

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



Session
4

WRITE DOWN THINGS YOU
DON'T WANT TO FORGET HERE.



*The F * * * word changes everything*



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.



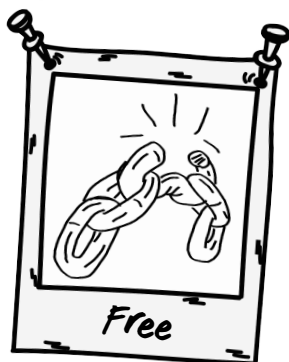
Apply FAITH to FIGHT

Faith is CONFIDENCE, knowing that God is there fighting your battles with you. There will be challenges that are too big for you to handle but with God you can overcome them.



Apply FAITH to FREEZE

Faith is TRUST in God., having peace even when you don't know what to do. Instead of being paralyzed by fear, we can be still and TRUST that God's hand is at work in your life.



FREE IS THE "F" WORD THAT CHANGES EVERYTHING!

Stand now in the liberty by which Christ has made us free, and do not be entangled again with the chains of bondage. ~ Galatians 5:1



60 mins.

Reacting vs Responding

REACTING

is instinct driven and
void of careful thought.

RESPONDING

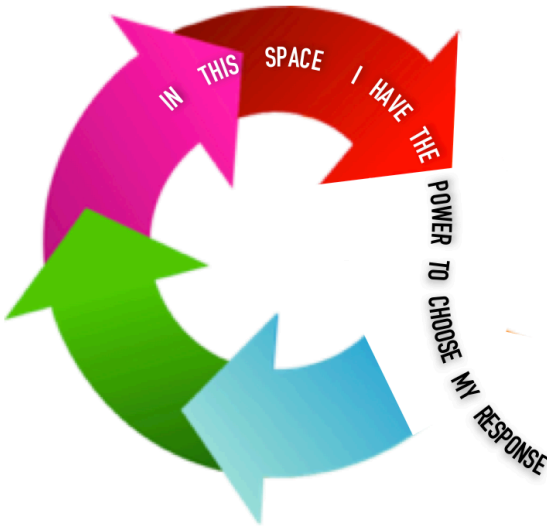
is where we take the opportunity
to have power over our reactions.

Between stress and action, there is a space,
in that space is the power to choose our
response and in our response lies
growth and **FREE**dom.

WHAT'S YOUR CYCLE?



HOW ARE YOUR REACTIONS KEEPING YOU TRAPPED IN A CYCLE? SHARE WITH YOUR GROUP.



WHAT IS GOD SAYING TO YOU ABOUT CHOOSING YOUR RESPONSE? SHARE WITH YOUR GROUP.

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Refer back to **“THE CIRCLE”**. Think about all that you’ve heard this weekend. Complete the questions below & share with your group.

**What am I learning
about myself?**

About God?

FROM YOUR HEART, WRITE A ONE-LINE PRAYER TO GOD.



Close your eyes. Take a deep breathe.
Listen to your mentor as they read what God has to say.

I'll be as transparent as I know how to be. Let me encourage you to slow down and get honest for a minute. If there's any part of our life that is not pleasing to God, God can change you. Is there any part of your life that's not pleasing to you? If you battle with insecurities, self-doubt, spiritual inconsistencies, Christ can make you new.

Remember, because of Christ you are not who others say you are. You are who God says you are. Who are you? Well, you're not your past. You're not what you did. You're not what others have done to you. You are God's masterpiece, created in Christ Jesus to do the good works God prepared in advance for you to do.

You are a child of the living God and filled with the same Spirit that raised Christ from the dead. You don't have to get caught up in your self-worth or lack thereof. Your worth is not based on your self. You are valuable because God says you are his.

I'm praying that you sacrifice on the altar your old, unhealthy untrue and unbiblical thoughts about yourself. And that you apply faith to your flight, fight, and freeze instincts so that you may know and experience the FREEDOM in Christ that God has for you. Free from pain, free from hurt, free from addictions, free from the opinion of others, free from fear.

Because when you know whose you are, you'll know what to do. Because you know Christ, you'll pray bold prayers, speak bold words, and obey God boldly.

By the power of the risen Christ in you, say goodbye to who you were and hello to who you can become. Let me introduce you to who you were meant to be. Meet the new you!



TRUTH CIRCLE: Overview & Instructions.

1. Preparation

- Sit in a circle.
- Turn to your journal page 46-47 and write your name at the top of each page next to Truth Circle.
- Everyone pass your journal to the person to the left of you.
- Take a few minutes to write down some words of truth you want them to know.

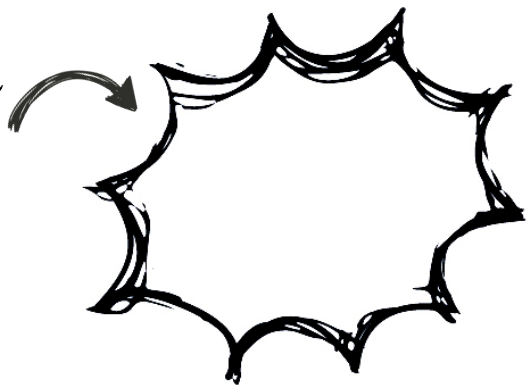
Here are some ideas. Write down....

- Things that you know to be true about them.
- Things that you admire about them.
- Areas where you've seen them grow over the year.
- Ways that you've seen them rely on God.
- Ways you've seen them live out their faith.
- Specific ways they've impacted you and/or others.
- Things that God has put on your heart to share with them.

Pass the journals again to the person to the left. Keep repeating the passing & writing process until everyone has had a chance to write something down on each persons paper.

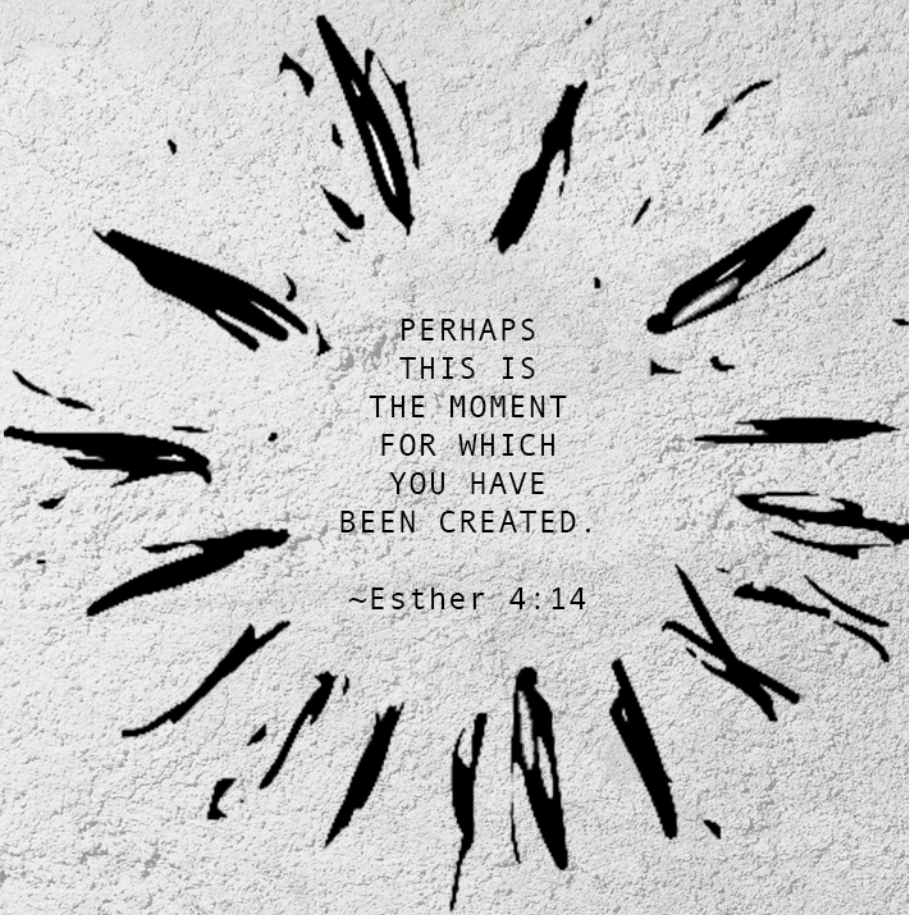
2. Put one person in the center of the circle.
3. Each person in the group will take a turn speaking into the life of the student/mentor sitting in the center of the circle. You can read what you wrote in their journal or freely share with them what God has put on your heart to share.
4. The goal of the Truth Circle is that each person walks away knowing how much they are loved and with these truths written on their hearts and minds.
5. Next student sits in the center of the circle and repeat steps 2 & 3 until all students and mentors have had a chance to sit in the circle.

*Write your
name here*



Here's what your friends
have to say about **you!**





PERHAPS
THIS IS
THE MOMENT
FOR WHICH
YOU HAVE
BEEN CREATED.

~Esther 4:14

High School Retreat 2019