

THE **F\*\*\*** WORD  
CHANGES EVERYTHING

# Schedule

## FRIDAY

7:00 pm	Bus Leaves from Liquid Parsippany
8:00 - 8:30 pm	Bus Arrives & Check In
9:00 - 9:30 pm	Hang Time, Food & Leaders Huddle (Senum-Thompson Center)
9:30 - 11:30 pm	Experience & Life Groups (Senum-Thompson Center)
11:30 - 12:00 am	Cabin Hangout (Cabins)
12:00 am	Lights Out

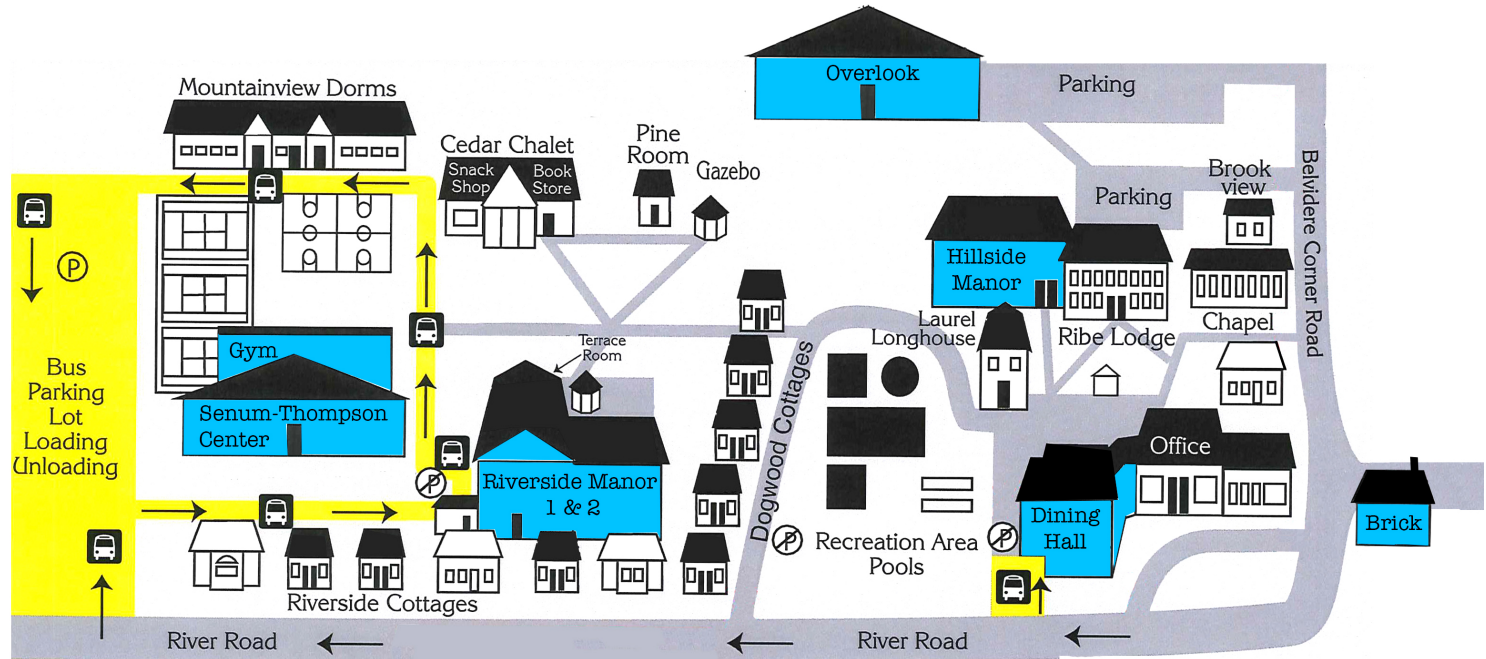
## SATURDAY

8:30 - 9:30 am	Breakfast (Dining Hall)
10:15 - 12:30 pm	Experience & Life Groups (Senum-Thompson Center)
12:30 - 1:30 pm	Lunch (Dining Hall)
1:30 - 4:30 pm	Sled Building & Races
4:30 - 5:30pm	Open Gym & Art Activities
5:30 - 6:30 pm	Dinner (Dining Hall)
6:30 - 7:30 pm	Double Dog Dare
7:30 - 9:30 pm	Experience & Life Groups (Senum-Thompson Center)
10:00 - 10:30 pm	Surprise Activity (Senum-Thompson Center)
10:00 - 12:00 am	Teen Choice Awards & Auction (Senum-Thompson Center)
12:00 - 12:30 am	Cabin Hangout (Cabins)
12:30 am	Lights Outs

## SUNDAY

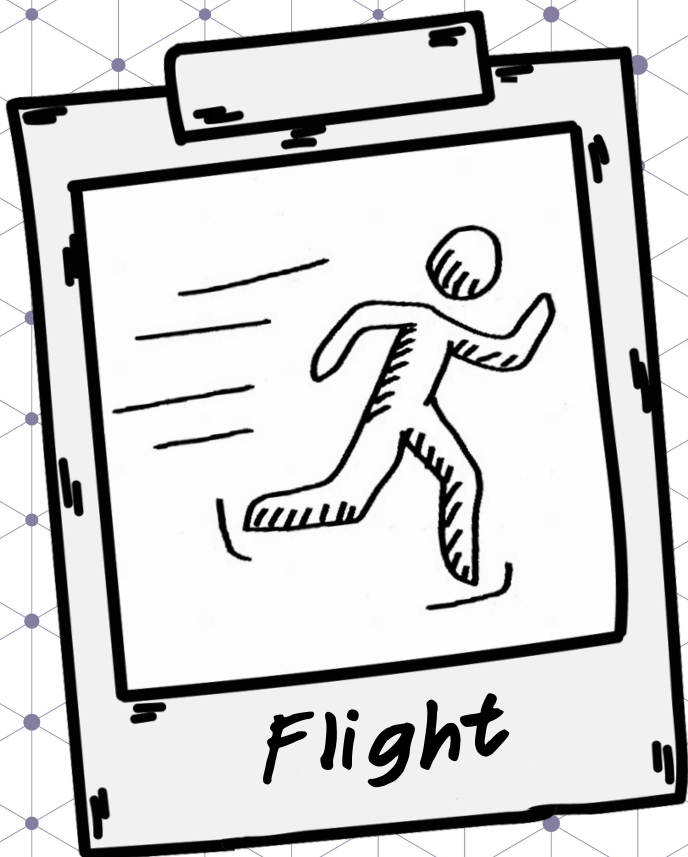
8:30 - 9:30 am	Breakfast (Dining Hall)
9:30 - 10:00 am	Clean Cabins & Pack Up (Cabins)
10:00 - 12:30 pm	Experience & Life Groups (Senum-Thompson Center)
12:30 - 1:30 pm	Lunch (Dining Hall)
1:30 - 1:45 pm	Group Photo
1:45 - 2:00 pm	Check Out, Load Buses
2:00 pm	Buses Leave for Home

# Tuscarora Retreat Center



**Liquid will occupy buildings in blue**





Session  
1



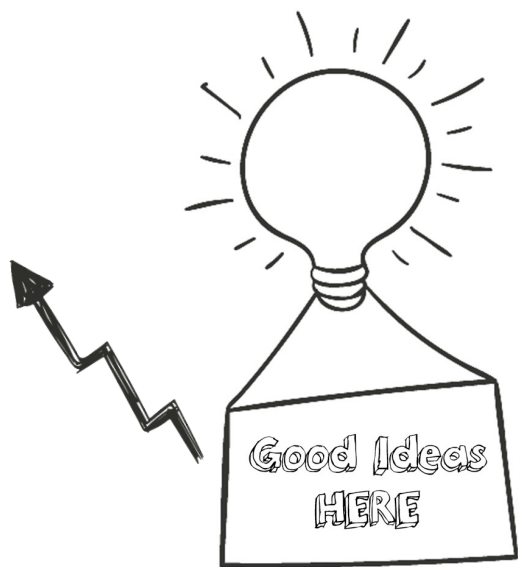
NOW FAITH  
IS  
CONFIDENCE  
IN WHAT  
WE HOPE  
FOR AND  
ASSURANCE  
ABOUT  
WHAT WE  
DO NOT

HEBREWS 11:1



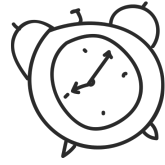
# REMEMBER

JOURNAL, SCRIBBLE, & DOODLE YOUR THOUGHTS



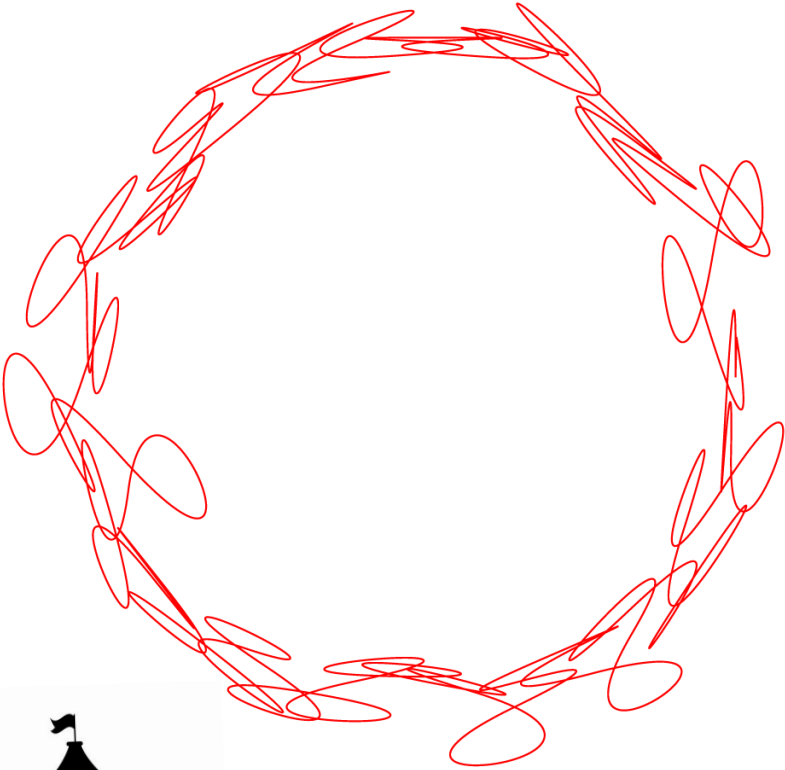


# life group



60 mins.

In **"THE CIRCLE"** below, write the name of the most difficult person, most pressing problem, and/or most overwhelming circumstance you're facing in your life right now. Mention several if you'd like. Take your time. You'll be referring back to **"THE CIRCLE"** several times throughout the retreat.



*Ever feel like life has you on a carousel facing the same issues over and over again?*

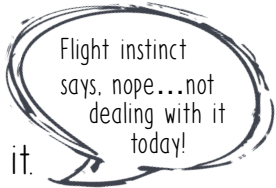
Refer back to **“THE CIRCLE”**. In what ways are you currently “running from” this person or circumstance?

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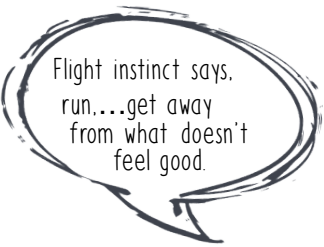
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## 3 WAYS TO IDENTIFY FLIGHT REACTION.

- 1 **Non Confrontational**. When you see a problem arise, you prefer not to talk about it.




Flight instinct says, nope...not dealing with it today!



Flight instinct says, run...get away from what doesn't feel good.

- 2 **Escape Artist**: You tend to bury yourself in video games, movies, social media to not think about issues. Or run to sex, pornography, drugs as a false sense of escape.



Flight instinct says, go into self protection mode.

- 3 **Self Isolation**: Even if you're not a natural introvert, you find yourself avoiding being around people.



SHARE WITH YOUR GROUP WHICH OF THE 3 YOU IDENTIFY WITH.

Satan knows how you are wired.

He seeks to exploit and pervert your FLIGHT instinct. Something that's meant to help protect us, he wants it to be used for something that will cause you more harm.

So he uses his "F" word to exploit the way you are wired and the enemy's "F" word is...

# FEAR

He uses FEAR to exaggerate the stress of the worries in your mind. FEAR creates false illusions, drowns out logic, so when you try to speak reason to yourself, it can even take away your own voice.



VICTORY IS DIRECTLY CONNECTED TO YOUR  
ABILITY TO IDENTIFY THE LIES OF THE ENEMY...  
AKA FEAR.

GO BACK TO **"THE CIRCLE"**.

WHAT IS THE FEAR AND/OR LIES THE ENEMY IS  
TELLING YOU ABOUT THE SITUATION OR PERSON.  
SHARE WITH YOUR GROUP.





The ONLY thing that overcomes the enemy's "F" word FEAR is to know and understand that God has an "F" word and God's "F" word is FAITH. So, what do I need to know about FAITH?



Apply FAITH to FLIGHT

FAITH is FOCUS on GOD, so you know where to run to. When you feel the need to escape the world, know that God is right there with you and you can escape in Him.

Using your Bible App look up the verses below. Write down what God is saying to you specifically in each verse.

Psalms 27:5

Proverbs 18:10



SHARE WITH YOUR GROUP WHAT GOD IS SAYING TO YOU ABOUT APPLYING FAITH TO YOUR FLIGHT.

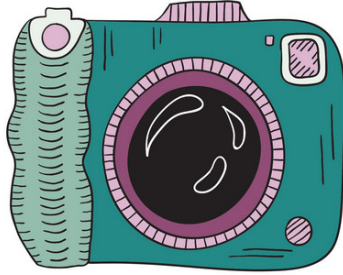
WHEN I LOOK AT MY FEAR WITHOUT FAITH. WHAT DO I SEE?

WHEN YOU APPLY FAITH TO YOUR FLIGHT. WHAT DO I SEE?



*In times of trouble... Lord, you will protect*

JUST *say*



≡ CHEESE ≡

We're looking for some awesome photos of this weekend to share on social media & future promos. Be sure to snap photos with your life group & friends all weekend long and post them using the hashtag

**#liquidhs**