



DISCOVERING RETREAT JOY

Touching Hearts with Healing
to Touch Other Hearts with Healing

... we rejoice in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not put us to shame, because God's love has been poured into our hearts through the Holy Spirit who has been given to us.

Romans 5:3-5 (ESV)

MISSION

People, youth and adults, are hurting! That is not a surprise. We have all hurt when we were young, and often carry that pain into our adult life as chains that shackle our ability to accomplish God's purpose in our lives. Usually it goes undiscovered until much later in our adult life that God has a purpose to use our pain to build and mold us into people who become a blessing and comfort in the lives of others.

The **MISSION** of the **DISCOVERING JOY RETREAT** is to use the movie To Save A Life to lead youth or adults to discover that:

- ◆ Pain is common – There are others who are hurting. I don't have to feel alone in my brokenness.
- ◆ Christ loves me and sacrificed himself for me.
- ◆ God can use my pain to build me and He can carry me through it.
- ◆ God redeems my pain and uses my pain, in His way, in His timing, as a blessing in the lives of others when I put it into His hands.
- ◆ I can change MY world and have a dramatic impact on the future by purposefully and intentionally paying attention to the pain in other people's lives and loving them in and through it.

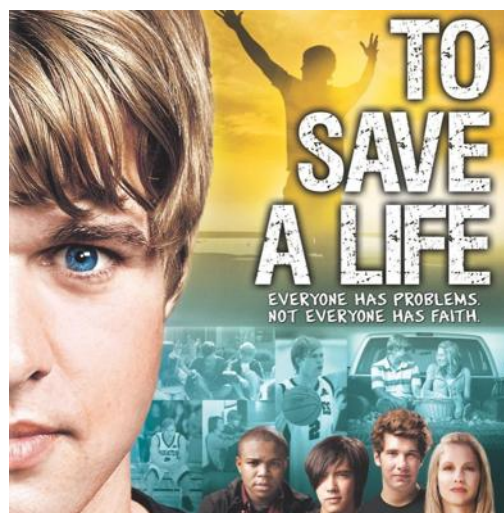
Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, who comforts us in all our affliction, so that we may be able to comfort those who are in any affliction, with the comfort with which we ourselves are comforted by God.

2 Corinthians 1:3-4

FOUNDATION

In 2010 the movie TO SAVE A LIFE was released in theaters around the country. “Writer and producer Jim Britts was inspired to make the movie after observing a simple problem: many teenagers are hurting. Britts, a Christian youth pastor in Southern California, and his wife, a schoolteacher, began taking the many stories of teens’ struggles and molding them into a film. ‘Every day my wife and I talk to teens who are in some kind of pain,’ Britts said. ‘I wanted to make a film that would bring hope to hurting and lonely students.’”¹

*“Jake Taylor has everything. He has a beautiful girl, he’s the champion in basketball and beer pong, and everyone loves him. Then, an old childhood friend, whom Jake used to be friends with, commits suicide. Jake begins to think. He wonders what he could’ve done to save his friend’s life. A youth minister tells him that Jake needs God. So Jake becomes a Christian. However, things begin to spin out of control. His dad is cheating on his mom, his girlfriend is pregnant, and his former friends ridicule and mock him. During all this, Jake is going to realize just what it means to be a Christian and how, to save a life.”*²



TO SAVE A LIFE shows in a real way the pain that kids are facing. It also shows the impact that Christ can have in facing that pain, and in purposefully and intentionally befriending students who are hurting.

TO SAVE A LIFE is free on Youtube: https://slfj.me/To_Save_A_Life_Movie

RETREAT: The movie will be the opening session on Friday night and will be the center piece of the sessions for the rest of the retreat on Saturday and Sunday to focus the attendees on touching the pain in the their lives. Saturday’s sessions will point them to Christ for His healing and sustaining power. Later sessions will demonstrate true life stories of how others have changed lives by loving someone around them, and will teach the group, by example and practice, how to touch the lives of other who are hurting with their friendship and love so that, truly, they may Save A Life or be a healing and encouraging influence on others.

¹ http://en.wikipedia.org/wiki/To_Save_a_Life

² <http://www.imdb.com/title/tt1270286/>

By this we know love, that he laid down his life for us, and we ought to lay down our lives for the brothers. But if anyone has the world's goods and sees his brother in need, yet closes his heart against him, how does God's love abide in him? Little children, let us not love in word or talk but in deed and in truth.

1 John 3:16-18

RETREAT PLAN

FRIDAY 6:30 – 8:00 DINNER & INTRODUCTION

- Sign-In & Hand Out Student Packs [Journal Notebook & Pen]
- Dinner
- Ice Breaker Games
- Introduction to the Retreat

FRIDAY 8:00 – 10:00 TO SAVE A LIFE – MOVIE SHOWING

- Challenge them to make a list of areas of pain that they see in the movie

SATURDAY 8:00 BREAKFAST

SATURDAY 9:15 – 9:45 WHERE ARE YOU HURTING?

- Hand out **Where Are You Hurting?** sheets :: Pre-printed sheets with questions about where they are hurting.
See last page ...
 - Have you ever felt rejected? Y
 - Have you ever felt like a failure? Y ... and other questions
- Emphasize that answers are Anonymous & Private and no one will know their answers
- Sheets will be placed in a bucket on the way to get snacks

SATURDAY 9:45 SNACKS

SATURDAY 10:00 YOU'RE NOT ALONE

- Pick up sheets from bucket on the way back. Each person gets a sheet – knowing it's not theirs
- Group review of each answer on sheets and stand up if their sheet has a Y for the answer
- Discover that everyone around them is hurting too

SATURDAY 11:00 PAIN & ITS PURPOSE IN YOUR LIFE

- Review verses on pain & suffering
- Present Christ and His healing touch for pain & strength for trial
- Talk about how God uses suffering to mold us to be able to touch other lives for His glory

SATURDAY 12:00 – 5:00 LUNCH & FUN TIME**SATURDAY 5:00 – 6:00 TRUE STORY TIME**

- Discuss how intentionally and purposefully reaching out to others has an impact on lives now AND can change lives dramatically for the future
- Encourage with true stories of how God turned suffering into a blessing for others

SATURDAY 6:00 – 7:00 DINNER**SATURDAY 7:00 – 8:00 CHANGE YOUR WORLD**

- Share more true stories of how lives have been saved or changed by someone caring
- Explain how paying attention to the pain in others' lives opens a huge door of ministry
- Teach the group a method for getting to know others, discovering their pain, and then how to pray WITH them as a starting foundation for a long-term open communication friendship

SATURDAY 8:00 – 9:00 CAMP FIRE

- Break into twos & Practice what was learned in previous session
- Sharing & Worship Time

SUNDAY 8:00 BREAKFAST**SUNDAY 9:00 – 10:00 WORSHIP**

- Break into twos & Practice what was learned the night before
- Worship Service

SUNDAY 11:30 – 1:00 LUNCH & CLOSING PRAYER SESSION**SUNDAY 1:00 END**

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Where Are You Hurting?

This worksheet will always be totally **ANONYMOUS** and **PRIVATE**. NO ONE will know what YOU mark on this sheet of paper. Cover your paper as you check the boxes. Do not *WRITE* anything on the page.

Your honesty will be a part of an amazing discovery today! When you finish, turn in your folded worksheet. After mixing up the sheets, we will hand them back out and review the anonymous answers. You will discover that **YOU'RE NOT ALONE!**

Be totally honest and check YES for all that apply to you!

☐ Female ☐ Male

Age: _____

QUESTIONS	✓ for each that applies to you →	YES
1. Have you ever felt rejected?		
2. Do you often feel lonely – that you don't have any real friends?		
3. Has anyone ever bullied or emotionally abused you?		
4. Do you ever have thoughts of being a failure?		
5. Have you ever been fired from a job?		
6. Have you ever struggled with depression?		
7. Have you or your family ever been completely broke – no job, loss of everything?		
8. Has anyone you loved rejected or left you?		
9. Has anyone special to you died and your heart was crushed?		
10. Do you struggle with hidden health issues?		
11. Do you struggle with a secret addiction? (drugs, alcohol, porn, etc.)		
12. Have you ever used illegal drugs?		
13. Have you ever looked at pornography?		
14. Have you ever been physically or sexually abused or assaulted?		
15. Have you ever hated yourself?		
16. Have you ever thought of committing suicide?		
17. Has anyone close to you committed or tried to commit suicide?		
18. Have you ever sinned in a way that you thought was major and questioned God loving you?		
19. Do you feel that you are more broken than others around you?		
20. Do you struggle with any of the above things now?		
21. Do you want more JOY in your life?		

REFOLD into thirds – then fold in half to make a square – PUT IN BUCKET

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