This focuses on the presence of God in his redemptive glory and love. Through Christ, he brings comfort, cleansing, and the power to change.
4. **Fruit.** This is the person's new godly response to the situation resulting from God's power at work in the heart. It includes behavior, the heart renewed by grace, and the harvest of consequences that follow.

### Practice

#### **Heat.**

Describe your current or most recent stressful or negative situation? (hardships, struggles, frustrations, temptations, circumstances, etc)

#### **Thorns.**

- When the heat is on, how do you tend to negatively respond (patterned response)? In this current situation did you negatively responded, if so how?
- When negatively responding, what's happening in your heart and your head? What are thinking and believing? Current Situation?
- What consequences do you face after your sinful reaction? Currently, what is the cost of your sin?

**Cross.**

- What truths about the gospel do you need to focus on? Identify any false beliefs.
- How does your new identity “in Christ” change the way you respond to the heat?
- Because of the gospel and your identity what are practical steps of repentance?

**Fruit.**

- How has the truth of the gospel changed your reactions to the heat?
- How has this gospel change benefited you and those around you? If there is a cost to sin, what is the benefit of righteousness?

**Gospel Fluency Practice:**

1. Get in groups of 2 or 3.
2. Individually complete worksheet.
3. Share with one other person.
4. Respond by reading scripture over the person, encouraging them with the gospel and praying for them.

# Menu

## Saturday

### Breakfast

- Vanilla Yogurt
- Granola
- Assorted Berries

### Lunch

- Sandwiches
- Chips
- Oreos

### Dinner

- Assorted Noodles
- Assorted Pasta Sauces
- Brownies & Ice Cream

## Sunday

### Breakfast

- Granola Bars
- Cereal
- Milk

## Grocery List

- Sandwich Bread
- Chips
- Oreos
- Peanut Butter
- Jelly/Jam \*Can substitute sandwich meat for PB&J\*
- Noodles
- Marinara Sauce
- Alfredo Sauce
- Cereal or Granola Bars
- Milk
- Other Snacks as desired/needed
- Grape Juice or Red wine and Bread for communion
- Paper Plates
- Plastic Silverware
- Napkins/Paper Towels

**Total: \$100 - \$10/person for 10 people**

## Packing List

- Clothes
- Toiletries
  - ◆ Shampoo
  - ◆ Body Wash/Soap
  - ◆ Toothbrush and Toothpaste
  - ◆ Deodorant
  - ◆ Other Items
- Bible
- Journal/Notebook/Pen
- Bedding or Sleeping Bag
- Board games/Cards

# Places to Stay

## Mount Pisgah Campgrounds

- Tent Camping
- \$20 per reserved spot
- 2:30 hours from Columbia

Mountains	Lake	Beach
<b>Cabin 1</b> <ul style="list-style-type: none"> <li>- Sleeps 10</li> <li>- \$175/night</li> <li>- Saluda, NC - 2 hours from Columbia</li> <li>- <a href="https://www.vrbo.com/1061014">https://www.vrbo.com/1061014</a></li> </ul>	<b>House 1</b> <ul style="list-style-type: none"> <li>- Sleeps 12</li> <li>- \$150/night</li> <li>- Lake Wateree, SC - 1 hour from Columbia</li> <li>- <a href="https://www.vrbo.com/214004">https://www.vrbo.com/214004</a></li> </ul>	<b>House 1</b> <ul style="list-style-type: none"> <li>- Sleeps 12</li> <li>- \$200/night</li> <li>- Edisto Beach, SC - 2:20 hrs from Cola</li> <li>- <a href="https://www.vrbo.com/297497">https://www.vrbo.com/297497</a></li> </ul>
<b>Cabin 2</b> <ul style="list-style-type: none"> <li>- Sleeps 13</li> <li>- \$175/night</li> <li>- Tryon, NC - 1:50 hours from Columbia</li> <li>- <a href="https://www.vrbo.com/3791109ha">https://www.vrbo.com/3791109ha</a></li> </ul>	<b>House 2</b> <ul style="list-style-type: none"> <li>- Sleeps 10</li> <li>- \$195/night</li> <li>- Lake Murray</li> <li>- <a href="https://www.vrbo.com/743915">https://www.vrbo.com/743915</a></li> </ul>	<b>House 2</b> <ul style="list-style-type: none"> <li>- Sleeps 10</li> <li>- \$200/night</li> <li>- Isle of Palms, SC - 2hrs from Columbia</li> <li>- <a href="https://www.vrbo.com/590180">https://www.vrbo.com/590180</a></li> </ul>

## Websites to search for other listings:

- [www.vrbo.com](http://www.vrbo.com)
- [www.airbnb.com](http://www.airbnb.com)
- [www.mountaintopcabinrentals.com](http://www.mountaintopcabinrentals.com)

# Total Budget

\*Assuming 10 people attend\*

## **Totals Per Person**

Gas: \$20

Food: \$10

Cabin: \$40

**Total: \$70 per person**

**\$700 for 10 people.**