



A 7-station interactive experience with the lover of your soul

As humans, Westerners, Americans, teenagers, spouses, parents, employees, managers, coaches, coordinators, chauffeurs, and (even as) Christians, despite our best intentions, we are pretty terrible at margins. We fail at self-care. We push, and pull, and run, and rush, and stress, and move, and hardly ever take a minute to just.... Breathe. In all of that, our time alone with God suffers. Our time alone with God is sustenance to our soul and in neglecting it, we don't cause God to lose power, we don't make God less God, we don't stir up wrath, or bring on bad Karma... no, what we do is bring more pain, more stress, more doubt, more fear, less certainty, less clarity, and less peace on ourselves.

This weekend you will all breathe. You will break. You will replenish. You will retreat. You will spend time alone with God.

You'll may be on your own or you may be with a spouse and/or children as you do this, but this is all about just you and God. You will spend this time by making your way through various stations that each focus on a different aspect of your time with God: "Sacred Stations". The goal is to get just a tiny glimpse of God's amazing, massive, scandalous, unwavering, constant, always pursuing, never giving up, ridiculous love for you.

Before you start, read and think about this passage in scripture:

Ephesians 3:14-19

Now, take a moment to pray something like this prayer:

God,
Help me to focus my attention on you – my creator and the lover of my soul. I am a distracted, chaotic person, but I want you to have my complete attention. Jesus, help me grasp how wide and long and deep your love is for me.

Amen

This year Family Retreat is beautifully unique.

Hear me out....

While I would love so much (so... so much!) for us to be gathered around a fire at Camp Lu-Jo, all sitting together, that simply isn't possible this year. A Family Retreat has been a dream of mine for while now, and this year we have a unique opportunity to continue this in the future in person! However, this year we have a unique opportunity to make Family Retreat so special and so beautiful... this year, we can ALL gather. All of Chisholm Trail, friends, family, other small groups, other churches, and more can gather in our homes, spending time alone with God, working through the "stations" that follow in this packet, and sharing this experience, all of us, together! You are now a part of the largest Family Retreat we've ever had, feel the family around you as we become a great cloud of witnesses, setting time aside to be alone with our Creator. We will be joined by several other congregations around the nation doing this same activity!

I have a worship music video playlist created on YouTube for everyone to enjoy throughout the weekend. It includes 22 songs to play around the house (but not the 4 songs specifically chosen for station #4. Ctrl+Click the following link or type it in to YouTube to access the Extended playlist:

<https://tinyurl.com/wq88qdd>

You can use and enjoy all the music, or none of it. It's up to you and what your musical tastes are.

This 7 station packet can be completed however you like, though I will lay out some suggestions that you can choose to follow (it's not necessary for us all to be doing the same stations at the same time- though it is a pretty amazing thought)! You will spend between 15 and 30 minutes at most stations. Station 4 is timed at ~25 minutes. Station 7 might take you most of the day, Sunday.

Friday Evening:	Intro pages and Station #1
Saturday morning:	Station #2
Saturday morning:	Station #3
Saturday evening:	Station #4
Saturday evening:	Station #5
Saturday evening:	Station #6
Sunday morning:	Station #7

Family Retreat LIVE!

*I'll be going Live on the [Chisholm Trail Family Facebook page](#) for interactive sessions to talk about the stations and the retreat, Q&A about what we've done, felt, seen, heard, and experienced, just as if we were all gathered around in the main room at Lu-Jo! Join us, all together!

Live Schedule:

Friday at noon:	Brief introduction on what's to come!
Friday at 6:30pm:	Welcome & explanation of the packet and the weekend
Saturday at 1:00pm:	Talk about completed Stations 1, 2, and 3
Saturday at 6:30pm:	Talk about completed 4, 5, and 6
Sunday at 1:00pm:	Recap the weekend, talk about all 6 completed stations, talk about the current station (7), and deliver the final weekend message

#1. Thanksgiving

READ Psalm 100:4-5



We value thankfulness in our relationships with our loved ones and we instill the need (first as a habit in order to cultivate a sense of meaning) for thankfulness in our children and in those we mentor. Often times, though, our own prayer lives turn towards wants, needs, “may I”s and “please”. As we have these moments of quiet, even if the moments are thrust upon us, we want to take the quiet and use it to listen. We want to take these moments to re-center our thoughts on gratefulness and offer thanks to the one who “all good and perfect gifts come from” (James 1:17).

Do the following:

1. Say a prayer, thanking God for ALL God has done, is doing, and will do in your life. Ask God to reveal to you (remember) the things you are most grateful for in your life.
2. On the bottom of this page, write a thank you note to God – just “thanks”.
3. Choose a few keywords, topics, or ideas that jump out to you about gratefulness towards God and what you are thankful for and write them on a separate piece of paper. If you have the ability, snap a picture of that page and share it to the Chisholm Trail Family Facebook page.

Dear God,

#2. Forgiveness

Take out your Bible and read the passages on the page below

1. Read entirely through each passage. Take your time. Highlight/underline.
2. These verses make great Instagram posts... but they are much harder to live out
3. Say a prayer. Ask God to lay one person on your heart as you read them a 2nd time.
4. Write that person's initials on a separate piece of paper.
5. Hold that piece of paper in your hand as you pray, diligently and honestly, for that person.
6. Place that piece of paper in your pocket and each time you feel it/notice it/remember it, pray for them again.



1. Proverbs 17:9
2. Ephesians 4:32
3. Colossians 3:13
4. Luke 6:37
5. Mark 11:25
6. Matthew 6:12
7. Matthew 6:14
8. Luke 6:27-28

#3. Worry



READ Luke 12:22-29

At the bottom of this page, make a list of some of your worries, large over-arching worries and small daily minute-by-minute worries.

After you have finished, consider how what you wrote at station 1 can help cancel out what you have written on this station.

After you have finished, talk to God (honestly) about your list. Share your worries, your concerns, your fears, your anxieties, and share them honestly. Remember: God wants you to worship in Truth.

Read Luke 12:22-29 one more time. Take ~5 minutes of still silence, just being quiet. No speaking, no to-do lists, just quiet. Then take ~5 more minutes and talk to God about casting your anxieties out of your own hands and into God's:

#4. Connect

READ REVELATION 5:8-14, PSALM 150, PSALM 95:1-7, and Luke 5:16

Music is powerful, it is intimate, it inspires, it connects.

We write songs and sing them to those we care about, we sing words of love, adoration, thankfulness, amazement... praise. God deserves our praise through song and we also can receive powerful reminders of God's awesome nature through music.

***Type the following link into your computer or phone (or Ctrl Click the link if you're viewing this packet on your computer or phone already):**

https://www.youtube.com/playlist?list=PLGpE8QEYt8_ee1VBT_IdbxspYetG1nMVP

then hit "Play All"

The last song, go to 6:40 and watch to about 10:35 or so. The song should be Raise a Hallelujah

Then listen to the words of the following songs, take them in, pay close attention to what's being said, how that makes you feel, what emotions that brings up in you, what that makes you think about you, what that makes you think about God, and what that *makes you think that God thinks about - when God thinks about you.*

Get in a place (physically and mentally) where you can simply let the words wash over you and *remind* you of who God is and how God loves!



#5. The Character of God

As we often talk about on Sunday mornings, we are a people who are very quick to forget. “Prone to wonder, Lord I feel it... prone to leave the God I love”. Just as the Israelites were so quick to forget, we too quickly forget Station 1 and focus all our attention on Station 3, forgetting entirely this station 5: The Character of God.

We often forget, when we pray, just how big God really is.
Read the verses below and meditate on the true character of God

Psalm 147:5

Isaiah 55:8-9

John 1:26-27

Psalm 103

Psalm 145

*Exodus 34:6-8



#6. Pray for the Family



We invite you to spend your time at this station in prayer. Pray for your family and pray for your church family – the leaders, staff, volunteers, ministries, families, outreach, and the hands and feet in your community. For our Highland View family, specific people are listed below. Also, boldly pray where God would like you to become **involved** in your church family!

**each person below is only listed once though they may have roles in several of the following categories. Not everyone who makes Sunday and Wednesdays run smoothly is named. It takes an army weekly to do ministry. Thank you!*

Elders: Jerry Montgomery, Rick Allred, Carl Wessel, Steve Gregg, Dan Myers, Terry Bergner, Craig Custer, Steve Whiteman

Ministry team: Leonard Keele, Jason Retherford, Kathy Keele, Donna Whiteman, Jerry Nunley

Deacon team: Kyle Collins, Ray Collins, Clint Imel, Ryan McKinley, Gary Pearson, Brad Reed, Jon Rich, Mike Sabedra, Phil Van Buskirk, Terry Whisenhunt, Mark Young

Ministry leaders: Judy Carroll, Vicki Malone, Pat Pearson, Nathan and Bonnie Gatewood, Charlotte Medlin, Donna Bridgman, Billy Coskrey, Marla Ridley, Brooke Ridley, Kristen Eden, Jennifer Retherford, Janet Bergner, Morgan Taylor, Elmer Wright, Lewis Norman, Mike Moss, Stan Rice, Gregg Tanaka, Jason Hosch, Garry Brown, Jeremy Cain, Jana Oakman

Ministry areas: AV, communion, greeters, food pantry, clothing closet, cleaning, grounds, maintenance, Sunday school, Wee Praise, Journey Land, LTC, Great Southwest Bible Quiz, Youth, Lu-Jo summer camps and retreats, domestic missions, foreign missions, ministry meals, congregational meals, congregational events, finance, free medical clinic, outreach, preschool, VBS, Life groups, Spokes for Hope summer feeding, snack packs, Trick or Trunk, counseling, etc.

#7. Reach Out!

Isolation breeds isolation.... we see it all the time. When we feel isolated we all tend to then further self-isolate ourselves, perpetuating our feelings of being alone and ostracized. Then, in the largely self-imposed quiet, we can “prove” anything. It’s painfully easy for all of us to do. All of us. So, let’s not fall into this trap. During this time of social distancing, shelter-in-place, and quarantine, feelings of isolation and loneliness rise in all of us. Fears of being easily forgotten, quickly replaced, and totally unknown. We are not alone. We are not forgotten. We are known. Let’s recognize that not only do we feel that way, but most people around us feel that way. That person that you know is “always fine”? They’re probably not. So, let’s be family.

Let’s not wait for our phone to ring, let’s not wait for a notification on our social media, let’s not wait for that text to ding, let’s not wait for something to show up in our mailbox, let’s reach out.

Let’s be the hands without expecting a hand, let’s be the feet without expecting feet, let’s serve and not consider being served – Matthew 20:28 & John 13:1-17.

Reach out. Go through your mind, go through the Chisholm Trail directory (online at ctcoc.org then go to members then directory), go through the Chisholm Trail Family Facebook page, choose people you don’t usually interact with, people you may only wave at on Sunday mornings.

- *Write notes/cards to 12 people and put them in the mail.
- *Write text messages to 12 people and send them out.
- *If you have Facebook, send 12 Facebook private messages to 12 people.
- *Call 3 people and tell them they aren’t forgotten and something you value them for.
- *Call 1 person and tell them how they have specifically influenced your life and your walk with God. Maybe it’s in how you run your businesses, how you serve at church, how you parent, how you interact with your spouse, how you share Jesus with others, let them know the impact they have had on your life (they may not know!)

At the end, you will have been Jesus, in very real and tangible ways, to 40 people who I guarantee deeply needed it!