

PURPOSE-LED DISCIPLESHIP

BECOMING

A Quiet Morning of Faithful Living

A Saturday Morning Retreat • Leader's Guide

**Becoming is not another thing to achieve. It is the quiet life of walking with Jesus
and living faithfully where you are.**

A companion to Becoming: Growing in Christ

Kristal Walden

Welcome to Becoming

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This is a small, gentle retreat about living faithfully with Jesus in ordinary life. It is not designed to produce a dramatic breakthrough or ask participants to evaluate every part of themselves. It simply makes room to become present, notice where attention has gone, and receive one faithful response for the life already in front of them.

The retreat complements *Becoming: Growing in Christ* and also stands on its own. No one needs to read the book first. The morning holds only two movements so participants can leave encouraged rather than overloaded.

HEART OF THE MORNING **Becoming is not another thing to achieve. It is the quiet life of walking with Jesus and living faithfully where you are.**

What This Morning Is Meant to Do

- Give every participant a clear foundation for understanding who Jesus is and how relationship with Him begins.
- Give participants room to slow down and become present with Jesus.
- Help them notice what has been receiving their attention without turning reflection into self criticism.
- Connect spiritual growth to ordinary choices, relationships, responsibilities, and boundaries.
- Send each person home with one small, realistic response and no pressure to prove growth.

The Saturday Morning Experience

Participants arrive at 8:45 a.m. to choose a light refreshment and find a seat. The formal gathering runs from 9:00 to 11:00 a.m. Keep the atmosphere simple. The goal is not to cover a large amount of material. It is to let a few clear truths become personal and useful.

This schedule is one adaptable planning example. Change the day, starting time, refreshments, and break to fit the host setting while keeping the two movements in order and protecting time for private reflection, the gospel response, and closing.

Time	Gathering	Purpose
8:45–9:00	Arrival, refreshments, and seating	Grab a light refreshment, choose a seat, and settle in.
9:00–9:20	Welcome, foundation, and prayer	Meet Jesus at the beginning of the journey; receive the morning as a gift, not a test.
9:20–9:50	Movement One: Stay Close and Pay Attention	Notice what has your attention and return to Jesus.
9:50–10:00	Short break	Rest, breathe, and move.
10:00–10:35	Movement Two: Live Faithfully Here	Choose one ordinary place for a faithful response.
10:35–10:45	Quiet response	Write privately and prepare for the closing invitation.
10:45–11:00	Gospel invitation, blessing, and release	Understand the gospel, respond honestly, and receive clear next steps.

The Rhythm

1. Receive a short Scripture and teaching.
2. Reflect privately without being required to share.
3. Notice one ordinary place where faithfulness matters.
4. Respond simply, then leave the result with God.

Preparing the Room and the Leader

Room and Supplies

- Arrange chairs in a circle or gentle curve with a writing surface nearby.
- Provide a quieter place where someone may step away and return without explanation.
- Set out light refreshments and water before participants arrive.
- Bibles and pens
- One Participant Workbook for each person
- Leader's Guide, a visible clock, tissues, and index cards
- A list of pastoral, clinical, medical, and emergency support contacts

Leader Posture

Do not make the morning feel heavier than the message. Welcome honesty, but do not press for vulnerability or ask participants to explain private pain. The leader's role is to make room, speak truth clearly, respect silence, and point people toward Christ.

- Never assume that everyone already knows Christ or understands Christian language.
- Invite rather than pressure.
- Let private writing remain private.
- Allow anyone to pass during conversation.
- Do not diagnose or counsel beyond your role.
- When a concern exceeds the group setting, help the participant reach appropriate support.

LEADER REMINDER A quiet morning can be deeply meaningful. Do not measure its value by tears, public sharing, or visible decisions.

Retreat Foundation and Opening

Colossians 2:6–7 (KJV)

"As ye have therefore received Christ Jesus the Lord, so walk ye in him: Rooted and built up in him, and stablished in the faith, as ye have been taught, abounding therein with thanksgiving."

CENTRAL TRUTH We become as we keep walking with the One we have received. Faithfulness is relationship lived one ordinary step at a time.

Opening Sequence • 9:00–9:20

1. Welcome everyone and explain that the morning is not a test of maturity.
2. Name the freedom to write privately, pass, or step out when needed.
3. Establish the path of trust, relationship, grace, and growth, then explain the gospel clearly.
4. Tell participants that there will be time near the end to consider and respond to Christ.
5. Invite one quiet minute to notice what each person carried into the room.
6. Read Colossians 2:6–7 slowly and lead the opening prayer.

Suggested Welcome

You do not need to accomplish something important this morning, and you do not need to arrive with a history in this ministry or even certainty about faith. We will begin at the beginning. We will listen, reflect, and receive one faithful next response. What you write belongs to you, and sharing is always your choice.

Where Becoming Begins

Begin with four simple truths. Trust comes before understanding: we can place ourselves in God's care before we can see the whole road. Relationship comes before growth: Christianity is not mainly a project of self improvement; Jesus calls us to Himself. Grace comes before effort: we do not earn God's welcome by becoming better. Growth follows connection: as we receive Christ and remain with Him, His Spirit forms a faithful life from the inside out.

Christian faith begins with Jesus Christ, not with self improvement or a spiritual experience. Every person has sinned and needs God's mercy (Romans 3:23). Because God loves us, He sent Jesus Christ, His only Son (John 3:16–17). Jesus lived a blameless life

without sin (Hebrews 4:15), died on the cross for all our sins, and rose again (1 Corinthians 15:3–4). On the cross, He stood in our place and bridged the separation our sin created. Jesus alone provides the way to the Father (John 14:6). Salvation is received by grace through faith, not earned by religious work.

Ephesians 2:8–9 (KJV)

"For by grace are ye saved through faith; and that not of yourselves: it is the gift of God: Not of works, lest any man should boast."

How to Frame the Morning

Say: "Some of you may have followed Christ for years. Some may be unsure what you believe or may be hearing the gospel clearly for the first time. We will explain who Jesus is without assuming a church background. You are welcome to listen, ask questions, and consider what you hear. Near the end of the morning, there will be unhurried time to respond honestly to Christ."

Do not lead a decision prayer during the opening. The opening establishes understanding and safety. The focused invitation belongs near the end, after participants have heard the truth in context and had time to consider it.

Opening Prayer

Dear Jesus, quiet what is hurried in us. Help us receive this morning without turning it into another measure of how well we are doing. Let Your voice be clear, Your grace be near, and our hearts be willing. Teach us to walk faithfully with You in the life we already have. In Jesus' holy name I pray, amen.

Movement One

Stay Close and Pay Attention

TIMING 9:20–9:50 a.m. • Scripture, short teaching, quiet notice, and optional conversation

John 15:5 (KJV)

"I am the vine, ye are the branches: He that abideth in me, and I in him, the same bringeth forth much fruit: for without me ye can do nothing."

Psalm 139:23–24 (KJV)

"Search me, O God, and know my heart: try me, and know my thoughts: And see if there be any wicked way in me, and lead me in the way everlasting."

Teaching Direction

Becoming begins with connection, not inspection. Jesus does not ask a branch to stare at itself and force fruit to appear. He invites the branch to remain. We pay attention so we can return to Him, not so we can keep score.

Attention is one of the quiet ways a life is shaped. What we rehearse, fear, scroll through, hurry toward, avoid, and depend on begins to influence how we respond. Some of those patterns need correction, and some simply need to be noticed. The question for this morning is gentle: What has my attention, and is it helping me stay close to Jesus?

Ask participants to use the Quiet Notice page. They do not need to trace their whole history. They are simply naming what feels present today, what may be pulling them away from peace and truth, and where Jesus may be inviting a return.

Optional Conversation

- What helps you become present with Jesus in an ordinary day?
- How can noticing be different from judging yourself?
- What is one gentle way to return when your attention wanders?

Prayer Into the Break

Jesus, keep us near. Show us what deserves our attention today and release us from the need to examine everything at once. Lead us gently in Your way. Amen.

Movement Two

Live Faithfully Here

TIMING 10:00–10:35 a.m. • Scripture, short teaching, one ordinary place, and quiet response

Galatians 5:22–23 (KJV)

"But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, meekness, temperance: against such there is no law."

Teaching Direction

Becoming is often visible in responses that will never look dramatic. Love listens before defending. Peace refuses to let one hard moment rule the entire day. Longsuffering remains steady without pretending harm is acceptable. Gentleness tells the truth without using it as a weapon. Temperance pauses long enough for wisdom to lead.

Fruit is not a list of traits participants must produce before lunch. It is the Spirit's life becoming visible as they remain with Christ. Invite each person to choose one ordinary setting, such as home, work, a relationship, a responsibility, a boundary, or a season of waiting. Then let them name one response that would be faithful there.

Keep the response small enough to live. It may be listening for two minutes before answering, speaking one truthful sentence kindly, resting without apology, completing one responsibility, asking for help, or pausing to pray before reacting. A small faithful response is not insignificant. It is where belief begins to take shape in a real life.

Quiet Response • 10:35–10:45

Give participants ten quiet minutes with the One Place, One Faithful Response page. Afterward, invite optional sharing in pairs or as a whole group. Ask people to share only the response they want to practice, not the private situation behind it.

Blessing and Release

TIMING 10:45–11:00 a.m. • Hear the gospel, respond, pray, celebrate, and release

Philippians 1:6 (KJV)

"Being confident of this very thing, that he which hath begun a good work in you will perform it until the day of Jesus Christ."

Closing Sequence

1. Give several quiet minutes for the closing page and its two response paths.
2. Explain the gospel clearly and invite participants to receive Christ or return to Him.
3. Invite each person to place one short faithful response on an index card.
4. Invite anyone who trusted Christ to tell a leader, and welcome wider celebration only when the participant chooses it.
5. Read Philippians 1:6 and speak the blessing slowly.

The Gospel and an Invitation to Christ

Say: "Everything we have explored rests on Jesus Christ. God created us to know Him, but every person has sinned, and sin separates us from God. We cannot repair that separation by becoming better or more religious. Because God loves us, He sent Jesus Christ, His only Son. Jesus lived a blameless life without sin, died on the cross for all our sins, and rose again. On the cross, He stood in our place and bore what our sin deserved. He bridged the gap we could never cross. Jesus is the only way to the Father."

John 14:6 (KJV)

"Jesus saith unto him, I am the way, the truth, and the life: no man cometh unto the Father, but by me."

Continue: "Salvation is God's gift, received through faith rather than earned by works. To receive Christ is to acknowledge your sin, turn from sin and self rule, believe that Jesus died and rose again, and trust Him alone as Savior and Lord. This is more than having an experience. It is the beginning of a real relationship with the living Christ."

Romans 10:9–10 (KJV)

“That if thou shalt confess with thy mouth the Lord Jesus, and shalt believe in thine heart that God hath raised him from the dead, thou shalt be saved. For with the heart man believeth unto righteousness; and with the mouth confession is made unto salvation.”

Suggested Invitation and Prayer

Say: “Prayer is a conversation with God. It is the response of faith in which a person acknowledges sin and need for God, confesses Jesus as Lord, believes God raised Him from the dead, accepts His gift of salvation, and receives Christ as Savior and Lord. Prayer does not earn salvation; Jesus saves. If you are ready, speak to Him honestly in your own words or use the prayer in your workbook.” Read the prayer slowly, then allow one or two quiet minutes without filling the silence.

Lord Jesus, I believe You are God's only Son. You lived without sin, died on the cross for all my sins, and rose again. I know I have sinned and cannot make my own way to God. I turn from my sin and trust You alone. Forgive me. I accept Your gift of salvation and receive You as my Savior and Lord. Come into my life and help me follow, serve, and love You. Thank You for giving Yourself for me, standing in my place, and making the way for me to know the Father. In Jesus' name, amen.

Assurance and a Path to Celebration

After the quiet, say: “If you turned from sin and placed your trust in Jesus Christ today, your confidence does not rest in a feeling or in perfect words. It rests in Jesus, in what He has done, and in His promise that the one who comes to Him will not be cast out. You have not merely had an experience. You have begun a relationship with Christ.”

Then say: “Following Christ is personal, but it is not meant to be hidden or walked alone. If you trusted Christ today, please tell me or another leader before you leave. We want to celebrate with you, answer your questions, pray with you, and help you begin well. If you would like to share with the group, tell us; we would be honored to celebrate with you. We will not put you on display or ask for an immediate testimony.”

Leader Guidance

- Present the invitation once, clearly and calmly. Do not prolong it to produce a visible response.
- Do not ask everyone to repeat the prayer aloud or use raised hands, standing, tears, music, or silence as proof of salvation.
- Invite voluntary disclosure. When someone tells you they trusted Christ, celebrate warmly. Ask whether they would like to share with the group. If they do, let them share simply and let the room celebrate without requiring a testimony.
- Ask gently what they understand they have trusted Jesus to do. Clarify the gospel without turning the conversation into a test.
- Help them begin with Scripture, honest prayer, baptism, and connection to a healthy, Bible believing church.

Suggested Blessing

You are not leaving with an assignment to become a better image of yourself. You are leaving with Jesus. Walk with Him in the life in front of you. Pay attention when He invites you to return. Practice what becomes clear. Receive grace when you forget. The One who began the work remains faithful.

Closing Prayer

Dear Jesus, thank You for meeting us in an ordinary morning. Keep us close to You in ordinary life. Form Your love, peace, patience, truth, and faithfulness in the responses no one applauds. Free us from pressure, help us return when we wander, and make our next step honest and kind. In Jesus' holy name I pray, amen.

Simple Follow Through

- Send a brief thank you without asking participants to report results.
- Remind them that forgetting is not failure; the next honest moment is another place to return.
- Follow up privately on any support request or safety concern according to your role and local policy.