

REQUIRED RETREAT

MENTAL

RESIST-REFRAME

- Resist listening to too much news
- Reframe negative thoughts to positive

Philippians 4:6-8

PHYSICAL

REST-REFRESH

- Find time to rest
- Refresh with healthy diet and movement

Matthew 11:28-29

SOCIAL

REACH OUT-REDESIGN

- Reach Out to others through donations and technology
 - Redesign ways to connect with others
- Ecclesiastes 4:10*

SPIRITUAL

RECHARGE-REJOICE

- Recharge with devotion and prayer time
 - Rejoice by praising God for the blessings in difficult times
- Psalm 91 and 150*



Faith
Over
Fear

REQUIRED RETREAT

BY PEG ARNOLD

Discussion guide

⁴ Rejoice in the Lord always. I will say it again: Rejoice! ⁵ Let your gentleness be evident to all. The Lord is near. ⁶ Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. ⁷ And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

⁸ Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. ⁹ Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you. Philippians:4:4-9

Required Retreat

1. What does **Required Retreat** mean to you?
2. How is it different from the words quarantine, isolation, separation?
3. Does Required Retreat help to reframe the idea of quarantine for you?
4. What makes this time difficult?

Mental-

Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. Philippians 4:8

1. Resist listening to too much news, why is this important? How do you do limit your time? What is most difficult?
2. Read verse 8 again. How does this help you reframe your thoughts during the day?
 - a. Why is this important?
 - b. How do things change when you think on the things above?
 - c. Read verse 6-What happens when you when you let your mind worry?

Physical

Come to me, all you who are weary and burdened, and I will give you rest. Matthew 11:8

1. How are the rhythms of your day impacted?
2. Are trying to keep your routines?
3. What have you added or taken off your schedule?
4. Why is it important to watch monitor your nutrition, sleep and exercise patterns?

Social

If either of them falls down, one can help the other up.

But pity anyone who falls and has no one to help them up Ecclesiastes 4:10

1. Reach Out to others with encouragement and support- Jesus said the second greatest commandment is to love others as ourselves. How do we do this now? Why is this important to do? When you read the scripture can you identify someone who may need your support? How do you support them from a distance?
2. Redesign ways to connect with others- What are the ways you are connecting with others with using technology while and social distancing.
 - a. What tools do you find have the most impact on others, and yourself?

Spiritual

*Rejoice in the Lord always. I will say it again: Rejoice! ⁵ Let your gentleness be evident to all. The Lord is near. **Philippians 4:4 . Psalms 121, 125, 91***

1. How do you recharge spiritually? What obstacles do you face in recharging?
2. In the spiritual practices of prayer, thanksgiving, scripture, devotions, praise music, sermons, podcasts, videos, what feeds your spirit and recharges you?
 - a. How can you make more time to recharge with these?
3. Rejoice by praising God for the blessings in difficult times. This is hard to do. What helps you turn worries into thanksgiving?
 - a. Why it this important?

If you intentionally put each of the above practices into place, how would each day look different?

Faith Over Fear-scripture here?

1. What does this mean to you?
2. How is this difficult? How does it help to put Faith over Fear?

If this has been helpful to you, I would love to hear your feedback.

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