



SPIRITUAL RETREAT GUIDE | 2019

**new
union**
BAPTIST CHURCH

Faith Family,

God has blessed us with a New Year for His glory! An opportunity to lay up treasures in heaven, an opportunity to grow in our worship of the Lord, and an opportunity to lead the hopeless of this world to the one and true Savior! We as a church are in a sermon series called, "All In!" All In is a call to be a follower of Jesus, not just a fan; it is a call for Jesus to be everything to you; it is a call to die to yourself to exalt the King of kings and Lord of lords. With this call on your life, I am so thankful that you have decided to set aside some time for a spiritual retreat. During this retreat, I would ask that you unplug from the world; that you spend unhurried, undistracted, and unhindered time in prayer and study of the Word. A retreat like this is nothing new as we see this example by Jesus in Scripture. Jesus would remove himself from the crowd and go to a desolate place to pray. I hope that you will eliminate any distractions and go to your desolate place to pray for the sole purpose of spending time with your Father!

The goal of this guide is to help you reflect, repent, and grow. God, your Father, is already waiting and looking forward to this special time with His child!

May this year be a year of growth, devotion, purpose, and eternal significance!

Praying for you,
Pastor Jeremy

Then Jesus told his disciples, "If anyone would come after me, let him deny himself and take up his cross and follow me. For whoever would save his life will lose it, but whoever loses his life for my sake will find it. For what will it profit a man if he gains the whole world and forfeits his soul? Or what shall a man give in return for his soul?"

- Matthew 16:24-25

ALL IN

"If Christ is not all to you He is nothing to you. He will never go into partnership as part Saviour of men. If He be something He must be everything, and if He be not everything He is nothing to you."

- Charles Spurgeon

PRAISES & THANKSGIVINGS



PRAYERS & SUPPLICATIONS



SPIRITUAL

Two questions to consider as you process, examine, and contemplate:

- 1) How did God grow you in each of these areas last year in 2018?
- 2) What are your goals for being more Christ-centered in these areas in 2019?

QUIET TIME/CONNECT WITH GOD/WORSHIP

PRAYER

SIN/CONFESSION/REPENTANCE

NEW UNION/COMMITMENT/CONNECTED/SERVE

DISCIPLESHIP/MENTORSHIP

SCRIPTURE REFERENCES:

“This people honors me with their lips, but their heart is far from me.”

- Matthew 15:8

“Search me, O God, and know my heart! Try me and know my thoughts! And see if there be any grievous way in me, and lead me in the way everlasting!”

- Psalms 139:23-24

“All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness.”

- 2 Timothy 3:16

QUESTIONS FOR SELF-REFLECTION:

- Are you a fan or follower of Jesus Christ?
- Is there currently any unconfessed or habitual sin in your life?
- Are you reading your Bible and spending time with God on a daily basis?
- Are you studying and being obedient to the Word of God?
- Do you pray often or only as a last resort?
- In what area or spiritual discipline do you most need to strengthen your walk with God?
- In your walk, where are you now compared to this time last year? Are you closer, further away, or about the same? Is there a newness or is it stale?
- How can you get better connected at New Union?
- In what roles are you currently serving in at New Union?
- Have you considered the next steps God may be asking you to take in your involvement at New Union?

PERSONAL

Two questions to consider as you process, examine, and contemplate:

1) How did God grow you in each of these areas last year in 2018?

2) What are your goals for being more Christ-centered in these areas in 2019?

GOALS/VISION/PURPOSE

PHYSICAL & MENTAL HEALTH/FOOD/EXERCISE

BOOKS TO READ/BLOGS/PODCASTS/RESOURCES

SCHOOL/CLASSES/EDUCATION

RECREATION/FREE TIME/HOBBIES/TRAVEL/EXPERIENCES

SCRIPTURE REFERENCES:

“Yet you do not know what tomorrow will bring. What is your life? For you are a mist that appears for a little time and then vanishes.” - James 4:14

“Then I considered all that my hands had done and the toil I had expended in doing it, and behold, all was vanity and a striving after wind, and there was nothing to be gained under the sun.” - Ecclesiastes 2:11

“The end of the matter; all has been heard. Fear God and keep his commandments, for this is the whole duty of man.” - Ecclesiastes 12:13

QUESTIONS FOR SELF-REFLECTION:

- Am I content with the person I am becoming? Am I one who looks like Christ?
- What do you want to learn more about this year? What skills to acquire?
- Do you read more books or blog posts than you do the Bible?
- When do you struggle? What truths do you need to turn to when you do?
- What is the single biggest time-waster in your life, and what will you do about it this year? What is life-giving to you? What is life-draining?
- What’s the most important way you will, by God’s grace, try to make this year different from last year?
- What would you accomplish weekly if your time management was focused more on fruitfulness and less on efficiency? Efficiency is a good thing, but we can check off our to-do-lists and never accomplish anything for eternity.
- Are you living your life in the scope of eternity? What single thing that you plan to do this year will matter the most in 20 years? In eternity?
- When you take your last breath here on this earth, and you are in the presence of God, what do you want Him to say to you?

RELATIONAL

Two questions to consider as you process, examine, and contemplate:

1) How did God grow you in each of these areas last year in 2018?

2) What are your goals for being more Christ-centered in these areas in 2019?

SPOUSE/MARRIAGE (if applicable)

CHILDREN (if applicable)

PARENTS (if applicable)

FRIENDSHIPS/FRIENDS I NEED/FRIENDS WHO NEED ME

EXTENDED FAMILY/NEIGHBORS/COWORKERS

SCRIPTURE REFERENCES:

“Wives, submit to your own husbands, as to the Lord. For the husband is the head of the wife even as Christ is the head of the church, his body, and is himself its Savior. Now as the church submits to Christ, so also wives should submit in everything to their husbands. Husbands, love your wives, as Christ loved the church and gave himself up for her, that he might sanctify her, having cleansed her by the washing of water with the word, so that he might present the church to himself in splendor, without spot or wrinkle or any such thing, that she might be holy and without blemish.”
- Ephesians 5:22-27

“Train up a child in the way he should go; even when he is old he will not depart from it.”
- Proverbs 22:6

“Children, obey your parents in the Lord, for this is right. Honor your father and mother (this is the first commandment with a promise), that it may go well with you and that you may live long in the land.”
- Ephesians 6:1-3

QUESTIONS FOR SELF-REFLECTION:

- In what ways have you shared the love of Christ with your one so far? How can you serve them this year? Are you fervently praying for their salvation?
- If you're married, does your marriage reflect the love of Jesus for His church?
- In what ways are you discipling your children? What ways can you add? Consider this: Your kids pick up what you believe about God by your everyday talk, reactions, desires, and sacrifices. What are they seeing?
- How can other people better support and encourage you? How can you better support and encourage others?
- Am I genuine in my love for others? What effect do I have on them? What do you want people to say about you at the end of your life?
- What is the single most important thing you could do to improve the quality of your family life this year? Of your marriage?

FINANCIAL/CAREER

Two questions to consider as you process, examine, and contemplate:

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2) What are your goals for being more Christ-centered in these areas in 2019?

FINANCES/BUDGET/STEWARDSHIP/GENEROSITY/SACRIFICIAL GIVING

WORK ETHIC/IDLENESS

OVERWORKING/IDOLATRY/BALANCE

GOSPEL/WITNESS/COWORKER RELATIONSHIPS

PURPOSE FOR GOD'S GLORY/INFLUENCE

SCRIPTURE REFERENCES:

“Do not lay up for yourselves treasures on earth, where moth and rust destroy and where thieves break in and steal, but lay up for yourselves treasures in heaven, where neither moth nor rust destroys and where thieves do not break in and steal. For where your treasure is, there your heart will be also.” - Matthew 6:19-21

“Whatever you do, work heartily, as for the Lord and not for men, knowing that from the Lord you will receive the inheritance as your reward. You are serving the Lord Christ.” - Colossians 3:23-24

QUESTIONS FOR SELF-REFLECTION:

- Does your budget reflect a commitment to the Lord’s work?
- What do your checkbook and bank statements say about you? Are you investing in the temporal things of this world or in things that will last?
- What is the purpose of my work/career? Do I want to keep doing it? Can I better serve Christ where He has placed me or somewhere else?
- How is my job affecting me as a human being? Is it enhancing my life or making it worse? Is it shaping my character in a godly or worldly way?
- Am I taking hold of opportunities to share Christ at work? Do I seek them out?
- Who are you working for? Do you see your work as serving the Lord Himself?
- Are you giving your all to your work? Could you be giving too much effort or not enough? What needs to change?
- What are some practical ways to fight work from becoming an idol?
- Do you have any strained relationships with coworkers? What steps can you take this year to improve those relationships?

MISSIONAL

Two questions to consider as you process, examine, and contemplate:

1) How did God grow you in each of these areas last year in 2018?

2) What are your goals for being more Christ-centered in these areas in 2019?

WHO'S YOUR ONE?

FRIENDS/NEIGHBORS

PERSONAL COMMUNITY INVOLVEMENT/OUTREACH

NUBC MISSION OPPORTUNITIES (#4RHEACOUNTY/WOM/MISSION TRIPS)

ORPHANS/WIDOWS/LEAST OF THESE/OPPRESSED

SCRIPTURE REFERENCES:

“Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe all that I have commanded you. And behold, I am with you always, to the end of the age.”

- Matthew 28:19-20

“But you will receive power when the Holy Spirit has come upon you, and you will be my witnesses in Jerusalem and in all Judea and Samaria, and to the end of the earth.”

- Acts 1:8

“You are the salt of the earth, but if salt has lost its taste, how shall its saltiness be restored? It is no longer good for anything except to be thrown out and trampled under people's feet. You are the light of the world. A city set on a hill cannot be hidden.”

- Matthew 5:13-14

“Religion that is pure and undefiled before God the Father is this: to visit orphans and widows in their affliction, and to keep oneself unstained from the world.”

- James 1:27

QUESTIONS FOR SELF-REFLECTION:

- Am I praying for others? Am I inviting people to church? Am I witnessing?
- In what ways are you praying, giving, and going in support of missions?
- How are you shining the light of Christ “as you go?” (the places you live, eat, work, shop, play, and frequent)
- How do I view other cultures and people groups? As made in His image?
- Do I consider myself to be a missionary? Why or why not?
- Are your acts of kindness more missionally-based or service-based? Are you sharing the gospel with those you minister to?
- Have I prayed and asked God how He is leading me to serve Him in missions? Am I willing to answer the call regardless of what it may be?

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