

APPENDIX F: DISCIPLESHIP GROUP

RETREAT GUIDE

Retreats are an excellent way to get to know your group better. Make them memorable and unique by going to a lake house, a rental, or camping ground. If you can make margin in your schedule as a group, try to block off a whole weekend to spend together. You can share meals, play games, or explore nature. Below are a few ideas on how you can choose to structure time.

RETREAT SCHEDULE EXAMPLE:

This schedule can be modified based on the time your group has available.

FRIDAY

- Leave town after work
- Share a meal
- Have fun...start making memories through a unique shared experience

SATURDAY

- Have breakfast around 9:00 AM
- Give folks a couple hours of quiet, intentional alone time (read, pray, journal, etc.)
- Circle up for lunch around noon
- Have fun/make memories together all afternoon
- Circle back up for dinner around 6:00 PM
- Finish the evening with intentional time/discussion or go back to playing games and having fun as a group

SUNDAY

- Breakfast
- Pray and thank God for the weekend together; talk about favorite memories and celebrate/re-live the fun you had together
- Pack up and head home

WHAT TO PACK

This list could change based on the duration and location of your retreat, but in general, here are some items you might want to include:

- Bible, journal, pen
- Food...lots of food!
- Comfortable, casual clothes
- Games, cards, frisbee, football, hammock, cornhole, washers, etc.
- Toiletries, sheets (sleeping bag), towel, and pillow

INTENTIONAL TIME

For intentional time together or individually, think of different things you can do to stir your affections for Jesus, such as:

- Read Scripture & pray
- Journal
- Listen to/sing worship music
- Go through a book of the Bible or Christian book together (your pastors probably have great recommendations)
- Go through testimonies together

MAKING MEMORIES

The more unique your experiences, the more memorable your experience. While there's nothing wrong with going to the movies, it probably won't stand out as a memory in the future. Consider playing games, visiting a nearby attraction, or hiking together during your retreat. Games that don't have a winner, but a loser, make for fun memories. Whoever loses has to do something funny or slightly embarrassing. For example, if you are at a lake and there is a beach/park nearby, make the loser walk around with sunscreen asking people if they need any, and when someone says yes, the loser must insist on applying the sunscreen to the stranger.