

SESSION ONE GROUP DISCUSSION QUESTIONS

INTRODUCE YOURSELVES

- *WRITE YOUR NAME IN THE BLANKS OF THE FOLLOWING LETTER.*
- *THEN **SILENTLY** READ THE LETTER.*

LIST THREE THINGS THAT YOU LEARNED ABOUT GOD FROM THE LETTER THAT REALLY IMPACTED YOU?

WHY DO THEY IMPACT YOU?

DO YOU HAVE A HARD TIME BELIEVING THAT GOD LOVES YOU THAT MUCH? WHY OR WHY NOT?

WRITE A RESPONSE BACK TO GOD'S LETTER TO YOU

AS A GROUP DISCUSS THESE QUESTIONS:

WHAT IMPACTED YOU THE MOST ABOUT GOD IN THIS LETTER? WHY?

DOES BELIEVING OR NOT BELIEVING GOD LOVES YOU AFFECT YOUR PRAYER LIFE?

WOULD ANYONE LIKE TO SHARE HOW SHE SPENDS TIME WITH GOD IN PRAYER?

SESSION ONE QUIET TIME ACTIVITY

THE POINT OF THIS RETREAT IS FOR YOU TO LEARN TO PRAY AND TO TAKE THE TIME TO PRAY. MY BELIEF IS THAT WE WILL HAVE NO DESIRE TO PRAY UNLESS WE REALLY KNOW GOD AND THE ONLY WAY TO KNOW HIM IS THROUGH HIS WORD.

THE FOLLOWING IS A "LETTER" WHICH IS NOTHING MORE THAN SCRIPTURE. IT IS TELLING YOU HOW VERY MUCH GOD LOVES YOU AND WANTS TO BE LOVED BY YOU.

PLEASE TAKE TIME TO DO THE FOLLOWING:

- WRITE YOUR NAME IN THE BLANKS OF THE FOLLOWING LETTER.*
- THEN READ THE LETTER.*
- CIRCLE ANYTHING THAT REALLY "HITS" YOUR HEART*
- WHAT THINGS DID YOU LEARN ABOUT GOD FROM THE LETTER THAT REALLY IMPACTED YOU?*

- WHY DO THEY IMPACT YOU?*

- DO YOU HAVE A HARD TIME BELIEVING THAT GOD LOVES YOU THAT MUCH? WHY OR WHY NOT?*

- WRITE A RESPONSE BACK TO GOD'S LETTER TO YOU*

Dearest daughter,

I love you, _____, with an everlasting love. Jeremiah 31:3 Did you know that before I ever even made the foundations of the world that I chose to adopt you as my very own? Eph. 1: 4-5 It was your face that I saw before I ever created one single star! I didn't choose you because you were good or even worthy. Eph. 2: 8-9 I didn't need you, Acts 17:25, my dearest, but I wanted you simply because I love you.

You cannot be separated from my love! Absolutely not one thing can separate you from my love. Romans 8: 35-39 If you are faithless to me, I will still be faithful to you. 2 Timothy 2:13

Did you know that I love you as I love Jesus, my perfect son? John 17: 3 My love for you has to do with my faithfulness, not yours. Even nursing mothers sometimes forget their children but I'll never forget you, for you are inscribed on my hands. Isaiah 49: 15-16 My faithfulness is great and I will be good to you if you seek me out. Lamentations 3: 23,25 Please seek me out!

Before you think a thought or utter a word, I know what it will be. I know you so well, that I know when you sit down and when you get up. Psalm. 139: 1-4 Even the number of your days were in my book before you ever lived one of them! Psalm 139: 16 Few people, if any, could love you if they knew every single thing about you, even your secret thoughts! But, I know them all and still love you.

And as intimately as I know you, I want you to know me. You may boast about a lot of things, but I want you to boast about knowing me! Jeremiah 9: 23-24 Actually, knowing me is what eternal life is all about. John 17:3 No one can know my thoughts except my Spirit and I've given you my Spirit so that you can know me! 1 Corinthians 2: 11-12

Did you see the sun rising this morning? Did you hear the birds singing? Did you feel the fresh breeze on your face? Did you marvel at the stars last night? My power and my invisible attributes are made known to you through what I've created. They are ways to know me. Romans 1: 19-21 Do you even notice what I've created and how I'm speaking to you?

I want to quiet you with my love. Zephaniah 3: 17 Will you call to me? If you do I will answer you. Jeremiah 33:3 I love you so much John 3:16 and all I want is for you to love me back. Will you love me with all of your heart, soul and mind? Matt. 22: 37

I love you with all of my heart, Your Father.

SESSION TWO QUIET TIME ACTIVITY

PLEASE READ THE FOLLOWING "LETTER" FROM GOD.

CIRCLE ANYTHING THAT REALLY "HITS" YOUR HEART.

THE POINT OF THIS ACTIVITY IS TO TAKE TIME TO CONFESS TO GOD ANYTHING THAT STANDS BETWEEN YOUR HEART AND HIS.

AFTER YOU READ THE LETTER, STOP AND PRAY AND ASK HIM TO SHOW YOU ANYTHING THAT IS SIN. **GIVE HIM TIME TO SPEAK TO YOUR HEART!!!**

IF YOU THINK YOU NEED HELP TO RECOGNIZE SIN, THERE IS A "HEART INVENTORY" FOLLOWING THE LETTER. USE IT ONLY AS A GUIDE! IT IS NOT TO BE USED TO CAUSE YOU TO BECOME OVERLY INTROSPECTIVE.

WHEN YOU ARE FINISHED READING THE LETTER, AND PRAYING FOR FORGIVENESS TAKE TIME TO WRITE YOUR FATHER, GOD, A LETTER IN RESPONSE. DO NOT FEEL THAT YOU HAVE TO WRITE OUT SPECIFIC SINS!! IT IS OK TO KEEP THOSE THINGS BETWEEN YOU AND GOD!

NOW REJOICE!! PARTY WITH GOD!!!

Dearest Daughter _____,

How I hate to be separated from you. I've so hoped you would return to me. Deut. 4:30 I've been waiting for you and watching for you to come back home. Luke 15:20 Some would think that I'd give up and get tired of looking for you, since you haven't even glanced my way at all, but I can't be compared to others. No one knows my thoughts, for they are higher than yours. Isaiah 55: 8-9

I tell you now, _____, that I love you with an everlasting love. Jeremiah 31:3 I want to cover your sin, your nakedness, Genesis 3:21 and I want to clean you thoroughly. 1 John 1: 9 Don't stand outside, away from me, as if you were a common slave, you're my daughter and I want to clothe you with righteousness!! Isaiah 61:10 Will you let me cover you? It is cold outside, come in where it is warm and you are loved and we can sit and talk and enjoy one another.

Oh, Precious One, haven't you been ravaged by sin long enough? Are you scared? Please don't fear, for I am with you. Don't look anxiously about you, for I am YOUR God! I will help you and strengthen you and I will hold you up with my right hand, which always does what is right. Isaiah 41: 10

Don't be afraid, _____, I will not put you to shame and don't feel humiliated because I will not disgrace you. In fact, I will cause you to forget your shame! Though many have forsaken you and left you alone, just like a woman rejected by her husband, I will never forsake you and I will gather you to myself, just as if I were your husband. Imagine that! The Maker of the Universe loving you as his very own wife! Isaiah 54: 1-8

Call to Me and come to Me and pray to Me and I will listen to you, _____. I won't be angry with you forever. Just acknowledge your sin against me. Jeremiah 3: 12-13 Do you love me? If you love me you will obey me. John 14: 15 I'm ready to forgive you for your sins and to cleanse you from all of your unrighteousness. 1 John 1:9 Just acknowledge your sin and all the pain of separation will end. Psalm 32: 1-5

You've been lonely and afflicted, Psalm 25:16-18, but I'm here now to cherish you and to make your sins as white as snow. Isaiah 1:18

Can we talk now? I'm waiting and watching for you. I can hardly wait to run to you and embrace you!!

Your Loving and Forgiving Father

SESSION TWO HEART INVENTORY

THE PURPOSE OF THIS INVENTORY IS NOT FOR YOU TO FEEL ACCUSED OR TO EXPERIENCE GUILT, BUT IS ONLY A TOOL TO HELP YOU BECOME AWARE OF SIN ESPECIALLY, ANY HIDDEN SINS, SO THAT YOU CAN ENJOY A LOVING, PERSONAL, INSEPERABLE RELATIONSHIP WITH YOUR FATHER, GOD. IT IS NOT A COMPREHENSIVE LIST! IT IS ONLY TO MAKE YOU AWARE OF THINGS THAT MIGHT BE SIN.

HERE ARE SOME TIPS TO DETERMINE IF SOMETHING IS A SIN:

- **ANYTHING THAT LEADS YOUR HEART AND MIND AWAY FROM GOD IS SIN. IS THERE SOME ATTITUDE OF YOUR HEART THAT CAUSES YOU TO AVOID PRAYER OR TO AVOID READING HIS WORD?**
- **ANOTHER WAY TO FIND OUT IF SOMETHING LEADS YOU AWAY FROM GOD IS TO QUESTION IF THERE IS ANYTHING THAT YOU DO THAT CAUSES YOU TO HAVE GUILT AND SHAME AND SINCE YOU CAN'T OR WON'T STOP DOING IT, YOU JUST AVOID GOD ALL TOGETHER.**
- **IS THERE IS ANYTHING YOU DO IN SECRET, BE IT A THOUGHT OR AN ACTION, THAT YOU WOULD NOT WANT ANYONE ELSE TO KNOW ABOUT? IF SO, IT IS PROBABLY SINFUL.**

BEFORE YOU READ ANYTHING BELOW, PLEASE STOP NOW AND ASK THE LORD TO SHOW YOU WHAT STANDS BETWEEN YOUR HEART AND HIS HEART. HE KNOWS YOUR HEART AND HE DOES NOT WANT YOU TO BE OVERWHELMED WITH GRIEF. HE SIMPLY WANTS YOU TO ACKNOWLEDGE YOUR SIN **SO THAT YOU CAN BE OVERWHELMED WITH JOY AT HIS FORGIVENESS!!**

I DO NOT RECOMMEND THAT YOU WRITE IN THE BLANKS OF THIS INVENTORY. JUST READ IT AND SEE IF THERE ARE AREAS THAT "HIT" YOUR HEART AND CONVICT YOU, JUST ASK HIM TO FORGIVE YOU **AND PRAY THAT HE WOULD GIVE YOU WHAT YOU NEED TO TURN AWAY FROM THAT SIN. HE DOES NOT ASK THAT YOU LIVE FOR HIM WITHOUT GIVING YOU ALL THAT YOU NEED TO DO SO!**

2 PETER 1: 3-4

HIS DIVINE POWER HAS GIVEN US EVERYTHING WE NEED FOR LIFE AND GODLINESS THROUGH OUR KNOWLEDGE OF HIM.....HE HAS GIVEN US HIS VERY GREAT AND PRECIOUS PROMISES SO THAT THROUGH THEM YOU MAY PARTICIPATE IN THE DIVINE NATURE AND **ESCAPE THE CORRUPTION IN THE WORLD CAUSE BY EVIL DESIRES.**

HE GIVES YOU ALL THAT YOU NEED TO ESCAPE SIN AND TO BE HIS PARTNER IN CARRYING OUT HIS PURPOSES!

WHEN YOU ARE FINISHED WITH THE INVENTORY, TAKE TIME TO WRITE A LETTER TO GOD. DO NOT FEEL THAT YOU HAVE TO LIST YOUR SINS. THAT CAN REMAIN PRIVATE, BUT EXPRESS TO HIM HOW YOU FEEL AND WHAT YOU WANT FROM HIM OR NEED FROM HIM.

DO I LOVE GOD WITH ALL MY HEART, ALL MY SOUL, AND ALL MY MIND?

DO I MAKE TIME FOR GOD DAILY IN BIBLE STUDY AND IN PRAYER?

HAS GOD ASKED ME TO DO ANYTHING THAT I'VE REFUSED TO DO OR HAVE PUT OFF DOING?

AM I MAD AT GOD FOR ANY REASON?

DO I FEEL THAT GOD HAS CHEATED ME IN ANY WAY?

DO I HAVE AWE AND RESPECT FOR GOD?

DO I THANK GOD FOR WHAT HE HAS GIVEN ME?

ARE THERE ANY THOUGHTS THAT, ALTHOUGH THEY ARE PRIVATE, ARE SINFUL THINGS THAT I WOULD BE ASHAMED FOR ANYONE ELSE TO KNOW ABOUT?

DO I DO ANYTHING IN PRIVATE THAT I WOULD NOT DO IN FRONT OF OTHERS? DRINKING, DRUGS, IMMORALITY, PORNOGRAPHY, OVER EATING?

ARE ANY OF MY THOUGHTS THINGS THAT WOULD BE SIN IF DONE IN DEED?

IS THERE ANY ACTIVITY THAT I TRY TO HIDE FROM OTHERS? GAMBLING, OVERSPENDING, OVEREATING, TAX EVASION, BODILY HARM, ETC..

DO I LOVE OTHERS AS I LOVE MYSELF? MEANING DO I WANT GOD'S BEST FOR OTHERS.

***AM I PRIDEFUL, THINKING THAT I AM ABOVE OTHERS?
DO I ENVY OTHERS?***

AM I HIGHLY CRITICAL OR JUDGMENTAL OF OTHERS IN MY THOUGHTS, ACTIONS OR WORDS?

AM I EASILY OFFENDED?

DO I HOLD ANY BITTERNESS OR GRUDGES TOWARDS OTHERS?

IS THERE ANYONE I NEED TO FORGIVE?

DO I LIE? EVEN TO PROTECT OTHERS OR TO KEEP FROM HURTING THEM.

DO I GOSSIP?

DO I USE PROFANE LANGUAGE, EITHER IN FRONT OF OTHERS OR EVEN JUST TO MYSELF?

AM I IMPATIENT?

DO I LOSE MY TEMPER AND HAVE OUTBURSTS OF ANGER?

AM I COMPULSIVE ABOUT ANYTHING? IS THERE ANYTHING THAT MUST BE DONE A CERTAIN WAY, AT A CERTAIN TIME OR I EXPLODE WITH THOSE THAT I LOVE? REMEMBER THAT ANY THING OR ANY PERSON, OTHER THAN GOD, THAT CONTROLS YOU IS SIN!

AM I EASILY IRRITAED?

DO I TAKE INTO ACCOUNT A WRONG SUFFERED?

DO I WORRY?

AM I SELFISH?

AM I CONTENT WITH WHAT I HAVE?

AM I IMMORAL HAVING SEX OUTSIDE OF MARRIAGE?

AM I HAVING AN AFFAIR OF THE BODY OR THE HEART?

AM I RESPECTFUL OF MY HUSBAND, NOT JUST IN ACTION, BUT ALSO IN MY HEART?

DO I SUBMIT TO MY HUSBAND?

DO I WITHOLD MY BODY FROM MY HUSBAND?

DO I LUST AFTER, EITHER EMOTIONALLY OR PHYSICALLY, ANYONE?

DO I HAVE ANY IMMORAL THOUGHTS OR FANTASIES?

DO I SPEND MONEY IN SUCH A WAY THAT CAUSES PROBLEMS IN MY FAMILY?

DO YOU OWE ANYONE MONEY THAT YOU HAVE FAILED TO PAY BACK?

DO I DRESS INAPPROPRIATELY? IS THERE ANY OUTFIT THAT I WEAR IN FRONT OF SOME PEOPLE BUT NOT IN FRONT OF OTHERS? IT MAY BE A GOOD INDICATION THAT IT IS INAPPROPRIATE. OR DO YOU WEAR SOMETHING HOPING TO GET ATTENTION?

SESSION THREE EXERCISE

WE ARE TO ASK, TO SEEK AND TO KNOCK IN PRAYER. WE ARE TO ASK ACCORDING TO HIS WILL, WHICH IS HIS WORD AND HE WILL HEAR AND HE WILL ANSWER.

THIS EXERCISE IS TO HELP US LEARN TO ASK GOD “ACCORDING TO HIS WILL”. PLEASE TAKE ANY SCRIPTURE OR USE THE ONES BELOW AND USE THEM TO WRITE YOUR OWN PRAYER OR PRAYERS TO GOD TO ASK HIM FOR ANYTHING FROM HIS WORD THAT YOU HAVE NEED OF OR THAT SOMEONE YOU KNOW HAS NEED OF.

FOR EXAMPLE, USING THE SCRIPTURE BELOW I’VE UNDERLINED SOME THINGS THAT CAN BE ASKED OF GOD.

COLOSSIANS 1: 9-12

FOR THIS REASON ALSO, SINCE THE DAY WE HEARD THIS, WE HAVEN’T STOPPED PRAYING FOR YOU. WE ARE ASKING THAT YOU MAY BE FILLED WITH THE KNOWLEDGE OF HIS WILL IN ALL WISDOM AND SPIRITUAL UNDERSTANDING, SO THAT YOU MAY WALK WORTHY OF THE LORD, FULLY PLEASING TO HIM, BEARING FRUIT IN EVERY GOOD WORK AND GROWING IN THE KNOWLEDGE OF GOD. MAY YOU BE STRENGTHENED WITH ALL POWER, ACCORDING TO HIS GLORIOUS MIGHT, FOR ALL ENDURANCE AND PATIENCE, WITH JOY.

NOW I’VE WRITTEN OUT SOME PRAYERS TO GOD ASKING HIM FOR THOSE THINGS:

**DEAR LORD,
PLEASE FILL ME WITH KNOWLEDGE OF YOUR WILL. I SO NEED WISDOM AND SPIRITUAL UNDERSTANDING. I THINK THAT I UNDERSTAND SO VERY MUCH BUT WHEN IT COMES TO SPIRITUAL THINGS, I UNDERSTAND NOTHING!**

**DEAR LORD,
I WONDER IF I PLEASE YOU? I KNOW MOST OF MY LIFE IS SPENT PLEASING ME. I’D LIKE TO LIVE MY LIFE PLEASING YOU THOUGH. PLEASE ENABLE ME TO BE FULLY PLEASING TO YOU. I WANT TO BEAR FRUIT IN EVERY GOOD WORK. I WANT MY LIFE TO COUNT!**

**DEAR LORD,
I AM SO WEAK. I HAVE SUCH A HUGE NEED TO BE STRENGTHENED WITH ALL POWER. I AM NOT PATIENT AND IT SO HARD FOR ME TO ENDURE IN TRIALS, PLEASE STRENGTHEN ME SO THAT I CAN ENDURE AND BE PATIENT.**

**DEAR LORD,
I WANT TO KNOW YOU. GIVE ME A LOVE FOR YOUR WORD SO THAT I CAN KNOW YOU AND PLEASE YOU.**

USING THE SCRIPTURES BELOW, OR ANY SCRIPTURES YOU PREFER, WRITE OUT AT LEAST ONE PRAYER TO GOD. DO NOT TRY TO USE FANCY WORDS! JUST WRITE A NOTE TO HIM AS SIMPLE OR AS ELABORATE AS YOU DESIRE. HE IS NOT IMPRESSED WITH YOUR WORDS, BUT YOUR HEART!

PHIL. 1: 9-11

AND THIS I PRAY, THAT YOUR LOVE MAY ABOUND STILL MORE AND MORE IN REAL KNOWLEDGE AND ALL DISCERNMENT, SO THAT YOU MAY APPROVE THE THINGS THAT ARE EXCELLENT, IN ORDER TO BE SINCERE AND BLAMELESS UNTIL THE DAY OF CHRIST; HAVING BEEN FILLED WITH THE FRUIT OF RIGHTEOUSNESS WHICH COMES THROUGH JESUS CHRIST, TO THE GLORY AND PRAISE OF GOD.

2 THESS. 2: 16-17

NOW MAY OUR LORD JESUS CHRIST HIMSELF....COMFORT AND STRENGTHEN YOUR HEARTS IN EVERY GOOD WORK AND WORD

2 THESS. 3: 3

BUT THE LORD IS FAITHFUL AND HE WILL STRENGTHEN AND PROTECT YOU FROM THE EVIL ONE.

EPHESIANS 3: 16-21

I PRAY THAT OUR OF HIS GLORIOUS RICHES HE MAY STRENGTHEN YOU WITH ALL POWER THROUGH HIS SPIRIT IN YOUR INNER BEING, SO THAT CHRIST MAY DWELL IN YOUR HEARTS THROUGH FAITH. AND I PRAY THAT YOU, BEING ROOTED AND ESTABLISHED IN LOVE, MAY HAVE POWER, TOGETHER WITH ALL THE SAINTS, TO GRASP HOW WIDE AND LONG AND HIGH AND DEEP IS THE LOVE OF CHRIST, AND TO KNOW THIS LOVE THAT SURPASSES KNOWLEDGE- THAT YOU MAY BE FILLED TO THE MEASURE OF ALL THE FULLNESS OF GOD. NOW TO HIM WHO IS ABLE TO DO IMMEASURABLY MORE THAN ALL WE ASK OR IMAGINE, ACCORDING TO HIS POWER THAT IS AT WORK WITHIN US, TO HIM BE GLORY IN THE CHURCH AND IN CHRIST JESUS THROUGHOUT ALL GENERATIONS, FOR EVER AND EVER! AMEN

COLOSSIANS 1: 9-12

FOR THIS REASON ALSO, SINCE THE DAY WE HEARD THIS, WE HAVEN'T STOPPED PRAYING FOR YOU. WE ARE ASKING THAT YOU MAY BE FILLED WITH THE KNOWLEDGE OF HIS WILL IN ALL WISDOM AND SPIRITUAL UNDERSTANDING, SO THAT YOU MAY WALK WORTHY OF THE LORD, FULLY PLEASING TO HIM, BEARING FRUIT IN EVERY GOOD WORK AND GROWING IN THE KNOWLEDGE OF GOD. MAY YOU BE STRENGTHENED WITH ALL POWER, ACCORDING TO HIS GLORIOUS MIGHT, FOR ALL ENDURANCE AND PATIENCE, WITH JOY.

HEB. 13: 20-21

NOW MAY THE GOD OF PEACE, WHO BROUGHT UP FROM THE DEAD OUR LORD JESUS, THE GREAT SHEPHERD OF THE SHEEP, WITH THE BLOOD OF THE EVERLASTING COVENANT, EQUIP YOU WITH ALL THAT IS GOOD TO DO HIS WILL, WORKING IN YOU WHAT IS PLEASING IN HIS SIGHT, THROUGH JESUS CHRIST, TO WHOM BE GLORY FOREVER AND EVER. AMEN.

JOHN 17: 3

THIS IS ETERNAL LIFE: THAT THEY MAY KNOW YOU, THE ONLY TRUE GOD, AND THE ONE YOU HAVE SENT...JESUS CHRIST.

JOHN 17:17

SANCTIFY THEM BY THE TRUTH; YOUR WORD IS TRUTH.

JOHN 17: 20-23

I PRAY NOT ONLY FOR THESE, BUT ALSO FOR THOSE WHO BELIEVE IN ME THROUGH THEIR MESSAGE.

MAY THEY ALL BE ONE, AS YOU, FATHER ARE IN ME AND I AM IN YOU. MAY THEY ALSO BE ONE IN US, SO THE WORLD MAY BELIEVE YOU SENT ME.

JOHN 4: 34

MY FOOD IS TO DO THE WILL OF HIM WHO SENT ME AND TO FINISH HIS WORK.

ROMANS 12: 1-2

THEREFORE, BROTHERS, BY THE MERCIES OF GOD, I URGE YOU TO PRESENT YOUR BODIES AS A LIVING SACRIFICE, HOLY AND PLEASING TO GOD; THIS IS YOUR SPIRITUAL WORSHIP.

DO NOT BE CONFORMED TO THIS AGE, BUT BE TRANSFORMED BY THE RENEWING OF YOUR MIND, SO THAT YOU MAY DISCERN WHAT IS THE GOOD, PLEASING, AND PERFECT WILL OF GOD.

ROMANS 13: 12-14

THE NIGHT IS NEARLY OVER, AND THE DAYLIGHT IS NEAR, SO LET US DISCARD THE DEEDS OF DARKNESS AND PUT ON THE ARMOR OF LIGHT.

LET US WALK WITH DECENCY, AS IN THE DAYLIGHT; NOT IN CAROUSING AND DRUNKENNESS; NOT IN SEXUAL IMPURITY AND PROMISCUITY; NOT IN QUARRELING AND JEALOUSLY.

JAMES 1:2-5

CONSIDER IT ALL JOY, MY BRETHREN, WHEN YOU ENCOUNTER VARIOUS TRIALS, KNOWING THAT THE TESTING OF YOU FAITH PRODUCES ENDURANCE. AND LET ENDURANCE HATE ITS PERFECT RESULT, THAT YOU MAY BE PERFECT AND COMPLETE, LACKING IN NOTHING.