

PURPOSE-LED DISCIPLESHIP

SURRENDER

Every transformed life begins with surrender.

SAMPLE WEEKEND RETREAT

Based on one live Purpose-Led Discipleship gathering

September 18–20, 2026

Mahoney State Park, Nebraska

LEADER'S GUIDE

Purpose-Led Discipleship

Discipleship Curriculum • Volume One

SURRENDER

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The Journey Ahead

The dates, location, days, and times in this guide show one live retreat example. Leaders may adapt the schedule, meals, breaks, fellowship, recreation, and setting to meet the needs of their group while keeping the six sessions in order and protecting time for private reflection, voluntary response, and closing.

Gathering	Session
Friday Evening	Session One: The Invitation to Surrender
Saturday Morning	Session Two: Walking in Surrender
Saturday Breakouts	Session Three: Building the House / Becoming a Woman Rooted in Christ
Saturday Afternoon	Session Four: Healing Through Surrender
Saturday Evening	Session Five: Walking Together in Surrender
Sunday Morning	Session Six: Living Purposefully

Leader Posture

This guide supports leaders; it is not a script that must be performed perfectly. Prepare prayerfully, stay attentive to the people in the room, and allow space for silence. Never pressure a participant to disclose, reconcile publicly, receive physical touch, or respond before they are ready. When a concern exceeds the scope of a retreat conversation, help the participant connect with appropriate pastoral, clinical, medical, or emergency support.

Session One

The Invitation to Surrender

Theme Scripture

Romans 12:1–2 (KJV)

"I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service.

And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God."

Session Theme

Every journey with Christ begins by receiving mercy and entrusting ourselves to Jesus. Surrender grows from grace; it does not earn it.

The Heart Behind This Session

Welcome.

No matter what brought you here this weekend, we're glad you're here.

Maybe you're carrying hurt, disappointment, fear, unanswered questions, or simply a desire to grow closer to God. Whatever your story, you didn't arrive here by accident.

God already knows your story, and He loves you completely.

He isn't asking you to have everything figured out before coming to Him. He isn't waiting for you to clean up your life before He welcomes you into His presence. He simply invites you to come. The invitation of Jesus has always been the same:

Come. Follow Me. Trust Me.

That's what surrender is.

Surrender isn't weakness. It isn't giving up. It isn't admitting defeat.

Surrender is placing every part of your life into the hands of the One who knows you best and loves you most.

As you begin this weekend, don't worry about tomorrow's session or what God may ask of you later. Simply ask yourself one question:

Am I willing to trust Jesus with today?

That's where every transformed life begins.

Your surrender is never yours alone. Every step you take toward Christ has the potential to impact the lives of those around you. Whether you realize it or not, someone is watching your life. Your children, grandchildren, nieces, nephews, friends, and those you mentor are learning what it means to follow Jesus by watching someone who is learning to follow Him.

Our Prayer for This Session

Our prayer is that you'll experience God's mercy in a fresh way and discover that surrender isn't something to fear—it's something to embrace.

May you begin laying down the things you've been carrying alone and find the peace that comes from trusting Christ completely.

May this be the beginning of a journey that continues long after this weekend ends.

Make the Gospel Clear

Do not assume that everyone at the retreat already knows Christ, has attended another Purpose-Led Discipleship experience, or understands Christian language. Session One should begin at the beginning. Surrender is not a demand to repair ourselves for God. It is a response to the mercy God has shown through Jesus Christ.

The Foundation

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 Weekend

Say: “Some of you may have followed Christ for years. Some may be uncertain 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 retreat, there will be unhurried time to respond honestly to Christ.”

Do not lead a decision prayer during Session One. Establish understanding and safety, then keep the gospel present throughout the retreat. The focused invitation belongs in Session Six, before commissioning.

Key Scriptures

Romans 12:1–2 (KJV)

“I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service.

And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.”

Luke 9:23–24 (KJV)

“And he said to them all, If any man will come after me, let him deny himself, and take up his cross daily, and follow me.

For whosoever will save his life shall lose it: but whosoever will lose his life for my sake, the same shall save it."

Proverbs 3:5–6 (KJV)

"Trust in the Lord with all thine heart; and lean not unto thine own understanding.

In all thy ways acknowledge him, and he shall direct thy paths."

Galatians 2:20 (KJV)

"I am crucified with Christ: nevertheless I live; yet not I, but Christ liveth in me: and the life which I now live in the flesh I live by the faith of the Son of God, who loved me, and gave himself for me."

Teaching

God's Mercy Comes First In Romans 12:1, Paul writes:

"I beseech you therefore, brethren, by the mercies of God..."

Before Paul says anything about surrender, he reminds us of God's mercy. Everything begins there.

God loved us before we ever loved Him. Jesus gave His life before we ever thought about giving Him ours.

Surrender isn't something we do to earn God's love. It's our response to the incredible mercy and grace He has already shown us through Jesus Christ.

A Living Sacrifice

Paul continues in Romans 12:1:

"that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service."

God isn't asking for part of our lives. He's inviting us to trust Him with all of it. Our hopes.

Our fears.

Our relationships.

Our plans.

Our past.

Our future.

Surrender is choosing every day to place our lives into God's hands, trusting that His plans are greater than our own.

Transformation Begins Within

Paul continues in Romans 12:2: "And be not conformed to this world: but be ye transformed by the renewing of your mind..."

God doesn't simply want to change our behavior.

He wants to transform our hearts.

As we spend time with Him, He begins changing the way we think, the way we love, the way we respond, and the way we see ourselves.

Transformation always follows surrender.

Discovering God's Purpose

Paul finishes Romans 12:2 by saying: "...that ye may prove what is that good, and acceptable, and perfect, will of God."

Many people spend years asking,

"What is God's purpose for my life?"

Romans 12 reminds us that purpose becomes clearer as we surrender. God doesn't usually reveal the whole journey at once.

He simply asks us to trust Him with the next step.

Reflection

Take a few quiet moments with the Lord.

Ask yourself:

What am I holding on to that God is asking me to surrender?

What fears make surrender difficult?

Is there an area of my life where I've been relying on my own understanding instead of trusting God?

What is one thing I can place into God's hands today?

Small Group Discussion

What does the word surrender mean to you?

Why do you think surrender is often difficult?

What stood out to you most from Romans 12:1–2?

How does knowing surrender is a response to God's mercy change your perspective?

What are you hoping God will do in your life during this retreat?

Prayer Response

Spend a few quiet moments with the Lord.

Open your hands as a symbol of surrender and invite God to search your heart.

Ask Him to reveal anything you've been holding onto and to give you the courage to trust Him completely.

Journaling

Complete this sentence:

Lord, today I surrender...

Write honestly.

This conversation is between you and God.

Take-Home Challenge

Before your feet hit the floor each morning this week, pray this simple prayer:

"Lord Jesus, today I surrender my plans, my fears, my future, and my heart to You. Help me trust You one step at a time. Transform me into the person You've created me to be. Amen."

Session Two

Walking in Surrender

Theme Scripture

Matthew 11:28–30 (KJV)

"Come unto me, all ye that labour and are heavy laden, and I will give you rest.

Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls.

For my yoke is easy, and my burden is light."

Session Theme

Walking in surrender means trusting Jesus enough to lay down every burden and choosing each day to follow Him. As we release what weighs us down, we discover the freedom, peace, and strength found in walking beside Christ.

Focus Areas

Christ is our Cornerstone.

Foundations determine the future.

Building a life that lasts.

Laying down our burdens and walking in surrender.

The Heart Behind This Session

Surrender is more than a single moment—it becomes a way of life.

Yesterday may have been filled with mistakes, heartache, or uncertainty. Some burdens are easy to recognize, while others have become so familiar that we hardly notice we're carrying them. Yet Jesus never intended for us to live beneath the weight of guilt, shame, fear, or regret. Instead, He invites us to come to Him.

When we place our burdens into His hands, we make room for something better. We begin to walk in the freedom that only Christ can give. Walking with Jesus doesn't mean life will always be easy, but it does mean we never walk alone.

As we follow Him day by day, He strengthens our faith, shapes our character, and teaches us to trust Him with every step.

Daily surrender isn't only changing you. It is shaping the people who walk beside you. Children especially learn what faith looks like by watching it lived out. They won't remember every sermon you hear, but they will remember how

you treated people, how you responded to hardship, how you prayed, how you asked forgiveness, and how you trusted God.

Our Prayer for This Session

Our prayer is that you will experience the peace that comes from releasing every burden to Jesus. May your heart be strengthened as you learn to walk in surrender, trusting Him to lead your steps and build your life upon the firm foundation of His love.

Key Scriptures

Matthew 11:28–30 (KJV)

“Come unto me, all ye that labour and are heavy laden, and I will give you rest.

Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls.

For my yoke is easy, and my burden is light.”

Luke 9:23–24 (KJV)

"And he said to them all, If any man will come after me, let him deny himself, and take up his cross daily, and follow me.

For whosoever will save his life shall lose it: but whosoever will lose his life for my sake, the same shall save it."

1 Peter 5:7 (KJV) "Casting all your care upon him; for he careth for you."

Proverbs 3:5–6 (KJV)

"Trust in the Lord with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths."

Teaching

Jesus Invites Us to Lay Our Burdens Down

In Matthew 11:28–30, Jesus extends one of the most comforting invitations in all of Scripture: "Come unto me, all ye that labour and are heavy laden, and I will give you rest."

Notice that Jesus doesn't ask us to become stronger before we come. He simply says, "Come." He invites us to bring every burden—our fears, failures, disappointments, and worries—and place them into His hands. What we surrender to Christ no longer has to define us.

Our Cross Is Not Our Burden

Sometimes people confuse the burden Jesus invites us to lay down with the cross He asks us to carry.

In Luke 9:23, Jesus says: "If any man will come after me, let him deny himself, and take up his cross daily, and follow me."

The cross is not our guilt.

It is not our shame.

It is not our past.

The cross is our daily decision to trust Jesus above ourselves. It is choosing obedience when it would be easier to quit, forgiveness when bitterness feels justified, and faith when fear wants to take control.

Walking One Step at a Time

Walking with Christ isn't about running ahead or having everything figured out.

It's about taking the next faithful step.

Proverbs 3:5–6 reminds us to trust the Lord with all our hearts and acknowledge Him in all our ways. As we do, God faithfully directs our path.

Some days those steps feel light.

Other days they feel difficult.

But every step taken with Christ is a step toward the life He has prepared for us.

Building on the Right Foundation

Every house is only as strong as its foundation.

The same is true of our spiritual lives.

When Christ is our Cornerstone, surrender becomes the foundation upon which every other part of our lives is built—our marriages, our families, our friendships, our ministries, and our purpose.

Foundations determine the future.

The life we build today will influence generations to come.

Reflection

Spend a few moments with the Lord.

Ask yourself:

What burden have I continued to carry instead of giving it to Jesus? Is there something I've mistaken for my cross that Christ is asking me to release?

Where is God inviting me to trust Him more fully?

What is my next faithful step?

Small Group Discussion

What burden do you find hardest to surrender to Jesus?

What does it mean to you to "walk in surrender"?

How has Christ been your foundation during difficult seasons?

What daily habits help you stay close to Jesus?

What is one step of faith God is calling you to take this week?

Prayer Response

Take a few quiet moments before the Lord.

Imagine placing every burden you've carried into His hands. Thank Him for His faithfulness, His grace, and His promise to walk with you each day.

Ask Him to strengthen your faith, establish Him as the cornerstone of your life, and guide every step you take.

Journaling

Complete these statements:

Lord, today I lay down...

Lord, today I choose to follow You by...

Take-Home Challenge

Each morning this week, begin your day with this simple prayer:

“Lord Jesus, thank You for carrying what I was never meant to carry. Help me to leave my burdens with You, take up my cross in faithful obedience, and walk with You one step at a time. Build my life on the firm foundation of Your love. Amen.”

Session Three • Men’s Breakout

Building the House

“Except the LORD build the house, they labour in vain that build it...” Psalm 127:1 (KJV)

Session Theme

A surrendered man allows Christ to form his character, heal what has been wounded, guide his relationships, and shape a life that serves others with courage and humility.

Leader Aim

Create an honest, respectful space where men can examine what they are building and what is building them. Keep the focus on relationship with Christ, not a narrow picture of masculinity. Men may be single, married, divorced, widowed, fathers, mentors, caregivers, or rebuilding. Their worth and calling begin in Christ, not in a title or role.

Focus Areas

- Christ as the foundation of identity and direction

- Character before influence
- Leadership as surrendered service, never control
- Integrity in public and private life
- Emotional honesty, healing, and receiving help
- Brotherhood, accountability, and a legacy of faith

The Heart Behind This Session

Every man is building something through his choices, habits, words, relationships, and private life. Psalm 127 does not ask men to work harder at building alone. It reminds us that work separated from God cannot carry the weight we place upon it. Biblical manhood begins with surrender: admitting our need for Jesus and allowing Him to correct, strengthen, and lead us.

Some men learned early that strength meant silence. Some learned to control because life felt unsafe. Some carry father wounds, shame, loneliness, anger, or regret. Others are weary from trying to be dependable for everyone. This session does not ask men to perform strength. It invites them to bring their whole lives to Christ.

Key Scriptures

Psalm 127:1 (KJV) • “Except the LORD build the house, they labour in vain that build it...”

Matthew 20:26–28 (KJV) • Jesus describes greatness through service.

1 John 3:1 (KJV) • “Behold, what manner of love the Father hath bestowed upon us...”

Proverbs 27:17 (KJV) • “Iron sharpeneth iron; so a man sharpeneth the countenance of his friend.”

Unless the Lord Builds the House

A man can build identity around work, income, strength, achievement, relationship status, or the approval of others. Those things may matter, but they cannot bear the full weight of identity. A life built on Christ can remain rooted when circumstances change. We are not asking Jesus merely to bless plans we designed without Him. We are placing the plans into His hands.

Character Before Influence

Leadership begins with the way a man responds to Christ. Can he receive correction? Tell the truth? Admit when he is wrong? Keep his word? Govern his anger? Ask for help? Treat women and children with honor? Remain faithful when no one is applauding? Influence without character becomes unsafe. Character submitted to Christ makes strength trustworthy.

Leadership Is Not Control

Jesus did not define leadership as getting the final word, protecting an image, or making others comply. He led by serving, telling the truth, protecting the vulnerable, and giving Himself in love. A surrendered leader does not demand that others manage his emotions. He can hear no, listen before reacting, use authority responsibly, and repair harm when he has caused it.

Emotional Honesty Is Not Weakness

Many men were taught to hide fear, grief, shame, or disappointment. What remains hidden often finds another way out through anger, withdrawal, control, addiction, or isolation. Honesty before God is not weakness. It is the beginning of healing. A man does not have to tell everyone everything, but he does need safe places where truth can be spoken and support can be received.

Healing What Shaped Us

Our earthly fathers and other influential men may have shaped how we understand love, authority, correction, and God. Healing does not require calling wrong things right. It allows Christ to meet us in those places so we do not keep passing forward what wounded us. Through Christ, a man can learn a different way to love, speak, lead, and remain present.

Brotherhood and Accountability

Isolation can feel safer when a man is ashamed or overwhelmed, but God did not create us to follow Christ alone. Healthy brotherhood is not built on competition or pretending. It includes men who pray, listen, tell the truth, protect confidence appropriately, challenge destructive patterns, and point one another back to Jesus.

Reflection

- What am I building my identity upon?
- Where is there a difference between the man people see and the man I am privately?
- What emotion or wound have I treated as weakness instead of bringing to Christ?
- Where has leadership become control, avoidance, or image management?
- Who is one trustworthy man I can invite into honest accountability?
- What kind of spiritual influence am I building today?

Small Group Discussion

- What does it mean to let the Lord build your life?
- How can strength and gentleness exist together?
- What is the difference between protection and control?
- Why can receiving correction or help feel difficult?
- What is one area you sense Christ inviting you to surrender?

Leader Note

Do not force disclosure. If abuse, self-harm, danger, or another serious concern is shared, listen calmly and follow the retreat safety and reporting plan. Do not promise secrecy that safety responsibilities may not allow you to keep.

Prayer Response

Invite the men to sit quietly with open hands if that posture is comfortable. Pray: “Lord Jesus, build my life upon You. Show me what I have hidden, controlled, or tried to carry alone. Form integrity in me. Teach me to use strength in service, to receive help without shame, and to become safe and faithful in the relationships You entrust to me. Amen.”

Seven-Day Practice

Choose one area Christ highlighted: prayer, integrity, anger, fatherhood, singleness, relationships, healing, responsibility, or accountability. Take one honest and practical step each day. Before the week ends, share that step with a trustworthy Christian man who can pray with you and follow up.

Session Three - Women's Breakout

Becoming a Woman Rooted in Christ

Theme Scripture

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."

Session Theme

Every woman, regardless of her age or season of life, is invited to build her life on Christ. As we become deeply rooted in Him, we learn to trust His heart, receive His love, and walk in healthy relationships that reflect His design.

Focus Areas

Christ is our Cornerstone.

Our identity is rooted in Christ.

Trust grows through relationship with God.

Receiving God's love, grace, and protection.

Building healthy, Christ-centered relationships.

Becoming women who disciple the next generation.

The Heart Behind This Session

Whether you are a young girl, a teenager, a young adult, a wife, a mother, or a grandmother, God is calling you to the same place—to Himself.

Before He calls us into relationships, He calls us into relationship with Him. Many of us have learned to become strong because life required it. We have carried responsibilities, protected our hearts, and tried to hold everything together. Sometimes those

habits came from difficult seasons. Sometimes they came from disappointment or loss.

Sometimes they came simply from believing that if we didn't carry the weight, no one else would.

While those habits may have helped us survive, God desires something greater than survival.

He desires freedom.

As we grow closer to Christ, we begin to discover that we no longer have to live in constant self-protection. We begin to trust the One who has always been faithful.

He has carried us through every season.

He has redeemed us through His Son.

He is restoring what has been broken.

And He continues to invite us to receive His love each day.

Receiving can be difficult.

Many women find it easier to give than to receive.

Yet one of the greatest acts of faith is allowing God to love us, strengthen us, and care for us.

When our hearts are secure in Christ, we no longer expect other people to become what only Jesus can be.

Instead, we learn to love others from a place of wholeness rather than fear.

A Word to Every Generation

Today, women of different generations are gathered together.

Some are just beginning their journey with Christ.

Others have walked with Him for decades.

Some are praying about future relationships.

Others are raising families or investing in grandchildren.

No matter your age, remember this: Your greatest relationship will always be with Jesus Christ.

As He becomes your foundation, every other relationship is strengthened.

Young women, learn now to depend on Christ before you depend on anyone else. Older women, continue to model what it looks like to trust Him through every season.

Together, we become living testimonies of God's faithfulness.

Healthy Relationships Begin with Healthy Surrender

God designed men and women to walk together in mutual love, honor, and service under His authority.

A godly woman cannot expect a man to become what only Christ can be.

Likewise, a godly man cannot lead well apart from Christ.

Just as women are called to trust and depend upon the Lord, men must also surrender their lives completely to Him.

A man who has never learned to receive God's grace, wisdom, and protection cannot offer what he has never received.

Healthy relationships are built when both hearts are rooted in Christ.

When Jesus is the cornerstone of both lives, love becomes stronger than fear, grace becomes greater than pride, and trust grows because both are learning to follow the same Shepherd.

This is the kind of relationship worth praying for, whether in friendship, marriage, ministry, or family.

Our Prayer for This Session

Our prayer is that every woman—young and old—will leave this time knowing that her identity is secure in Christ alone. May the Lord gently remove fear, insecurity, and self-protection, replacing them with confidence in His unfailing love.

May we become women who receive His grace with open hearts, trust His leading with willing spirits, and reflect His love in every relationship He has entrusted to us.

Key Scriptures

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."

Psalms 139:14 (KJV)

"I will praise thee; for I am fearfully and wonderfully made: marvellous are thy works; and that my soul knoweth right well."

Proverbs 3:5–6 (KJV)

"Trust in the Lord with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths."

Titus 2:3–5 (KJV) "The aged women likewise, that they be in behaviour as becometh holiness... that they may teach the young women..."

1 Peter 5:7 (KJV) "Casting all your care upon him; for he careth for you."

Teaching

Our Identity Begins with Christ

Before God asks us to become wives, mothers, mentors, or leaders, He calls us to become His daughters.

In Psalm 139:14, David declares: "I will praise thee; for I am fearfully and wonderfully made..."

Our worth isn't determined by our past, our accomplishments, our appearance, or the opinions of others. Our value is found in the God who created us and the Savior who redeemed us. When we understand who we are in Christ, we stop striving to earn what He has already freely given.

Trust Is Built Through Relationship

Trust doesn't usually happen all at once.

It grows.

Just as a friendship deepens over time, our relationship with God grows as we spend time in His Word, seek Him in prayer, and watch Him faithfully provide for our needs.

Proverbs 3:5–6 reminds us: "Trust in the Lord with all thine heart..."

The more we know His heart, the easier it becomes to trust His hands.
Even when we don't understand His plan, we can trust His character.

Learning to Receive

Many women have become incredibly capable.

We know how to give.

We know how to serve.

We know how to care for everyone around us.

But receiving...

Receiving can feel much harder.

Sometimes life has taught us that depending on others isn't safe. Sometimes we've been disappointed.

Sometimes we've simply learned that if something is going to get done, we have to do it ourselves.

Those experiences can create habits of self-protection that quietly become barriers to intimacy with God and with others.

Jesus invites us to something different.

In 1 Peter 5:7, we are told: "Casting all your care upon him; for he careth for you."

Notice that Peter doesn't say to manage your burdens.

He says to cast them upon Christ.

Receiving God's love is an act of surrender.

Receiving His grace is an act of faith.

Receiving His care reminds us that we were never meant to carry life alone.

Women Who Lead the Next Generation

One of the beautiful pictures found in Titus 2:3–5 is women walking alongside women.

Older women encouraging younger women.

Not through perfection.

Not through having all the answers.

But through faithful lives that point others toward Christ.

If you're younger, look for women whose lives reflect Jesus and learn from them. If you're older, never underestimate the impact of your example.

Someone is watching how you trust God.

Someone is learning what faith looks like by watching your life.

Your legacy is built one faithful day at a time.

Relationships Built on Christ

Healthy relationships begin with healthy surrender.

No person can become everything another person needs.

Only Christ can fill that place.

A woman whose heart is rooted in Jesus is free to love without losing herself. A man whose heart is rooted in Jesus is free to lead with humility and serve with love. Neither carries the weight of being the other's savior.

Instead, both continually point one another back to Christ.

That is the kind of relationship God desires for His children.

Reflection

Spend a few quiet moments with the Lord. Ask yourself:

Have I been living from my identity in Christ or from the expectations of others?

What walls have I built that God may be asking me to surrender?

Where is Jesus inviting me to trust Him more deeply?

Am I allowing myself to receive God's love and care?

How can I encourage another woman in her walk with Christ?

Session Four

Healing Through Surrender

Theme Scripture

Psalm 147:3 (KJV) "He healeth the broken in heart, and bindeth up their wounds."

Session Theme

Healing begins when we surrender the broken places of our hearts to Christ. God doesn't ask us to hide our wounds or carry them alone. He invites us to bring them into His presence, where

His love restores, His grace renews, and His truth sets us free.

Focus Areas

Christ heals the brokenhearted.

Healing begins with surrender.

Forgiveness brings freedom.

God restores what has been broken.

Restoration prepares us for God's purpose.

The Heart Behind This Session

Every one of us carries a story.

Some chapters are filled with joy and celebration. Others hold grief, disappointment, betrayal, loss, or pain we'd rather forget.

Many of us have become experts at hiding those wounds. We smile when we're hurting. We keep serving while our hearts are weary. We convince ourselves that if we ignore the pain long enough, it will eventually disappear.

But buried wounds rarely become healed wounds.

Jesus never asks us to pretend we're okay.

He invites us to bring every broken place to Him.

Healing doesn't mean our past never happened.

It doesn't erase every memory or remove every scar.

Instead, healing means allowing Christ to enter those places with His love, His truth, and His presence.

Sometimes healing happens in a moment.

Sometimes it unfolds one faithful step at a time.

Either way, we can trust the heart of the One who promises to bind up the brokenhearted. He is still restoring lives today.

Sometimes we carry wounds that have affected our families for years. As Christ heals us, He begins changing what future generations experience. Healing doesn't erase yesterday, but it changes tomorrow.

Our Prayer for This Session

Our prayer is that you will have the courage to bring every hurt, disappointment, fear, and unanswered question before the Lord.

May His presence meet you in those places.

May His peace replace anxiety.

May His forgiveness replace shame.

May His love remind you that you are never beyond His reach.

And may you discover the hope that comes from placing your whole heart into His hands.

Key Scriptures

Psalm 147:3 (KJV) "He healeth the broken in heart, and bindeth up their wounds."

Isaiah 61:1–3 (KJV)

"The Spirit of the Lord GOD is upon me; because the LORD hath anointed me to preach good tidings unto the meek... to bind up the brokenhearted... to give unto them beauty for ashes, the oil of joy for mourning, the garment of praise for the spirit of heaviness..."

2 Corinthians 5:17 (KJV)

"Therefore if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new."

Romans 8:28 (KJV)

"And we know that all things work together for good to them that love God, to them who are the called according to his purpose."

Joel 2:25 (KJV) "And I will restore to you the years that the locust hath eaten..."

Teaching

Jesus Meets Us in Our Brokenness

In Psalm 147:3, we are reminded: "He healeth the broken in heart, and bindeth up their wounds."

Notice who does the healing. God does.

Our role is not to fix ourselves. Our role is to bring our brokenness to the One who already knows every part of our story.

Nothing about your life surprises Him.

Nothing you've experienced places you beyond His love. Healing begins when we stop hiding and start trusting.

Surrender Opens the Door to Healing

Healing often begins with honesty.

When we surrender our pain to God instead of burying it, we invite Him into places we've tried to protect.

Sometimes we've carried unforgiveness. Sometimes shame.

Sometimes grief.

Sometimes fear. Jesus gently asks us to trust Him with each one.

Not because He wants to expose our weakness, but because He wants to reveal His strength.

Forgiveness Is Part of Freedom

One of the deepest wounds we carry can be unforgiveness. Forgiveness does not excuse sin or deny the hurt that was done.

Instead, it is the decision to release our right to revenge into God's hands and trust Him with justice.

Sometimes the hardest person to forgive is ourselves.

Yet the same grace Christ extends to others is the grace He offers to us.

As we receive His forgiveness, we become free to walk without the chains of guilt and bitterness.

God Restores What Seems Lost

Through the prophet Joel, God promises: "And I will restore to you the years that the locust hath eaten." (Joel 2:25)

Restoration doesn't always look like getting back exactly what was lost. Sometimes God creates something even more beautiful.

He redeems our stories.

He uses our scars to encourage others.

He transforms pain into compassion and brokenness into ministry.

Nothing surrendered to Christ is ever wasted.

Reflection

Spend time quietly with the Lord.

Ask yourself:

What wound have I been carrying alone?

Is there someone I need to forgive?

Is there something I need to release into God's hands today?

What would it look like to trust Jesus with my healing?

How has God already shown His faithfulness in my story?

Small Group Discussion

What does healing through surrender mean to you?

Why is it sometimes easier to hide our wounds than to bring them to God?

How has God brought healing or restoration in your life?

What role does forgiveness play in healing?

How can we support one another as we continue to trust God with our healing?

Prayer Response

Take a few quiet moments before the Lord.

Invite Him into the places that still hurt.

Release every burden, every disappointment, every regret, and every fear into His loving hands. Thank Him for His promise to heal the brokenhearted and trust Him to continue the good work He has begun in you.

Journaling

Complete these sentences:

Lord, today I surrender the hurt of...

Lord, I trust You to heal...

Lord, thank You for restoring...

Take-Home Challenge

Spend time each day this week reading Psalm 147, Isaiah 61, or Romans 8. As you read, ask God to reveal one area where He is inviting you to trust His healing work more deeply.

At the end of each day, write down one way you saw His faithfulness, even in the smallest moments.

Session Five

Walking Together in Surrender

Living as the Body of Christ

Theme Statement

A surrendered life becomes a living testimony to others.

Theme Scripture

Ephesians 4:1–6 (KJV)

"I therefore, the prisoner of the Lord, beseech you that ye walk worthy of the vocation wherewith ye are called, With all lowliness and meekness, with longsuffering, forbearing one another in love; Endeavouring to keep the unity of the Spirit in the bond of peace. There is one body, and one Spirit, even as ye are called in one hope of your calling; One Lord, one faith, one baptism, One God and Father of all, who is above all, and through all, and in you all."

Session Theme

As followers of Christ, we are not called to walk alone. God places us in His family—the Body of Christ—where we encourage one another, bear one another's burdens, model faith for the next generation, and become living testimonies of His transforming grace.

Our Prayer for This Session

Father,

Thank You for calling us into Your family through Jesus Christ. Thank You for meeting us this weekend with Your love, Your truth, Your healing, and Your grace.

Teach us now to walk together in surrender.

Help us to love as Christ loved.

Forgive as Christ forgave.

Serve as Christ served.

May our lives reflect Your goodness so clearly that others are drawn to You. Strengthen our homes.

Strengthen our friendships.

Strengthen Your Church.

And may the next generation see Jesus through the way we live. In Jesus' name,
Amen.

Focus Areas

“Christ is the Head of His Church.

Every believer belongs in the Body of Christ.

Unity grows through humility and surrender. We are called to serve one another in love.

Our surrender influences the next generation.

Christ's love becomes visible through His people.

The Heart Behind This Session

Throughout this weekend, God has been inviting us into something beautiful. He invited us to surrender.

He taught us to walk with Him.

He met us in our brokenness and began healing what we placed into His hands. Now He reminds us that this journey was never meant to be walked alone. When we receive Christ, we don't simply become forgiven individuals.

We become part of His Body.

His family.

His Church.

Together we become His hands that serve.

His feet that carry hope.

His voice that speaks truth.

His heart that loves others.

Every act of kindness...

Every word of encouragement...

Every prayer...

Every moment of forgiveness...

Becomes a testimony that Jesus is alive and at work within us. This is what it means to walk together in surrender.

Key Scriptures

Ephesians 4:1–6

1 Corinthians 12:12–27 "For as the body is one, and hath many members... so also is Christ."

Galatians 6:2 "Bear ye one another's burdens, and so fulfil the law of Christ."

John 13:34–35 "By this shall all men know that ye are my disciples, if ye have love one to another."

Hebrews 10:24–25 "Let us consider one another to provoke unto love and to good works..."

Teaching

Jesus Showed Us What Love Looks Like

Before Jesus ever asked us to love one another, He loved us first. He served.

He forgave.

He humbled Himself.

He welcomed the outcast.

He washed His disciples' feet.

He gave His life on the cross.

Everything we have talked about this weekend begins with Him. He is not only our Savior.

He is our example.

Surrender Changes the Way We Live

When we surrender to Christ, something remarkable happens. Our priorities begin to change.

We become quicker to forgive.

More willing to serve.

More compassionate.

More patient.

Not because we are trying harder, but because Christ is transforming us from the inside out. A surrendered life is never lived for self alone.

It becomes a blessing to others.

We Are the Body of Christ

God never intended for His people to walk alone.

Every believer has been given gifts, experiences, and opportunities to encourage someone else.

Some teach.

Some serve.

Some pray.

Some comfort.

Some lead.

Some quietly encourage behind the scenes. Every part matters.

Just as every part of the human body has a purpose, every believer has a place in God's Kingdom.

When one member suffers, we all care. When one rejoices, we all celebrate.

Together we reflect Christ in ways none of us could accomplish alone.

Living as a Testimony

One of the greatest ways we proclaim Christ is through the lives we live. Not perfect lives.

Surrendered lives.

Some of us have made decisions we wish we could change.

Some of us carry memories of broken relationships, painful seasons, or choices that affected not only us, but those we love.

The gospel does not invite us to pretend those things never happened. It invites us to surrender them. God's grace is greater than our failures.

As He heals us, He also changes the legacy we leave behind.

Our children, grandchildren, nieces, nephews, and the young people God places in our lives are watching.

They don't need perfect adults.

They need adults who know how to repent. Who know how to forgive.

Who know how to receive God's grace.

Who keep walking with Jesus when life is hard. One surrendered life can influence generations.

Your surrender today may become someone else's invitation tomorrow.

Receiving What Christ Has Already Given

Throughout this retreat we have learned to surrender.

Now remember this:

God never asks us to surrender without inviting us to receive.

Receive His forgiveness.

Receive His peace.

Receive His healing.

Receive His grace.

Receive His purpose.

Receive His love.

You do not have to wait for another season of life before experiencing God's presence. Today is the day to receive what Christ has already made available through His sacrifice.

Lay everything down.

Receive everything He desires to give.

Walk forward in freedom.

Reflection

Take a few quiet moments before the Lord.

Ask yourself:

How is God calling me to strengthen His Body?

Am I willing to receive the grace He freely offers?

Who is watching my life and learning from my example?

What legacy of faith do I want to leave for the next generation?

How can my life become a testimony of Christ's transforming love?

Small Group Discussion

What has God been teaching you throughout this retreat?

How has surrender changed your understanding of following Christ?

In what ways can we better support one another as the Body of Christ?

How can our lives become a testimony to the next generation?

What is one step of faith God is asking you to take when you return home?

Prayer Over One Another

Invite participants into small groups of three or four.

Encourage each person to briefly share one area where they desire to continue growing after the retreat.

Then pray over one another.

Pray Scripture. Pray blessing. Pray courage. Pray healing. Pray purpose.

Remind everyone that the Body of Christ grows stronger when we carry one another before the Lord.

A Time of Blessing for the Next Generation

If children or youth are attending with a parent or grandparent, invite them to come together. "This weekend we have learned that surrender is not only about what God does in us, but also about what He desires to do through us. Our children are not looking for perfect parents. They are looking for parents and grandparents who love Jesus enough to keep surrendering to Him."

Relational Response: Truth, Repair, and Blessing

Before worship, invite participants to ask the Lord whether there is a next faithful step in a relationship. A response may be repentance, a private conversation later, a clearer boundary, forgiveness before God, or simply prayer. Reconciliation must never be staged or forced. Forgiveness does not automatically restore trust or access, and no participant should be pressured to disclose details publicly, offer immediate forgiveness, receive touch, or approach someone who feels unsafe.

Questions for Quiet Reflection

- Is there harm I need to acknowledge without defending myself?
- Is there an apology I can offer without demanding a particular response?
- Is there someone I need to forgive before God even if closeness is not wise?
- Is there a boundary that love and truth require?
- What is the next step God is actually asking of me—not the entire outcome?

Family or Trusted-Person Blessing

Offer this only as an invitation. Participants may pray with family, a trusted person, a leader, or alone. Ask permission before touching anyone. A blessing may be as simple as: "I thank God for you. I see His work in your life. May you know His love, wisdom, protection, and peace as you follow Him." If an apology is needed, encourage it to be specific, honest, and free of pressure: "I was wrong when I _____. I understand that it affected you. I am sorry. I do not expect you to respond before you are ready."

Come to the Table: Surrender and Receive

Communion is not a performance and it is not a reward for having everything together. We come because Jesus invited us. We come honestly, remembering that He gave Himself for us before we knew how to surrender ourselves to Him. At the table we remember, receive, and respond.

Leader Preparation

- Use bread and juice or the elements appropriate for your setting.
- Explain clearly how participants will receive.
- Do not pressure anyone to participate or explain why they choose not to.
- Allow silence. Keep the focus on Jesus rather than perfect wording or ritual.
- If children participate, follow the expectations established by their parent or guardian and the retreat leadership.

Invitation

Leader: “You do not have to impress God at this table. You do not have to pretend the weekend answered every question or healed every place. Come honestly. Bring what is surrendered and what you are still learning to surrender. Jesus is the Host, and His grace is the gift.”

“For I have received of the Lord that which also I delivered unto you... For as often as ye eat this bread, and drink this cup, ye do shew the Lord’s death till he come.” 1 Corinthians 11:23–26 (KJV)

Who Communion Is For

Explain before serving that communion is a remembrance for those who have placed their trust in Christ. Anyone who has not made that decision or is unsure may let the elements pass without attention or embarrassment and use the quiet to consider what Jesus has done. Do not treat participation or nonparticipation as a public declaration. A clear opportunity to respond to Christ will be offered in Session Six.

The Bread: Remember

Hold the bread for a moment. Invite participants to remember that Jesus entered human suffering and gave Himself willingly. His body was given; His love moved toward us first.

Leader: “Jesus, we remember You. We bring You the places where we are tired, wounded, ashamed, or afraid. Thank You that we do not have to hide from You.”

Invite the group to eat the bread together.

The Cup: Receive

Hold the cup for a moment. Invite participants to receive again the grace of Christ—not as something earned, but as something given.

Leader: “Jesus, we receive Your mercy. We receive forgiveness, belonging, and new life. Teach us to stop performing for what You have already offered in love.”

Invite the group to drink together.

Open Hands: Respond

Invite participants, if comfortable, to rest their hands open. Allow a quiet moment.

Leader: “Lord Jesus, because You gave Yourself for us, we place ourselves into Your hands again. We surrender what we cannot control. We receive what only You can give. Lead us from this table as people who are loved, forgiven, and learning to love one another.”

“We love him, because he first loved us.” 1 John 4:19 (KJV)

Continue with soft worship or silence. Do not hurry participants into conversation. Close by reminding them that communion points to relationship with Jesus and to a people learning to walk in His love together.

Session Six • Sunday Morning

Living Purposefully

“For we are his workmanship, created in Christ Jesus unto good works...” Ephesians 2:10 (KJV)

Theme Statement

What God has done in you, He now desires to continue doing through you.

Purpose of the Morning

This final gathering celebrates God’s work and helps participants identify one faithful next step. The retreat is not the destination. Discipleship continues in homes, workplaces, churches, friendships, and communities through ordinary acts of surrender and obedience.

Leader Aim

Commission participants without creating emotional pressure or promising that every struggle is resolved. Help them leave with a simple rhythm they can remember: surrender, abide, obey. Encourage connection, support, and a realistic next step rather than a dramatic promise.

Teaching: Purpose Begins With Relationship

Purpose is not first a platform, position, or project. It begins with belonging to Christ. We do not leave the retreat to prove that we changed. We leave to remain close to Jesus and let His life become visible in the places He has already entrusted to us.

Surrender, Abide, Obey

- Surrender: What am I carrying or controlling that belongs in God's hands?
- Abide: What will help me remain close to Christ in ordinary life?
- Obey: What is the next faithful thing God has actually given me to do?

The next step may be a conversation, an apology, a boundary, a request for help, a return to prayer and Scripture, joining a healthy community, resting, or waiting. Obedience does not require seeing the whole path.

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.

Personal Response

- What truth do I want to carry home?

- What burden am I leaving in God's hands?
- What practice will help me abide in Christ this week?
- Who is one safe person I can ask to walk with me?
- What is my next faithful step?

Commissioning

Invite participants to stand if they are comfortable. Make clear that standing is not a promise of perfection; it is simply a willingness to keep walking with Christ.

Leader: "You are not leaving with every answer. You are leaving with the One who will remain with you. Go in the grace of Jesus Christ. Keep surrendering what is not yours to carry. Remain close to Him. Obey the next thing He gives you. Let His love become visible through your life."

Closing Prayer

"Father, thank You for meeting us here. Seal what is from You, correct what we have misunderstood, and continue the work You began. Give us courage for the next faithful step, humility to receive help, wisdom for our relationships, and grace when growth takes time. Keep us rooted in Christ. Let our lives reflect Your love wherever You send us. In Jesus' name, amen."

Leader Follow-Through

- Explain how participants can connect after the retreat.
- Identify pastoral or support contacts before dismissal.
- Encourage leaders to follow up within one week.
- Do not publish or share participants' stories without explicit permission.
- Remind participants that meaningful healing may include professional support.

"We love him, because he first loved us." 1 John 4:19 (KJV)