

Stuff Needed:

- (Pen and paper for arrival service)
- (get bread and grape juice)
- (P. John to make cross)
- (Pen and paper for campfire)
- (envelope and notes for each other)

"Introduction to Ephesians - Unity in the Church" (30 mins)

1. Welcome to the retreat -- the letters for individuals -- encourage it -- tell people to write something thoughtful for one person before unpacking
2. Songs - Beautiful One, As It is in Heaven
3. Handout - talk through.
"See that the work of saving grace be thoroughly wrought in your own souls" (Richard Baxter)
Take heed to yourself before reaching out to others.
My challenge for them is to go deep with the Lord. Seek that encounter to our deepest hurts and needs.
4. Spend time (10 minutes) in prayer - lie down and confess everything that is of difficulties in one's life
5. Song: It is well with my soul
6. Finish at least one letter, then unpack

Campfire

1. Songs

Give out pen and paper and allow people to write as they feel led – sins, pains, sufferings, hurts, things that trouble them

- Prince of Peace
- Tis so Sweet to Trust in Jesus
- How Great is Our God
- Consuming Fire

3. Message regarding forgiveness, and that God took upon all the pains and sufferings (Isaiah 53)

- Goal is to let people know there is nothing that is impossible with God – all of our pains and sufferings have been taken by Jesus – we just need to trust as a result

4. Nail on the cross, burn together

5. Communion

Wine is a symbol that you are fully forgiven -- not just your sin, but all your pains, sufferings, hurts -- they have been borne by Jesus -- and for you

Bread is a symbol that you are part of church of Jesus Christ - you are now part of His body

If you have been feeling left out, or feeling unworthy to be before God -- His accepts you just as you are . . . He loves you just as you are.

And by this bread, we are now His body, one body -- we are now one in Christ. One in love.

6. Worship in the sanctuary (optional)

Morning Quiet Time

1. Group of up to six to reflect and share

Ephesians

4:1-6

4:11-16

4:17-24

4:25-30

4:31-5:9

5:15-21

Afternoon Worship ("Living in Unity") - 40 mins after worship

1. Message and sending
2. Time for reflection and sharing
3. Finalize any letters you want to write for others --
Leave at 2pm.

Key verses in Ephesians

1 ¹² God's purpose was that we Jews who were the first to trust in Christ would bring praise and glory to God. ¹³ And now you Gentiles have also heard the truth, the Good News that God saves you. And when you believed in Christ, he identified you as his own by giving you the Holy Spirit, whom he promised long ago.

²² God has put all things under the authority of Christ and has made him head over all things for the benefit of the church. ²³ And the church is his body; it is made full and complete by Christ, who fills all things everywhere with himself.

2 ¹⁷ He brought this Good News of peace to you Gentiles who were far away from him, and peace to the Jews who were near. ¹⁸ Now all of us can come to the Father through the same Holy Spirit because of what Christ has done for us.

¹⁹ So now you Gentiles are no longer strangers and foreigners. You are citizens along with all of God's holy people. You are members of God's family. ²⁰ Together, we are his house, built on the foundation of the apostles and the prophets. And the cornerstone is Christ Jesus himself. ²¹ We are carefully joined together in him, becoming a holy temple for the Lord. ²² Through him you Gentiles are also being made part of this dwelling where God lives by his Spirit.

3 ¹⁰ God's purpose in all this was to use the church to display his wisdom in its rich variety to all the unseen rulers and authorities in the heavenly places. ¹¹ This was his eternal plan, which he carried out through Christ Jesus our Lord.

¹² Because of Christ and our faith in him, we can now come boldly and confidently into God's presence.

4 ¹ Therefore I, a prisoner for serving the Lord, beg you to lead a life worthy of your calling, for you have been called by God. ² Always be humble and gentle. Be patient with each other, making allowance for each other's faults because of your love. ³ Make every effort to keep yourselves united in the Spirit, binding yourselves together with peace.

¹¹ Now these are the gifts Christ gave to the church: the apostles, the prophets, the evangelists, and the pastors and teachers. ¹² Their responsibility is to equip God's people to do his work and build up the church, the body of Christ. ¹³ This will continue until we all come to such unity in our faith and knowledge of God's Son that we will be mature in the Lord, measuring up to the full and complete standard of Christ.

¹⁶ He makes the whole body fit together perfectly. As each part does its own special work, it helps the other parts grow, so that the whole body is healthy and growing and full of love.

³¹ Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior. ³² Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you.

5 ¹ Imitate God, therefore, in everything you do, because you are his dear children. ² Live a life filled with love, following the example of Christ. He loved us and offered himself as a sacrifice for us, a pleasing aroma to God.