

Jesus is Lord!

The People of Hope

Freedom IN CHRIST

2022 FALL WOMEN'S RETREAT

SEPTEMBER 30 - OCTOBER 2

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SCHEDULE

FRIDAY

7:00 PM ARRIVAL AND REGISTRATION
8:00 SESSION 1
9:30 END

SATURDAY

8:00 AM BREAKFAST
9:15 SESSION 2 & PRAYER TIME
10:30 BREAK
10:45 PERSONAL PRAYER
11:30 MASS
12:30 PM LUNCH
1:30 SHARE GROUP
2:30 BREAK
5:00 LORD'S DAY PRAYERS & DINNER
6:30 PRAYER MEETING &
SPIRITUAL MINISTRY
8:30 NIGHT ACTIVITY

SUNDAY

8:00 AM MASS
9:00 BREAKFAST
10:15 SESSION 3 & PRAYER TIME
11:30 BREAK
11:45 SHARINGS & WRAP UP
12:30 END

FREEDOM IN CHRIST

The Nature of Christian Freedom: Ephesians 5:13

13 For you were called to freedom, brothers and sisters; only do not use your freedom as an opportunity for self-indulgence, but through love become slaves to one another. 14 For the whole law is summed up in a single commandment, "You shall love your neighbor as yourself."

The Works of the Flesh: Galatians 5:16-21

16 Live by the Spirit, I say, and do not gratify the desires of the flesh. 17 For what the flesh desires is opposed to the Spirit, and what the Spirit desires is opposed to the flesh; for these are opposed to each other, to prevent you from doing what you want. 18 But if you are led by the Spirit, you are not subject to the law. 19 Now the works of the flesh are obvious: fornication, impurity, licentiousness, 20 idolatry, sorcery, enmities, strife, jealousy, anger, quarrels, dissensions, factions, 21 envy,[e] drunkenness, carousing, and things like these. I am warning you, as I warned you before: those who do such things will not inherit the kingdom of God.

The Fruit of the Spirit: Galatians 5:22-25

22 By contrast, the fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness, 23 gentleness, and self-control. There is no law against such things. 24 And those who belong to Christ Jesus have crucified the flesh with its passions and desires. 25 If we live by the Spirit, let us also be guided by the Spirit. 26 Let us not become conceited, competing against one another, envying one another.

- **Freedom in the World:** Independence; define your own morality, life style including eating life style; go anywhere, do anything; immediate gratification, little or no commitment.
- **Freedom in Christ:** through love become slaves to one another. (Eph 5:13)
- **What have we been set free from? We need to remember the story.**
- **Created (Wonder and Trust)**
 - Captured (Despair: The bad news is horrific: slaves to sin, death and the devil.)
 - Rescued (Unshakable confidence: with baptism we have a new passport.)
 - We are freed from slavery to death, sin, and the devil. Matthew 12:28-30 "How can one enter a strong man's house and plunder his property, without first tying up the strong man?"
 - Response (Gratitude, surrender, courage) Gal 5:16-21 (fruits of godlessness); Gal 5:22-25 (fruits of the Spirit)

Lined paper template consisting of 21 horizontal lines.

ENTERING INTO FREEDOM

“For freedom Christ has set us free. Stand firm, therefore, and do not submit again to a yoke of slavery.” *Gal. 5:1*

Bible Citations

- Galatians 5-6—Live by the Spirit
- Exodus 14—Crossing the Red Sea
- Joshua 1-3—Crossing the Jordan
- Joshua 24:14-15- As for me and my house, we will serve the Lord
- Ephesians 1:15-23 Glorious inheritance, immeasurable power
- Ephesians 2: 1-10; 2:19-22 Seated in the heavenly places
- Ephesians 3: 14-21 Filled with all the fullness of God

Some Questions

- What are we freed for? (Example of the Israelites crossing the Red Sea—they were freed to take the Promised Land but getting out of Egypt was just the first step. They were freed from Egypt in order to cross the Jordan.)
- How do we get free? Enter into the fullness of freedom that Christ has for you. Ongoing conversion, prayer, deliverance and healing.
- How do we stay free? Pray for hope in the face of adversity.

Common understanding of hope:

I hope things get better. I hope I don't mess up. I hope I get married. I hope I get that promotion. I hope he gets his just deserts. I hope I win the lottery. I hope it doesn't rain. What is Christian hope?

Definition: Belief that God wants our happiness in this world and in the next.

See the Catechism of the Catholic Church (CCC): 1817-1821.

“Confident expectation of divine blessing and the beatific vision of God. . .” (CCC 2090)

Hope is one of the Theological Virtues:

“They are infused by God into the souls of the faithful to make them capable of acting as his children and of meriting eternal life.” (CCC 1813)

Where do we place our hope? In God

We hope for what we do not see: “For in this hope we were saved. Now hope that is seen is not hope. For who hopes for what he sees? But if we hope for what we do not see, we wait for it with patience.” (Romans 8:24-25)

We do not place our hope in the circumstances of life.

“So, we do not lose heart. Though our outer self is wasting away, our inner self is being renewed day by day. For this light momentary affliction is preparing for us an eternal weight of glory beyond all comparison, as we look not to the things that are seen but to the things that are unseen. For the things that are seen are transient, but the things that are unseen are eternal.” **(2 Corinthians 4:16-18)**

The Bible tells us where to place our hope:

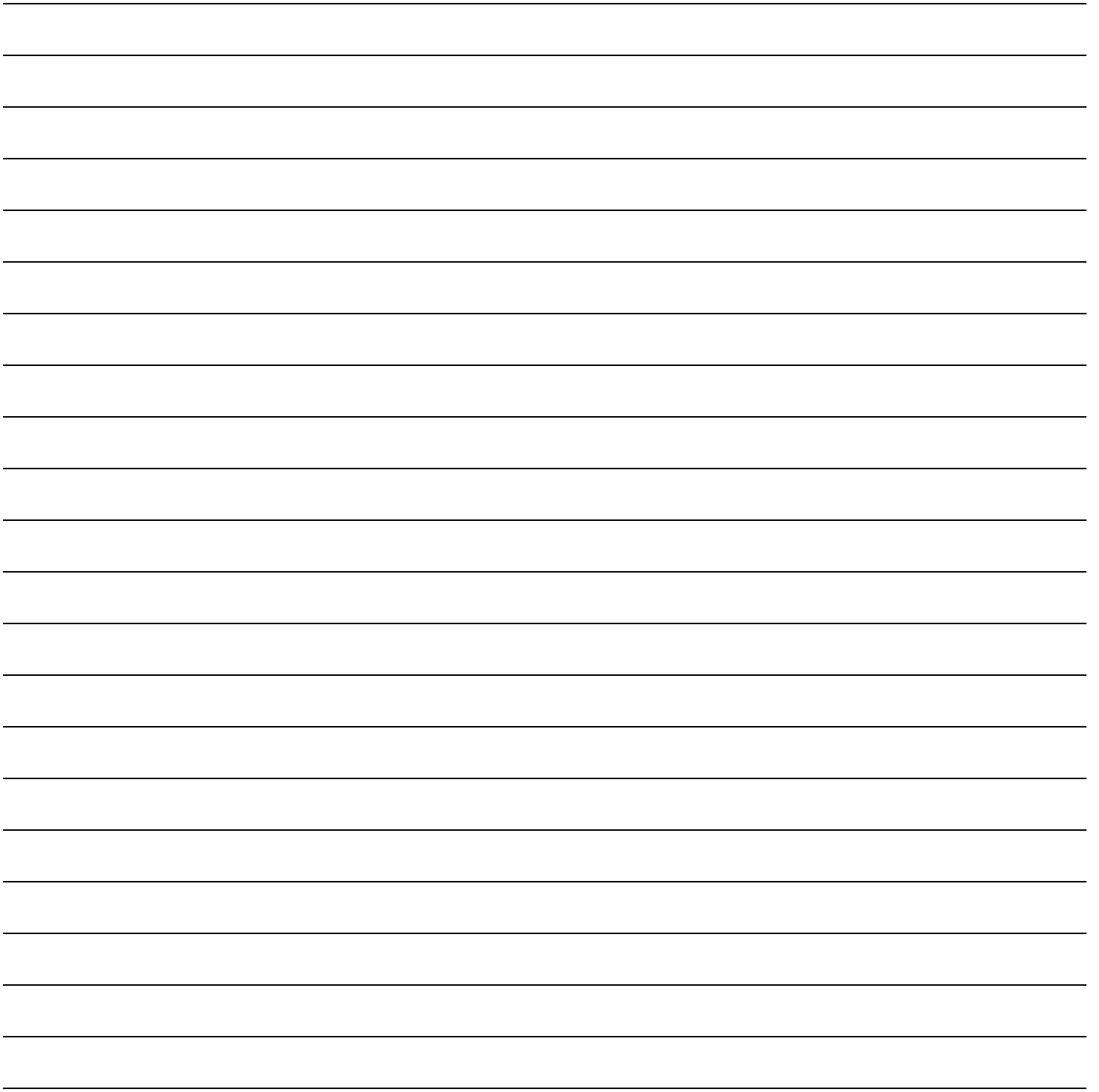
We hope in God our salvation, we hope in a loving Father who richly provides, we hope in the Lord and his son Jesus Christ, we hope in the glory of God, we hope in God’s Word, we hope in God’s steadfast love, we hope in eternal life, we hope for what we do not see. (Take some time to read and meditate on the long list of scripture verses provided in the handouts that are available digitally.)

Prayer for Freedom using the Five Keys to Freedom found in Neal Lozano’s *Unbound*:

1. Repent & Proclaim Faith
2. Forgive
3. Renounce Lies
4. Take Authority
5. Receive the Father’s Blessing

Resources:

- The Bible
- *Heart of the Father Ministries*: www.heartofthefather.com
- *Unbound: A Practical Guide to Deliverance* by Neal Lozano
- *Fruitful Discipleship* by Sherry Weddell; www.siena.org
- *Be Healed* by Dr. Bob Schuchts (John Paul II Healing Center)
- *Hudson Taylor’s Spiritual Secret* by Howard Taylor
- Coordinators, Senior Women Leaders, Pastoral Workers, Women’s Group, any woman in your community





FREEDOM FOR WHAT PURPOSE?

“The Spirit of the Lord is upon me, because he has anointed me to bring good news to the poor. He has sent me to proclaim freedom for the prisoners and recovery of sight for the blind, to set the oppressed free, to proclaim the year of the Lord’s favor.” *Luke 4:18*

- We have been set free from slavery to conquer the Promised Land.
- Using the spiritual principles that we spoke of earlier, what can we do to concretely engage in the battle we have been called to fight?
- God uses us in the context of our life and vocation.
- Listening to God for ourselves and others
- Sharing the Good News
- Praying for others.
- Living in the Spirit: Using your charism
- Go deeper with God: Lumen Gentium V: The Universal Call to Holiness

Activation:

Listening to God; Sharing God’s word with others; Asking for prayer; Praying for others; Praying over others

Ephesians 6:10-17 NRSV---The Whole Armor of God

10 Finally, be strong in the Lord and in the strength of his power. 11 Put on the whole armor of God, so that you may be able to stand against the wiles of the devil. 12 For our [a] struggle is not against enemies of blood and flesh, but against the rulers, against the authorities, against the cosmic powers of this present darkness, against the spiritual forces of evil in the heavenly places. 13 Therefore take up the whole armor of God, so that you may be able to withstand on that evil day, and having done everything, to stand firm. 14 Stand therefore, and fasten the belt of truth around your waist, and put on the breastplate of righteousness. 15 As shoes for your feet put on whatever will make you ready to proclaim the gospel of peace. 16 With all of these, [b] take the shield of faith, with which you will be able to quench all the flaming arrows of the evil one. 17 Take the helmet of salvation, and the sword of the Spirit, which is the word of God.

APPENDIX 1

HOPE QUOTES & BIBLE VERSES

Quotes and Bible Verses on Hope in Adversity

“Hope is one of the Theological virtues. This means that a continual looking forward to the eternal world is not (as some modern people think) a form of escapism or wishful thinking, but one of the things a Christian is meant to do. It does not mean that we are to leave the present world as it is. If you read history you will find that the Christians who did most for the present world were just those who thought most of the next.” – **C.S. Lewis**

“Faith has to do with things that are not seen and hope with things that are not at hand.” -**Thomas Aquinas**

“Our world today so desperately hungers for hope, yet uncounted people have almost given up. There is despair and hopelessness on every hand. Let us be faithful in proclaiming the hope that is in Jesus.” -**Billy Graham**

“Never be afraid to trust an unknown future to a known God.” – **Corrie Ten Boom**

Bible Verses About Hope (NIV)

Hebrews 11:1 Now faith is the assurance of things hoped for, the conviction of things not seen.

Romans 15:13 May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope.

Romans 5:1 Through him we have also obtained access by faith into this grace in which we stand, and we rejoice in hope of the glory of God.

Psalms 39:7 And now, O Lord, for what do I wait? My hope is in you.

1 Timothy 6:17 As for the rich in this present age, charge them not to be haughty, nor to set their hopes on the uncertainty of riches, but on God, who richly provides us with everything to enjoy.

Psalm 71:5 For you, O Lord, are my hope, my trust, O Lord, from my youth.

Psalm 43:5 Why are you cast down, O my soul, and why are you in turmoil within me? Hope in God; for I shall again praise him, my salvation and my God.

Psalm 119:114 You are my hiding place and my shield; I hope in your word.

Psalm 33:18 Behold, the eye of the Lord is on those who fear him, on those who hope in his steadfast love,

Job 5:15-16 He saves the needy from the sword in their mouth; he saves them from the clutches of the powerful. So, the poor have hope, and injustice shuts its mouth.

Psalm 130:5 I wait for the Lord, my soul waits, and in his word I hope.

Psalm 119:81 My soul longs for your salvation; I hope in your word.

Psalm 9:18 For the needy shall not always be forgotten, and the hope of the poor shall not perish forever.

Psalm 146:5 Blessed is he whose help is the God of Jacob, whose hope is in the Lord his God,

Psalm 42:11 Why are you cast down, O my soul, and why are you in turmoil within me? Hope in God; for I shall again praise him, my salvation and my God.

Titus 1:1-2 Paul, a servant of God and an apostle of Jesus Christ, for the sake of the faith of God's elect and their knowledge of the truth, which accords with godliness, in hope of eternal life, which God, who never lies, promised before the ages began.

1 Thessalonians 1:3 Remembering before our God and Father your work of faith and labor of love and steadfastness of hope in our Lord Jesus Christ.

1 Peter 1:13 Therefore, preparing your minds for action, and being sober-minded, set your hope fully on the grace that will be brought to you at the revelation of Jesus Christ.

Proverbs 23:18 Surely there is a future, and your hope will not be cut off.

Romans 15:4 For whatever was written in former days was written for our instruction, that through endurance and through the encouragement of the Scriptures we might have hope.

1 Peter 3:15 But in your hearts honor Christ the Lord as holy, always being prepared to make a defense to anyone who asks you for a reason for the hope that is in you; yet do it with gentleness and respect

Proverbs 24:14 Know that wisdom is such to your soul; if you find it, there will be a future, and your hope will not be cut off.

1 Corinthians 15:19 If in Christ we have hope in this life only, we are of all people most to be pitied.

Colossians 1:27 To them God chose to make known how great among the Gentiles are the riches of the glory of this mystery, which is Christ in you, the hope of glory.

Ephesians 1:18 Having the eyes of your hearts enlightened, that you may know what is the hope to which he has called you, what are the riches of his glorious inheritance in the saints,

Job 11:18 And you will feel secure, because there is hope; you will look around and take your rest in security.

Romans 5:1-5 Therefore, since we have been justified through faith, we have peace with God through our Lord Jesus Christ, through whom we have gained access by faith into this grace in which we now stand. And we boast in the hope of the glory of God. Not only so, but we also glory in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope. And hope does not put us to shame, because God's love has been poured out into our hearts through the Holy Spirit, who has been given to us.

Psalms 33:22 Let your steadfast love, O Lord, be upon us, even as we hope in you.

Romans 8:25 But if we hope for what we do not see, we wait for it with patience.

Psalms 71:14 But I will hope continually and will praise you yet more and more.

Jeremiah 29:11 For I know the plans I have for you, declares the Lord, plans for welfare and not for evil, to give you a future and a hope.

1 Peter 1:3 Blessed be the God and Father of our Lord Jesus Christ! According to his great mercy, he has caused us to be born again to a living hope through the resurrection of Jesus Christ from the dead

Hebrews 10:23 Let us hold fast the confession of our hope without wavering, for he who promised is faithful.

Hebrews 6:18-19 So that by two unchangeable things, in which it is impossible for God to lie, we who have fled for refuge might have strong encouragement to hold fast to the hope set before us. We have this as a sure and steadfast anchor of the soul, a hope that enters into the inner place behind the curtain,

Lamentations 3:24 "The Lord is my portion," says my soul, "therefore I will hope in him."

Psalms 147:11 But the Lord takes pleasure in those who fear him, in those who hope in his steadfast love.

Proverbs 10:28 The hope of the righteous brings joy, but the expectation of the wicked will perish.

1 Thessalonians 5:8 But since we belong to the day, let us be sober, having put on the breastplate of faith and love, and for a helmet the hope of salvation.

Romans 12:12 Rejoice in hope, be patient in tribulation, be constant in prayer.

Romans 8:24-25 For in this hope we were saved. Now hope that is seen is not hope. For who hopes for what he sees? But if we hope for what we do not see, we wait for it with patience.

Titus 3:7 So that being justified by his grace we might become heirs according to the hope of eternal life.

Other Relevant Bible Verses

Micah 7:7 But as for me, I will look to the Lord; I will wait for the God of my salvation; my God will hear me.

Zephaniah 3:17 The Lord your God is in your midst, a mighty one who will save; he will rejoice over you with gladness; he will quiet you by his love; he will exult over you with loud singing.

Numbers 23:19 God is not man, that he should lie, or a son of man, that he should change his mind. Has he said, and will he not do it? Or has he spoken, and will he not fulfill it?

John 14:27 Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.

Isaiah 40:31 But they who wait for the Lord shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint.

Jeremiah 17:14 Heal me, O Lord, and I will be healed; save me and I will be saved, for you are the one I praise.

Jeremiah 30:17 'But I will restore you to health and heal your wounds,' declares the Lord.

Philippians 4:19 And my God will meet all your needs according to the riches of his glory in Christ Jesus.

Proverbs 17:22 A cheerful heart is good medicine, but a crushed spirit dries up the bones.

Isaiah 41:10 Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand.

Psalms 31:24 Be strong, and let your heart take courage, all you who wait for the Lord!

Psalms 10:17 O Lord, you hear the desire of the afflicted; you will strengthen their heart; you will incline your ear.

Joel 3:16 The Lord roars from Zion, and utters his voice from Jerusalem, and the heavens and the earth quake. But the Lord is a refuge to his people, a stronghold to the people of Israel.

Revelation 21:4 He will wipe away every tear from their eyes, and death shall be no more, neither shall there be mourning, nor crying, nor pain anymore, for the former things have passed away."

2 Corinthians 4:16-18 So we do not lose heart. Though our outer self is wasting away, our inner self is being renewed day by day. For this light momentary affliction is preparing for us an eternal weight of glory beyond all comparison, as we look not to the things that are seen but to the things that are unseen. For the things that are seen are transient, but the things that are unseen are eternal.

Romans 8:28 And we know that for those who love God all things work together for good, for those who are called according to his purpose.

2 Corinthians 5:17 Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come.

Psalms 38:15 But for you, O Lord, do I wait; it is you, O Lord my God, who will answer.

Matthew 11:28 Come to me, all who labor and are heavy laden, and I will give you rest.

Note: The Bible verses on hope are taken from the New International Version (NIV).

APPENDIX 2

GUIDED MEDITATION: LUMEN GENTIUM CHAPTER V

Sofia Margiotta

The Universal Call to Holiness

“Thus it is evident to everyone, that all the faithful of Christ of whatever rank or status, are called to the fullness of the Christian life and to the perfection of charity;(4*) by this holiness as such a more human manner of living is promoted in this earthly society. In order that the faithful may reach this perfection, they must use their strength accordingly as they have received it, as a gift from Christ. They must follow in His footsteps and conform themselves to His image seeking the will of the Father in all things. They must devote themselves with all their being to the glory of God and the service of their neighbor. In this way, the holiness of the People of God will grow into an abundant harvest of good, as is admirably shown by the life of so many saints in Church history. . .

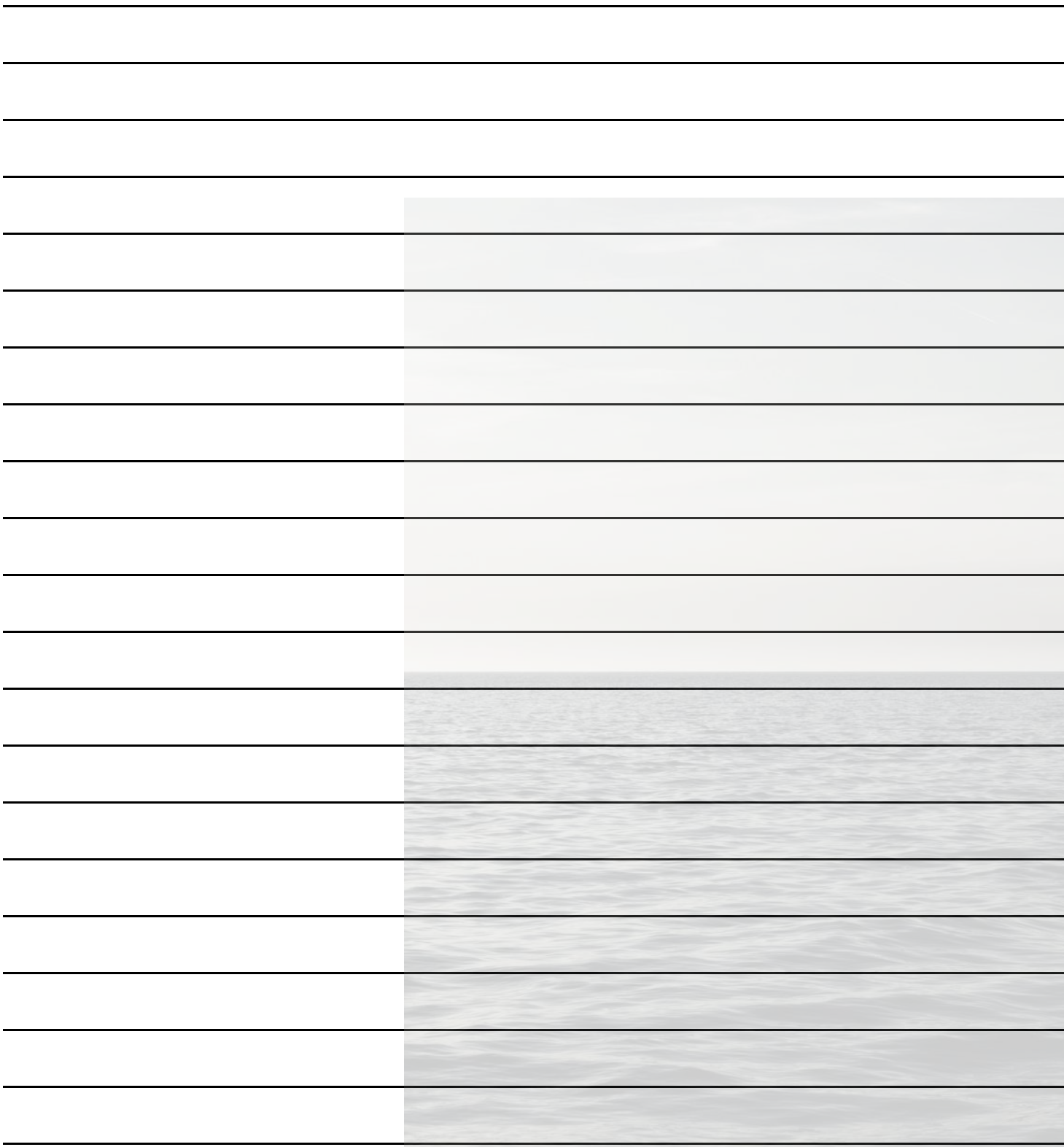
41. The classes and duties of life are many, but holiness is one—that sanctity which is cultivated by all who are moved by the Spirit of God, and who obey the voice of the Father and worship God the Father in spirit and in truth. These people follow the poor Christ, the humble and cross-bearing Christ in order to be worthy of being sharers in His glory. Every person must walk unhesitatingly according to his own personal gifts and duties in the path of living faith, which arouses hope and works through charity. . .

Therefore, all the faithful of Christ are invited to strive for the holiness and perfection of their own proper state. Indeed they have an obligation to so strive. Let all then have care that they guide aright their own deepest sentiments of soul. Let neither the use of the things of this world nor attachment to riches, which is against the spirit of evangelical poverty, hinder them in their quest for perfect love. Let them heed the admonition of the Apostle to those who use this world; let them not come to terms with this world; for this world, as we see it, is passing away.”

http://www.vatican.va/archive/hist_councils/ii_vatican_council/documents/vat-ii_const_19641121_lumen-gentium_en.html

Reflection: How are you using the strength that God has given to you to follow in the footsteps of Christ? List the ways that you are following Christ. Are you guiding aright the deepest sentiments of your soul? Are you on a quest for perfect love? Do you take personal responsibility to surrender your life to Jesus? Write down any obstacles or fears that stand between you and complete surrender to Jesus. Ask Jesus to show you one thing you can do to overcome these obstacles and fears.

Ask your loving Father to stir up in your heart a burning desire to use all that has been given to you for the glory of God. Ask for a stirring up of faith, hope and charity so that the living waters of the Holy Spirit can pour out from you to others. What is one thing that you can do for Christ?



"YOU SAY" BY LAUREN DAIGLE

I keep fighting voices in my mind that say
I'm not enough
Every single lie that tells me I will never
measure up

Am I more than just the sum of every high
and every low

Remind me once again just who I am
because I need to know
Ooh-oh

You say I am loved when I can't feel a thing
You say I am strong when I think I am weak
And you say I am held when I am falling
short

And when I don't belong, oh You say I am
Yours

And I believe (I) Oh, I believe (I)
What You say of me (I) I believe
The only thing that matters now is
everything You think of me
In You I find my worth, in You I find my
identity
Ooh-oh

You say I am loved when I can't feel a thing
You say I am strong when I think I am weak
And you say I am held when I am falling
short

When I don't belong, oh You say I am Yours
And I believe (I) Oh, I believe (I)
What You say of me (I) Oh, I believe
Taking all I have, and now I'm laying it at
Your feet

You have every failure, God, You have every
victory
Ooh-oh

You say I am loved when I can't feel a thing
You say I am strong when I think I am weak
You say I am held when I am falling short
When I don't belong, oh You say I am Yours

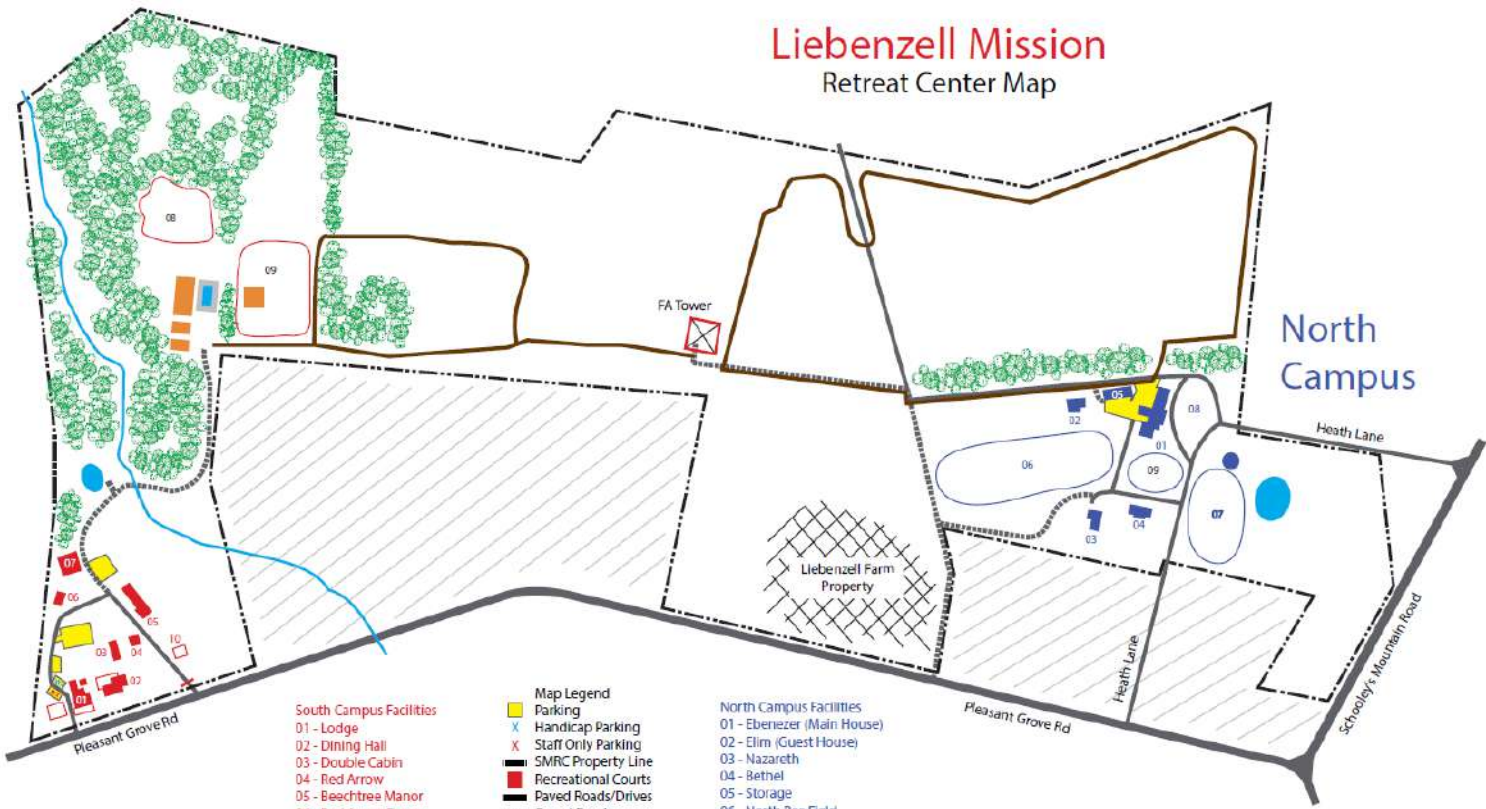
And I believe (I) Oh, I believe (I)
What You say of me (I)
I believe
Oh, I believe (I) Yes, I believe (I)
What You say of me (I) I believe

*Songwriters: Jason Ingram, Lauren Daigle, Paul Brendon Mabury
For non-commercial use only.*

South Campus

Liebenzell Mission Retreat Center Map

North Campus



- South Campus Facilities**
- 01 - Lodge
 - 02 - Dining Hall
 - 03 - Double Cabin
 - 04 - Red Arrow
 - 05 - Beechtree Manor
 - 06 - Red Arrow Dorm
 - 07 - Auditorium
 - 08 - South Camping Field
 - 09 - South Rec Field
 - 10 - Staff Residence

- Map Legend**
- Parking
 - Handicap Parking
 - Staff Only Parking
 - SMRC Property Line
 - Recreational Courts
 - Paved Roads/Drives
 - Gravel Roads
 - Walking Path
 - Prayer Path
 - Pool
 - Pond/Creek

- North Campus Facilities**
- 01 - Ebenezer (Main House)
 - 02 - Elm (Guest House)
 - 03 - Nazareth
 - 04 - Bethel
 - 05 - Storage
 - 06 - North Rec Field
 - 07 - North Bonfire Field
 - 08 - North Ebenezer Lawn
 - 09 - North Small Rec Field

PEOPLE OF HOPE

PEACE I LEAVE WITH YOU; MY

PEACE I GIVE YOU.

I DO NOT GIVE TO YOU AS THE

WORLD GIVES.

DO NOT LET YOUR HEARTS BE

TROUBLED AND

DO NOT BE AFRAID.

JOHN 14:27