



## Retreat Field Guide

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# INTRODUCTION

**Welcome!** I have seen hundreds of men deeply impacted and make life-altering decisions through these two-day encounter retreats. I believe that your life has a God given purpose and destiny.

At this retreat we will deal with how to break free from the grip of the past and regain the influence you have been called to have as you fulfill as a man made in the image of God.

Making the most of this retreat...

1. You will get what you are willing to put into this weekend, so prepare yourself.
2. Honesty and openness are key to your breakthrough.
3. Each session has been designed to build on each other, so make sure you don't miss any session.
4. This encounter retreat could change your life so expect spiritual opposition before and after the retreat.
5. You are on a retreat, so turn off your electronic devices during the sessions and enjoy. The world will survive without you for a couple hours.

Many have fasted and prayed for you on this retreat. I trust you will leave this weekend having had a breakthrough. I have high expectations for what God will do in your life during this weekend and beyond.

*Pastor Mark Jobe  
New Life Community Church*





**PERSONAL  
SPIRITUAL  
PROFILE**

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

# PERSONAL SPIRITUAL PROFILE

This is a diagnostic tool to help you identify strongholds in your life so that you can begin the process of breaking free. Keep in mind:

- No one else will read your profile, but we will ask you to share with one other person.
- You need to be absolutely honest with your answers.
- You will need to complete the profile before the next session.
- Take some time to quietly and prayerfully fill out your profile.

## A. FAMILY

1. What is the religious background of your family and relatives?

2. Are you aware of the existence of cycles in your family that keep repeating themselves? Patterns of...

- |  |  |
|--|--|
| <input type="checkbox"/> Violence              | <input type="checkbox"/> Sexual abuse      |
| <input type="checkbox"/> Alcohol abuse         | <input type="checkbox"/> Family fighting   |
| <input type="checkbox"/> Abortion              | <input type="checkbox"/> Drug abuse        |
| <input type="checkbox"/> Depression            | <input type="checkbox"/> Suicide           |
| <input type="checkbox"/> Sexual immorality     | <input type="checkbox"/> Adultery          |
| <input type="checkbox"/> Bitterness/Resentment | <input type="checkbox"/> Deception         |
| <input type="checkbox"/> Financial Crisis      | <input type="checkbox"/> Greed/Materialism |
| <input type="checkbox"/> Materialism           | <input type="checkbox"/> Gambling          |

3. Were you exposed to any of the following patterns as a child that has affected you?

- |                                       |   |
|---------------------------------------|---|
| <input type="checkbox"/> Sexual abuse | <input type="checkbox"/> Physical abuse |
| <input type="checkbox"/> Verbal abuse | <input type="checkbox"/> Rejection      |
| <input type="checkbox"/> Abandonment  | <input type="checkbox"/> Neglect        |
| <input type="checkbox"/> Bullying     | <input type="checkbox"/> Divorce        |
| <input type="checkbox"/> Criticism    | <input type="checkbox"/> Trauma         |



**B. PERSONAL**

4. What areas of obedience to God do you struggle with most?

- Praise and Worship
- Self-control
- Submission to authority
- Forgiving
- Choosing Joy
- Loving others
- Generosity
- Living by Faith
- Walking in Purity
- Trusting God
- Telling the truth
- Compassion

5. Do you have any of the following patterns in your life?

- Gossiping
- Critical Attitude
- Envy/jealousy
- Alcohol addiction
- Breaking promises
- Violence
- Lying/Deception
- Compulsive Gambling
- Manipulation
- Selfishness/greed
- Being argumentative
- Obsessive indulgences
- Prescription/Medication abuse
- Illegal drug use
- Dirty language
- Stealing/Cheating
- Eating disorders
- Self Pity
- Negative attitude
- Fits of Anger
- Isolation Tendencies
- Pornography
- Lack of self-control
- Obsessive fears
- Seductive behavior

6. Do you habitually experience any of the following emotions, thoughts, feelings, or dispositions?

- Anxiety/Fear
- Anger/Rage
- Being critical of others
- Perfectionism
- Feelings of inferiority
- Indecisiveness
- Periods of depression
- Hatred of someone
- Unforgiveness
- Bitterness
- Confusion
- Apathy
- Loneliness/isolation
- Pride/superiority
- Discontentment
- Racism/Prejudice
- Rebellion
- Suicidal thoughts

## **C. RELATIONSHIPS**

7. Give a one or two word answer to describe the following relationships (good, bad, not applicable).

Your relationship with your mother:

Your relationship with your father:

Your relationship with your children:

Your relationship with your spouse (if married):

Your relationship with extended family:

8. What are the top 3 negative attitudes, behaviors, or patterns you want to break free from in your life?

# PRAYER OF RENOUNCEMENT

*Lord Jesus Christ, I believe that you are the Son of God and that you are the only way to God. I believe that you died on the cross for my sins and rose again from the dead.*

*I give up all my rebellion and independence, my pride and self-centeredness, my harboring of rejection and inferiority, and my bitterness and unforgiveness. I give up all my sin and submit myself to You.*

*I confess all my sins before you and ask for your forgiveness. Release me now from the power of the enemy of my soul.*

*By a decision of my will, I forgive those who have harmed me or wronged me, just as I want You to forgive me. In particular, I forgive...*

*Lord Jesus, I believe that on the cross you paid the price for me to have a life of victory and freedom. I receive your gift of forgiveness and deliverance now.*

*Through Christ Jesus my Savior I chose to renounce the strongholds of (write and name them below):*

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**IN THE NAME OF JESUS CHRIST,** *I expose these strongholds and bring them to the light. I renounce my involvement and ask for power to genuinely repent and leave these practices behind.*



# GROUP DISCUSSION

1. As you look back at your life, what are some of the wounds you have experienced that have caused the greatest pain?
2. What are the areas that are holding you back and keeping you from going forward?
3. Are there any areas in your life that the enemy is using to assault you in?
4. Is there anyone you need to make the decision to forgive so that you can begin the healing process in your life? If so, choose to forgive and begin the healing process.



# GROUP DISCUSSION

1. Are you running in the wrong direction?

2. What are you running from?

3. What bold steps do you need to take to start running in the right direction?

**Take a look at the Bold Steps Worksheet on page 21 and begin to identify your bold step from this retreat.**





# GROUP DISCUSSION

1. What type of wasteland are you walking through right now?

2. What types of emotions are you experiencing in the wasteland?"

3. How is your view of God in the wasteland?

4. Do you believe God may be doing something in your wasteland? How so?

5. Is there something God may want to teach you in your wasteland?



# GROUP DISCUSSION

1. In one paragraph, write about what God has done and the steps you are choosing to take.

2. Share with the group what God has done or decisions you have made.

3. Follow up with at least 2 people from your small group in the next 30 days. (Group contact form on page 28)

4. On the next page, write down your bold step and be prepared to share it with others as God leads you.

**Over the next 30 days, take time to pray through the powerful prayer on page 23 and use the included resources to help continue your spiritual growth.**



# BOLD STEPS WORKSHEET

## BE BOLD. BE SPECIFIC. SET A DATE.

Here are a few examples:

- *I will go home tonight and confess an affair to my wife.*
- *I will talk to my children tonight and ask for forgiveness and grace to be a better father.*
- *I will call my dad tonight to tell him I forgive him and love him.*
- *I will eliminate pornography from my life and setup a filter for my devices.*
- *I will join a men's small group this week and walk in transparency and accountability.*

**My bold step is to ...**

**By this date...**

**And I will share this with...**



# THE LORD'S PRAYER OUTLINE

## **I. POSITION: *Our Father which art in heaven, hallowed be thy name.***

- a. Thank God you can call Him Father by virtue of the blood of Jesus.
- b. Dwell on the fact He is your Father.
- c. Hallow the names of God and declare what is yours in Christ.

Jehovah – tsidkenu	The Lord My Righteousness
Jehovah – m'kaddesh	The Lord Who Sanctifies
Jehovah – shalom	The Lord Is Peace
Jehovah – rophe	The Lord Who Heals
Jehovah – jireh	The Lord's Provision Shall Be Seen
Jehovah – nissi	The Lord My Banner
Jehovah – rohi	The Lord My Shepherd

## **II. PRIORITIES: *Thy Kingdom come. Thy will be done on earth as it is in heaven.***

- a. Yourself (seek first the kingdom).
- b. Your family (mate, children, other family members).
- c. Your church (pastor, leadership, faithfulness of the people, harvest).

## **III. PROVISION: *Give us this day our daily bread.***

- a. Be in the will of God (prayer, church, work habits, in giving).
- b. Believe it is God's will to meet your needs.
- c. Be specific. Be persistent.

## **IV. PEOPLE: *And forgive us our debts as we forgive our debtors.***

- a. Cleanse your heart before the Lord, especially in the area of relationships. Forgive and release others in your life.
- b. Set your will to walk in love, humility and acceptance.
- c. Pray for relationships in the church to be healed and protected. Marriages especially.

## **V. PROTECTION: *And lead us not into temptation, but deliver us from evil.***

- a. Pray against any areas of weakness in your own life.
- b. Put on the whole armor of God, the Lord Jesus Christ.
- c. Pray against any schemes of the enemy that hinder the work of the kingdom.

## **VI. PRAISE: *For thine is the kingdom, and the power, and the glory, for ever.***

- a. Exalt Jesus as head over all things.
- b. Declare in faith what God has called you to do in His authority.
- c. Conclude with thanksgiving and praise.

# MY PRAYER LIST

True and lasting change can only be accomplished by the power of God. Prayer is our direct connection and communication with God. Through prayer we access God's infinite power and allow his power to change us from the inside out. Only God can change a life. Use this prayer section to pray for each area of your life.

## MY LIFE

## MY CHURCH

## MY CITY

## MY WORLD



# 4 KEYS TO SUCCESSFUL DEVOTIONS

1. **Set a Time:** Make an appointment with God that you intend to keep.
2. **Set a Place:** Find a place free from distractions that allows you to focus on God.
3. **Set a Plan:** Have an intentional strategy of what you will do during this time.
4. **Choose a Partner:** Find someone who will ask you about how you are doing so that you can encourage one another and share what God is showing you.

## HOW TO STUDY THE BIBLE

We read the Bible for more than just information. In order for God's Word to transform us we must reflect and meditate on what we are learning. S.O.A.P. is a simple approach to use when reading the Bible.

### ***Scripture - What did I read?***

Write down the date and passage you read from God's Word each day.

### ***Observation - What did I see?***

Write down a few notes of what impacted you from the passage.

### ***Application - What will I do?***

Write down a sentence for how you will take action on what you read.

### ***Prayer - Ask God for help.***

Write a short prayer asking God to help you put into practice what you learned.

# RECOMMENDED BOOKS FOR MEN

- **The NIV Application Bible**
- **Hedges: Loving your marriage enough to protect it** by Jerry Jenkins
- **Disciplines of a Godly Man** by R. Kent Hughes
- **Every Good Endeavor, Connecting your work to God's Work** by Timothy Keller
- **The 10 Best Decisions a Man can Make, the Adventure of living in God's Plan** by Bill Farrel
- **gods at War, Defeating the Idols that Battle For Your Heart** by Kyle Idelman
- **Not a Fan** by Kyle Idelman
- **From Wild Man to Wise Man, Reflections on Male Spirituality** by Richard Rohl
- **Wild at Heart, Discovering the Secret of a Man's Soul** by John Eldredge
- **Hooked, New science on how casual sex is affecting our children** by Joe S. McIlhaney and Freda Bush
- **For Men Only, A Straight forward guide to the inner lives of women** by Shaunti and Jeff Feldhahn
- **The Measure of a Man, 20 Attributes of a Godly Man** by Gene Getz
- **A New Man Code, Men of Conviction in a world of Compromise** by David Smith
- **Fight like a man, Redeeming Manhood for Kingdom Warfare** by Gordon Dalbey
- **The Resolution for Men** by Stephen & Alex Kendrick
- **She Calls Me Daddy, Seven things every man needs to know about building a complete Daughter** by Robert Wolgemuth
- **The Mark of a Man** by Elisabeth Elliot
- **Temptations Men Face, Straightforward talk on power, money, affairs, perfectionism, insensitivity** by Tom Eisenman
- **Five Love Languages** by Gary Chapman
- **Juggling Chainsaws on a Tightrope, Real life stuff for men on stress** by Tim McLaughlin
- **Raising a Modern Day Night, A Father's role in guiding his son to authentic manhood** by Robert Lewis
- **Half Time, Changing your game plan from success to significance** by Bob Ruford
- **A Leader After God's Own Heart, 15 ways to lead with strength** by Jim George
- **The Man in the Mirror, Solving the 24 problems men face** by Patrick Morley
- **Every Man's Battle , Winning the war on Sexual Temptation one victory at a time** by Stephen Arterburn, Fred Stoeker and Mike Yorkey

# GROUP LEADER PREPARATION

## **A. Expect God to use you in remarkable ways this weekend. We have been praying that:**

- God will use you in ways you may not be used to.
- God will release empowerment of the Holy Spirit to help you minister.
- God will grant you great love and authority to help set the captives free.

## **B. It is normal for a leader to be nervous and feel inadequate.**

- Invite God's equipping presence to come and grant confidence.
- With every responsibility we take on, there is always a corresponding anointing and impartation of grace that God gives.

## **C. It is vital for the leader to show a desire to love and serve the members of their group.**

- Memorize the names of each group member.
- Be attentive and focused when any group member is sharing.
- Remember you will be used as a channel of God's healing and liberating power in these lives.

## **D. The leader must guarantee their group member's absolute confidentiality from the beginning.**

## **E. Leaders need to express love, forgiveness, and acceptance to those they minister to.**

## **F. Leaders need to be good listeners, slow to speak and tactful in your responses..**

Remember that those sharing their hurts, wounds, bondages, and disappointments are sharing their most intimate feelings and experiences. Handle this responsibility carefully and allow God to use you to bring healing, hope, and restoration.

# GROUP CONTACT INFORMATION

We want to encourage you to stay in touch with your group over the coming months. Pray for one another by name, call to encourage each other, and plan a follow up meeting one month from now.

Name            Phone/Email

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When and where will your group meet in the next month?

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*“May he strengthen your hearts so that you will be blameless and holy in the presence of our God and Father when our Lord Jesus comes with all his holy ones.”  
1 Thessalonians 3:13*

For further information and resources, visit our website at [www.newlifecommunity.church](http://www.newlifecommunity.church), download our New Life Chicago app, or call our main office at 773-838-9470.