

Retreat Schedule



Behold, I am doing a new thing;
now it springs forth, do you
not perceive it?

I will make a way in the wilderness
and rivers in the desert.

Isaiah 43:19

🌸 Thursday, May 13

- 3pm Check-In/Registration
** Reminder ** Dinner is on your own. Restaurant on location or 10 minute drive, ask for restaurant suggestion sheet. Bistro Lakeside Restaurant will be open till 10pm to order online, pick up, dine in, or room service: www.lakejunaluska.com/bistro/
- 7pm-9pm - Session #1 Moving from victim mindset to owner Mindset
All Main sessions will be held in Stuart Auditorium

🌸 Friday, May 14

- 7-9am **Breakfast** (Terrace & Lambuth Inn Cafeterias)
- 9:30-11:30am - Session #2 Build Your Core Strength
- 12-1:30pm **Lunch** (Terrace & Lambuth Inn Cafeterias)
- 2-2:45pm - **Break-out A** (Q & A)
- 3-3:45pm - **Break-out B**
- 2-5pm - **Prayer Room** - Counseling Appointments (group & individual)
- 5-7pm **Dinner** (Terrace & Lambuth Inn Cafeterias)
- 7:15-8:30pm - Session #3 Finding Healthy Relationships
- 8:30-9:30pm - Special evening of WORSHIP MUSIC

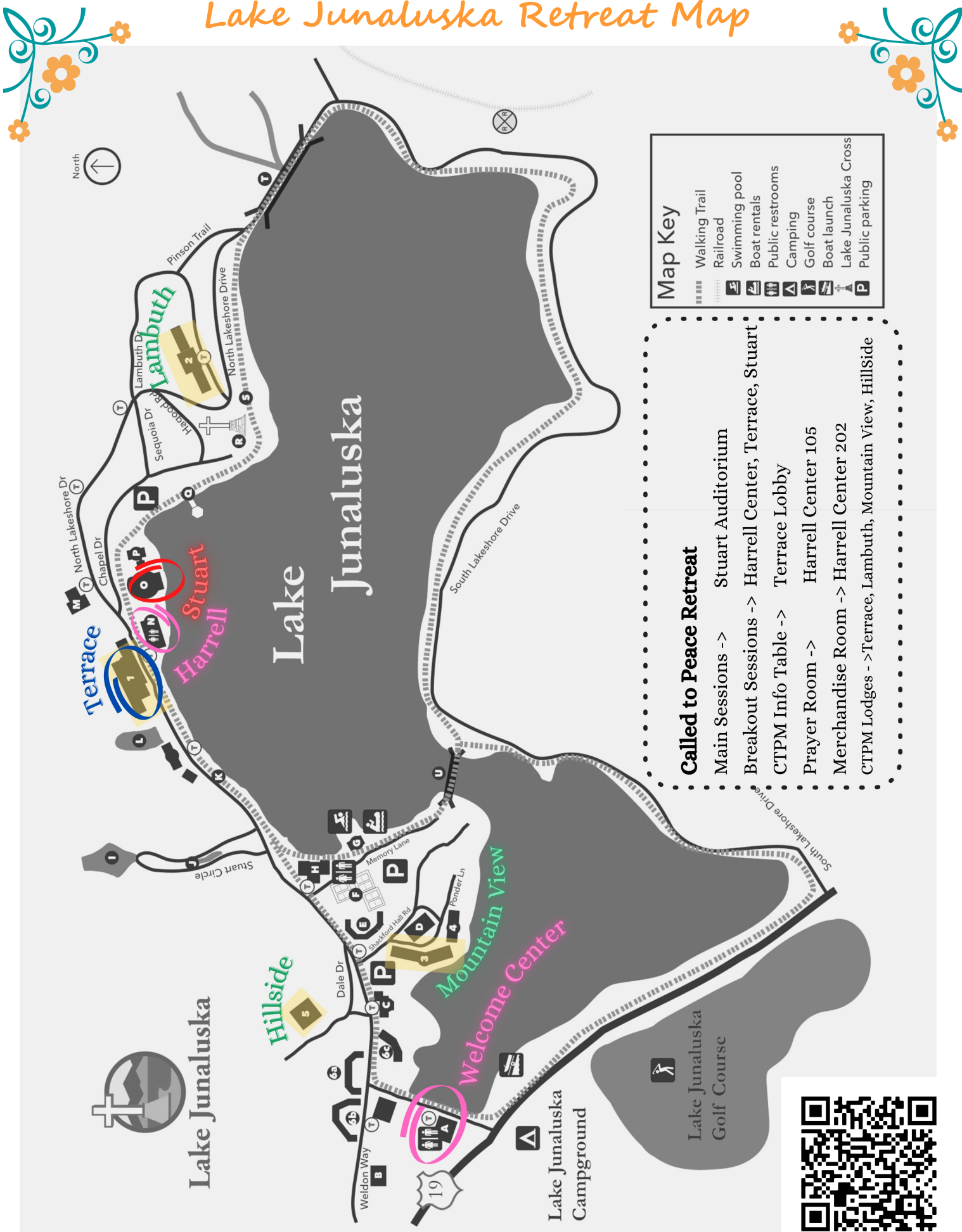
🌸 Saturday, May 15

- 7-9am **Breakfast** (Terrace & Lambuth Inn Cafeterias)
- 9:30-11am - Session #4 Be Brave! Grow Strong!
- 11:5am-12pm - **Break-out C**
- 12pm - FREE TIME Begins - Lunch/dinner on your own.
Prayer Room - Counseling Appointments (group & individual)
Break-out D (2-2:45)
Check out Lake Junaluska's activities (paddle board, kayak, walking trails)
Take time to explore this BEAUTIFUL area
Ticket-Holder Fundraiser Dinner & Activities 6-9pm, Harrell Center/Tent

🌸 Sunday, May 16

- 7-9am **Breakfast** (Terrace & Lambuth Inn Cafeterias)
- 9-10:15am - Check out: turn in keys to your front desk (Hillside & Mtn View check out at Terrace Inn)
- 10:30am-12pm - Sunday worship & Closing Session #5 He Makes All Things New!
- 12pm Send off

Lake Junaluska Retreat Map



Featured Speaker: Leslie Vernick

Leslie is a popular speaker, author, a licensed clinical social worker and relationship coach. She is the author of seven books, including the best selling *The Emotionally Destructive Relationship* and her most recent *The Emotionally Destructive Marriage*.

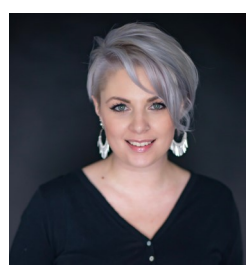
Leslie has been a featured guest on Focus on the Family Radio, Family Life Today with Dennis Rainey, Moody Mid-Day Connection and writes a regular column for WHOA women's Magazine. Internationally, she's spoken in Canada, Romania, Russia, Hungary, the Philippines, British Virgin Islands and Iraq.

In 2013, she received the American Association of Christian Counselors Caregiver of the Year Award.

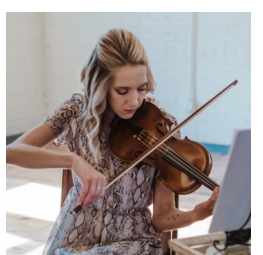
She's been married to Howard for 43 years and together have two grown children and three grandchildren. Leslie received her Masters degree in Clinical Social work from the University of Illinois and has received post-graduate training in Biblical Counseling as well as Cognitive Therapy.



Emcee
wonder Dixon



Worship Leader
Becca Griffiths



Violinist
Morgan Warlick



🌸 welcome to "He Makes All Things New!" 🌸

we are so pleased and honored that you have chosen to spend the next few days with us as we focus on our God's ability to make "all things new." At Called to Peace Ministries, we believe that nothing is impossible with Him. He turns ashes into beauty and transforms victims into victors. If you are an abuse survivor, we believe that this will be a transformational time in your healing process. Although healing after abuse is neither quick nor easy, it is remarkably possible. It is a journey that takes time, and that involves our total being- body, mind, and spirit. we cannot ignore any aspect of it, and that's what we tried to keep in mind as we planned this retreat. You will notice that we have attempted to cover all of these elements in the sessions being offered. This weekend may just be the beginning of your healing process, or you may be further along in your journey. whatever your situation, we believe that you will leave here renewed, better equipped, and enabled to take the next steps forward. we have been praying for your time here and have asked God to meet you specifically this weekend - that He will do "immeasurably more than all [you.] ask or imagine" (Ephesians 3:20).

If you are a counselor, ministry leader, or people helper, we believe this weekend will equip and enable you to more effectively minister to those who have suffered as a result of abuse. we are so grateful for your heart to come alongside those who have suffered injustice and oppression, and believe that you are answering a call very close to God's heart. we hope that you will stay connected with us, and perhaps consider becoming a CTPM affiliated advocate or support group leader. This ministry has grown 600% in the past 4 years, and we constantly need more helpers. To learn more about ways to volunteer, visit www.calledtopeace.org/join-us/.

For all attendees, please take time to turn to the back of this booklet (pages 18-19) and check out the Important Guidelines and Housekeeping sections to make sure you get the most from your retreat experience. we are so excited for what our great God is going to do in your life this weekend and can't wait to hear your stories! He truly does make all things new!

Believing Him on your behalf,

Joy Forrest

Executive Director, Called To Peace Ministries

Come to Me all who are weary and burdened

and I will give you REST...

Matthew 11:28



Called to Peace Ministries exists to provide a compassionate, comprehensive, and Christ-centered response to those impacted by domestic abuse.



welcome from the Called To Peace Ministries Team

Called to Peace MINISTRIES

Practical Assistance

- Advocacy Services
- Crisis Counseling & Coaching
- Support Groups
- Survivor Retreats
- Emergency Assistance

Educational Resources

- Advocacy Training
- Coaching for Churches & other organizations
- Conferences
- Seminars & Training
- Church Partnerships

Thursday 7pm – Main Session #1

Three Shifts Required to Move from Victim Mindset to Owner Mindset

with Leslie Vernick



If you CHANGE YOUR STORY, YOU CAN CHANGE YOUR LIFE.

We can be legitimate victims. Life hurts and bad things happen. Jesus tells us in this world you will have trouble. (John 16:33)

Differences between an owner Mindset and a victim Mindset

Owner Mindset

Victim Mindset

Listen to your internal self-talk when life is challenging or hard. Is it victim mindset or owner mindset?

Owner self talk

Victim self talk

The three shifts you must make to change your mindset.

1. Recognize you have choices about who you are and how your character in your story handles adversity.

Trauma may create learned helplessness. But you can relearn the truth: You have choices.

2. Understand the thought/feeling connection and pay attention to your self-talk and underlying beliefs.

"My thoughts trouble me and I am distraught." (Psalm 55:2)

Situation Thoughts Feelings

once you see clearly, you can own your problem. Now you can do something about your part of the problem. That changes the outcome of your story. Only you can do that for you.

3. Develop your sense of identity, who are you? Who or what defines you? Find Your Big Circle, or True Self.

Start by asking yourself what are your deepest values and your highest virtues? Not what they should be, but what is important to you. You have to desire these for yourself.

Define them in the present tense. I am _____? Gideon Judges 6

List 3 of your highest values or virtues you want to be (become).

Living in alignment with your truest self (virtues and values) not temporary emotions creates a different ending to your life story. Joseph in Genesis 37-45

Friday Morning Reflection



Today we are praying that God's presence will strengthen and encourage you.

Good morning and Happy Friday! Please take a moment to meditate on, and pray scripture (Philippians 4:6-8). May the hope & shalom peace of God be yours.

Praying God's word: Use the following as a guide to pray scripture into your life. Provided are a few lines to intentionally weave God's TRUTH into your heart and mind. Begin by asking God to "speak" to you as you focus on His word. Ask God to give NEW LIFE and NEW Perspective. Tell Him you desire for His Freedom & Peace. Do you want to move forward in the power & peace of God?

"Do not be anxious about anything, but in everything, by prayer and supplication, with thanksgiving, let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. Finally, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things." Phil. 4:6-8

Do not be anxious about anything... (Pause: what anxious thoughts constantly run through your mind? What thoughts rob your joy and seem to keep you stuck? "Pour out your heart before Him; God is a refuge for us." (Psalm 62:8)

I'm anxious about...

BUT, in everything, by prayer and petition... (PRAY about EVERYTHING! Earnestly ASK & humbly present your needs to GOD).

...with thanksgiving, let your requests be made known to God. (Give thanks always. What are you thankful for? ...make your requests known to God... He listens when you pray (Jeremiah 29:12) He sees you; He hears you. His heart is for you (Psalm 116:2). Let this TRUTH sink in... He is listening right now.

Continue this method on your own with the rest of these verses... **And 'THE PEACE' of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.**

'The Peace' of God- the original word is 'to join' and ultimately true tranquil peace that comes from oneness with our Creator. The Greek word denotes rest, and quietness of spirit, security, safety, refuge, and the absence of chaos & havoc. Quiet rest can be found daily in Jesus. (for more in depth word studies look up BlueLetterBible.com)

Read the last verse again, and take time to focus on each one. **whatever is TRUE:** ask God to reveal and replace the lies you believe with His TRUTH... Continue through each one and ask God to renew your mind with life-giving thoughts.

TAKE ACTION:

Ask God to fill you with His Peace. Pay attention to your thoughts. When anxiety, confusion, and destructive thoughts fill your mind, you can immediately choose to stop focusing on them and give that overwhelming weight to God. **Breathe out** the tightness/anxieties/weight... **Breathe in** God's Holy Spirit restorative peace. Allow God to renew your mind with His TRUTH.

At your lodge CTPM info table, pick up a roll of "washi tape" (the colorful roll of scotch tape). Use this tape as a tool to tape scripture EVERYWHERE (on your walls, mirrors, phone, and car dashboard). Written verse cards and the colorful tape, can be placed around your living space as reminders of God's love, peace and presence. You can also put the "washi tape" in simple places to prompt you to focus on God's presence. **Let His truth permeate and transform your LIFE!**

Friday 9:30am—Main Session #2

Build Your CORE Strength - with Leslie Vernick

C - I am Courageously Committed to Truth - Restoring sanity - Matthew 6:22, Psalm 119:128, Ephesians 5:11

Behold, you delight in truth in the inward being, and you teach me wisdom in the secret heart. Psalm 51:6

Stop pretending (unless there are serious safety concerns).

Face the dilemma "Do you HAVE to have sex with him?"

Build your own self-awareness and self-reflection skills

Identify the lies you believe about yourself, about your marriage and about God.

Explore the thought/feeling connection (Psalm 55:2)

O - I will be Open to the Holy Spirit and wise others - Psalm 43:3; Psalm 58; Psalm 174; Psalm 119; 133, 147, 160, 163; Hebrews 3:13

Learn to become a God-centered woman not a man/husband-centered woman.

Deepen your relationship with Christ so that your identity is from Him and not from your husband.
(Healing her damaged sense of self)

"He sent out his word and healed them and delivered them from their destruction." Psalm 107:20

"Genuine self knowledge begins by looking at God and noticing how God is looking at us. Grounding our knowing of our self in God's knowing of us, anchors us in reality. It also anchors us in God." David Benner PhD

Learn to live from your Big circle and not your small circles.

R - I will become Responsible for myself and respectful towards others without dishonoring myself. Galatians 6:5; Ephesians 4; 1 Thessalonians 4:4, 11, 19; 2 Thessalonians 3:12

Guard your heart, for it is the well-spring of life. Avoid all perverse talk; stay away from corrupt speech. Proverbs 4:23, 24 (Stewardship and boundaries)

Understand the difference between a hard heart and a guarded heart

Become an expert in self-stewardship and its Biblical basis.

Think like an owner and not a victim.

Clarify what you are responsible for and what you are NOT responsible for.

Move out of the rescuing and over functioning role

Speak the truth in love - practice new ways of speaking into your spouse's destructive behaviors and not getting provoked into reacting sinfully. BIFF/JADE

Establish appropriate boundaries and implement consequences when they are

E - I will be Empathetic and compassionate without enabling - Proverbs 5:12-14; 2 Thessalonians 3:10; Colossians 3:8-14

✿ Continued... Main Session #2

E - Empathetic and compassionate without enabling ...continued...

Your kindness will reward you, but your cruelty will destroy you. Proverbs 11:7

Explore the possibility of lingering bitterness and hard-heartedness towards your destructive spouse and practice guarding your heart.

Trust must be rebuilt, it is not automatically granted.

Learn how to respond with empathy and Biblical love while still standing firm with boundaries and consequences.

Get clear on the abuse cycle so that you are not deceived by false promises and empty words or get confused by twisting of reality. Psalm 5:9

whoever hates disguises himself with his lips and harbors deceit in his heart; when he speaks graciously, believe him not; for there are seven abominations in his heart; though his hatred be covered with deception, his wickedness will be exposed in the assembly. Proverbs 26:24

Brainstorm appropriate consequences that you need to implement for continued destructive behaviors.

validate and encourage your own growth and changes even if your marriage deteriorates (which it often does as your husband may feel threatened by your new found strength).

"Every time you make a choice you are turning the central part of you, the part of you that chooses, into something a little different than it was before. And taking your life as a whole, with all your innumerable choices, all your life long you are slowly turning this central thing either into a heavenly creature or into a hellish creature."

-C.S. Lewis



Friday 7:15pm—Main Session #3

Finding Healthy Relationships Panel

Panel Members: Joy Forrest, Leslie Vernick, Porscha Green, Georgia Shaffer, Sarah McDugal

Saturday Morning Reflection

Taste and See that the Lord is good!

Oh the joys of those who 'take refuge' in Him... (Psalm 34:8) we pray that the things you learn today will help you build your hope, joy, and strength. May you sense and know the LOVE of GOD, that transcends all understanding. He has brought you here for such a time as this.

Praying God's word: Anyone who belongs to Christ has become a new person on the inside. The old life is gone; a new life has begun! 2 Cor 5:17

If you were given a \$100 bill, could you go to the store and buy something worth \$100? YES! What if it was crumpled up? Could you hand it to the cashier and still buy something worth \$100? What if it was dropped in the mud, or stepped on? YES! Money is made with a specific purpose and value that does not change based on what people do to it, or how it looks. **The same is true for you!** God knit you together in your mother's womb. He has a plan and purpose for your life. (Psalm 139). He gives life, renews life, and provides you with abundant LIFE. (John 10:10). Who you are does not change based on your occupations, status, past, how you are treated, what you've done, or what others say about you. God created you in His image and crowns you with glory. (Ps. 8:5) You have been given amazing purpose, value and worth. No matter what you have been through, NOTHING can take away the value and purpose that God created you for! **You are His!**

Do you know how valuable you are and that God **delights** in you?

Take a moment to meditate on God's Truth: "For the Lord your God is living among you. He is a mighty savior. He will take delight in you with gladness. With His LOVE, He will calm all your fears. He will rejoice over you with joyful songs." Zephaniah 3:17.

Take Action: Ask God to fill you with His Spirit of joy... Ask for His help to see yourself the way He sees you.

Your identity in Christ is who **Gods** says you are. Look up these verses and write down who He says you are!

✿ Ephesians 2:4-10 —

✿ 1 John 3:1-2 —

✿ 1 Peter 2:9—

Consider planning time today to experience the Prayer walk Activity on pages **22-27**

We hope you picked up your **piece of chocolate at our lodge CPTM info table!** As you taste the sweetness of this gift, we hope that you sense God's love and favor towards you. **"TASTE and SEE that GOD is GOOD...."** (Psalm 34:8)



Saturday 9:30am—Main Session #4



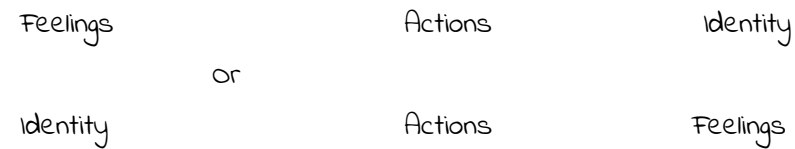
Be Brave: Grow Strong

with Leslie Vernick

"So take a new grip with your tired hands and strengthen your weak knees. Mark out a straight path for your feet so that those who are weak and lame will not fall but become strong." Hebrews 12:2

BE Brave
who defines you?

what controls you?



when you make life choices from feelings but violate your values and virtues, you live out of alignment with the self you want to be/become.

Grow Strong – How?

world's way or God's way

Pay attention to your inner game

Develop resilience/Anti Fragile attitude

Practice the micro steps not the macro

Keep company with minded warriors



Sunday Morning Reflection

Today is the day that the Lord has made, we will REJOICE and be glad in it! (Psalm 118:24)

Let's turn our eyes away from the world with all its shortcomings and sufferings, and fix your eyes on Christ. We are praying for you, that the Lord would be your help! that He would empower you to continue to be BRAVE & confident in who He created you to be!

Praying God's word: "I heard a loud voice from the throne saying, "Behold, the dwelling place of God is with man. He will dwell with them, and they will be his people, and God himself will be with them as their God. He will wipe away every tear from their eyes... for the former things have passed away." And he who was seated on the throne said, "Behold, I am making all things new. Write this down, for these words are trustworthy and true." Revelation 21:3-5

God is ALWAYS with you!
God will comfort you!
God will set you free from your past!
God is trustworthy!
God is making all things new!

Ask the Holy Spirit to speak to your heart. Invite Him to confirm His words of TRUTH.

write down what you hear Him saying to you.

Take Action: God has not given us a spirit of fear!

Personalize this whole verse and speak it out loud in a declaration of TRUTH: "God has not given ME a spirit of fear, but of power, love and sound mind." 2Timothy 1:7

✿ what does it mean to live in God's power/strength, not your own?

✿ How can you rely on God's love as your motive, not your own?

✿ A sound mind is filled with God's PEACE that guards your heart and mind? what does that look like for you?



Today, STARBURSTS are provided at the lodge CPTM info table as a happy treat! We are confident you will SHINE bright like the STARS! (Philippians 2:15) "Look to the Lord and you will be radiant with joy. You will shine like the sun; no shadow of shame will darken your face." (Psalm 34:5)

Sunday 10:30am – Closing Session #5

He Makes All Things New!

What is your biggest takeaway from this weekend?

What action steps will you take as a result?

Write a prayer of commitment to the God, asking and believing Him to enable you to walk in the NEWNESS of LIFE He offers (John 10:10).

Therefore if anyone is in Christ [joined to Him by faith in Christ as Savior], a new creation [reborn and renewed by the Holy Spirit]; the old things [the previous moral and spiritual condition] have passed away. Behold, new things have come [because spiritual awakening brings a new life].

2 Corinthians 5:17 (Amplified Bible)



♥ Finding Abundant NEW LIFE in Jesus ♥

Regardless of where you are in your spiritual journey, we want you to know that you are loved and welcome here! Perhaps you have been wounded by people who profess the name of Jesus and that grieves us greatly, we want you to know that our Savior is neither harsh nor condemning. The purpose of Jesus' ministry on earth was to heal the brokenhearted, to proclaim freedom for the captives, to release those in bondage, and to comfort the grieving. He came to turn our worst suffering into something beautiful (Isaiah 61:1-3). Our God is love (1 John 4:8 & 1 Corinthians 13:4-7), but there are things he hates (Proverbs 6:16-19).

God hates it when people hurt others or take advantage of them. **God hates abuse!** In fact, when we see God's anger poured out in the old Testament, it is against injustice and violence. In the beginning, everything was good - there was no evil, no anger, no pain, no violence. God created us to live in perfect harmony with Him and each other. Sadly, people chose to do things their own way and rebelled against God.

As a result of our rebellion (sin), we became alienated from God. Nothing imperfect can enter His holy presence, and as a result we lost the ability to have a relationship with Him. (Romans 6:23 & Romans 3:23) In an amazing act of love, God sent His Son (Jesus) to repair the separation between Him and us by taking the punishment for our rebellion. His perfect sacrifice paid the penalty for our sin. (Romans 5:8) Jesus understands our pain and suffering as He was mocked, betrayed, beaten and crucified. BUT - He conquered sin and death when He rose from the dead! This opened the door for us to be able to experience a restored relationship with God that sets us free - we can experience new life!

When we surrender our lives to Him, an exchange happens. We give Him our brokenness. In return, He makes us worthy by forgiving us and filling us with His peace. We receive a new identity. **Our past no longer defines us and our new life has begun.** (2 Cor. 5:17 & 21)

Here is the exciting part, not only do we have a new identity in Jesus, but God also gives us His Holy Spirit to live inside and help us grow into the individuals He created us to be.

If you realize you are broken and need a Savior and you want to experience the peace & freedom that Jesus offers...you can begin a personal relationship with God by praying the following:

- Ask God for His forgiveness. Acts 3:19-20 / Romans 8:1 / 1 John 1:9
- Believe in your heart and declare that Jesus rose from the dead and invite Him to be your Savior. Romans 10:9-10 & 13
- Commit to making God the center of your life and to grow in your relationship with Him.
- Ask God to fill you with His Holy Spirit to transform you from the inside out. Romans 8:11 / 1 Corinthians 3:16 / Galatians 5:22-23

The wonderful news is that if you asked God for forgiveness and asked Him to do for your life, you have instantly become a part of His forever family. You have now received eternal life. (John 1:12 / John 3:16) You are "saved" and forgiven! You have been given a new identity! Your relationship with God is restored! The old is gone and your new spiritual life has begun. You are a new one on the inside—spiritually alive. Now His Holy Spirit lives in you and He will continue the process of transforming you from the inside out. It is not about following rules, or trying to be good, but about growing in a personal relationship with Him.

If you just began a relationship with God, or would like to pray with someone, please see a member of our prayer team (yellow lanyards) or email us at info@calledtopeace.org. We have a Bible to give you and encouragement for growing in your relationship with God. We have been praying for you and asking God to truly make all things new in your life—as only He can. 16



My Goals Moving Forward: My Action plan

what are the most important goals in your life currently?

It may be physical, mental, spiritual, relational, financial, or educational.

Make sure these goals are realistic, measurable, achievable and clear.

Goal 1:
(Spiritual Growth example: I want to experience the peace of God in my heart and mind, regardless of my circumstances.)

Because...

Action Steps I will take:

1. Read/Journal/Pray a Psalm a day for the month of June.
2. _____
3. _____
4. _____
5. _____

I would like to achieve or revisit this goal by: _____

Goal 2:
(Practical Goal Example: Create a sustainable monthly budget and save \$_____ a month.)

Because...

Action Steps I will take:

1. _____
2. _____
3. _____
4. _____
5. _____

I would like to achieve or revisit this goal by: _____

BIG PICTURE QUESTIONS:

where am I going? what direction am I headed in?

what's the ultimate goal? what are the smaller goals along the way?

Is my life accurately reflecting who I am in Christ? Am I living a double life?

who am I created to be? who am I becoming?



* Housekeeping

1. **FOOD:** Bistro Lakeside Restaurant is available on campus for online, pick up, dine in, or room service: www.lakejunaluska.com/bistro/ **Reminder!** You are on your own for Saturday lunch and dinner. we will release before lunch on Sunday. (Restaurant list at all the information tables or on the retreat website)
2. The main CTPM information table will be in Terrace lobby. Each lodge will also have smaller info tables.
3. Save time at the store by making your purchase online and showing your receipt to pickup. Harrell #202 (www.calledtopeace.org/shop)
4. **Lodging Info:** There will not be a daily room cleaning service due to COVID. Please tie your trash bag when it is full and place outside your door. If you need clean towels/sheets, or more toilet paper, call the front desk.
5. **COVID Instructions:** we are following North Carolina guidelines. Lake Junaluska does require us to keep masks on while we are indoors except for eating in the cafeteria, in your personal rooms, or if you are unable to wear a mask (please maintain social distancing).
6. **Photos:** Please refrain from taking and posting pictures on social media, unless you have been given permission. Please **Do NOT** share pictures of those wearing **purple** lanyards.
7. **HAVE FUN!!!**



Important Guidelines

We are all here on our own journeys to healing, growth and freedom. Each of our stories are unique and we are all in different stages of this process. Please show grace and respect to one another by adhering to the following:

- ✿ Please ask permission before hugging or touching, as this may be a trigger for some.
- ✿ Remember the Holy Spirit will be working differently in each of our lives, so please allow each other space to cry and weep before Him without interruption.
- ✿ Please keep your phone on silent mode during retreat sessions.
- ✿ If you are feeling overwhelmed or triggered, we have a Prayer/Counselor team (look for someone with a **yellow** lanyards), or you can visit the Prayer Room located in Harrell Center #105.

At CTPM we believe there should be unity when it comes to the essentials of the Christian faith and liberty in the nonessentials. We allow for freedom of conscience when it comes to matters of theology that are not central to the Bible's teaching. We are a nondenominational ministry. We do not impose our personal theology and respect your stance as long as it does not endanger victims of abuse.

During our time together, we ask that we each **RESPECT** one another's beliefs and worship styles.

♥ Call upon Me and come pray to Me, and I will listen to you. You will seek Me and find Me when you search for me with all your heart.

Jeremiah 29:12-13

Trigger Helps & Resources



- ✿ Read Scripture verses to focus on the **TRUTH** and fill your heart & mind with the **PEACE** of God's presence.
- ✿ When you are able, speak out loud God's word, not just quietly in your mind. The **POWER** of God's spoken word defeats the lies and fear of the enemy (the Sword of God). Invite the Holy Spirit to calm your heart and mind.

HOW TO PREVENT AN ANXIETY ATTACK!

- ♦ Breathe deeply in through your nose and slowly out your mouth several times.
- ♦ Slowly look around you and find the following:
 - 5 things you can **SEE**
 - 4 things you can **TOUCH**
 - 3 things you can **HEAR**
 - 2 things you can **SMELL** (or 2 smells you like)
 - 1 emotion (positive) you **FEEL**

This is called **GROUNDING** - it can help you when you feel overwhelmed in your mind and feel like you have lost touch with your surroundings.



Through JESUS, I am...

BELOVED

I have loved you with an everlasting love. with unfailing kindness I have drawn you to myself. Jeremiah 31:3

CHILD OF GOD

See how very much our Father loves us, for he calls us his children, and that is what we are! 1 John 3:1

WASHED CLEAN

"Though your sins are like scarlet, I will make them as white as snow. Though they are red like crimson, I will make them as white as wool." Isaiah 1:18

FREE

So Christ has truly set us free. Now stand firm to make sure that you stay free, and don't get tied up by slavery to the law. Galatians 5:1

FORGIVEN

He personally carried our sins in his body on the cross so that we can be dead to sin and live for what is right. By his wounds you are healed. 1 Peter 2:24

RIGHTEOUS

For God took the sinless Christ and poured into him all our sins. Then, in exchange, he poured God's righteousness into us. 2 Corinthians 5:21

MADE NEW

Therefore, anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun! 2 Corinthians 5:17

TEMPLE OF THE HOLY SPIRIT

Don't you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? 1 Corinthians 6:19

SAINT—HOLY

But you were cleansed; you were made holy; you were made right with God by calling on the name of the Lord Jesus Christ and by the Spirit of our God. 1 Corinthians 6:11

FILLED WITH THE HOLY SPIRIT

But you are no longer controlled by your sinful nature. You are controlled by the Spirit when you have the Spirit of God living in you. Romans 8:9

COMPLETE IN CHRIST

You have everything when you have Christ, and you are filled with God through your union with Christ. Colossians 2:10

MASTERPIECE

For we are God's masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago. Ephesians 2:10

SWEET AROMA

For we are to God a pleasing aroma. It is the fragrance of Christ within us, an aroma to both the saved and the unsaved all around us. 2 Corinthians 3:9

NEVER ALONE

The Lord himself will go ahead of you. He will be with you. He will never leave you. He'll never desert you. So don't be afraid. Don't lose hope. Deuteronomy 31:8

WONDERFULLY MADE

I praise you because I am fearfully and wonderfully made; all your works are amazing. Psalm 139:14

BOLD

Since this new hope gives us such confidence, we can live very bold. 2 Corinthians 3:12

GUARANTEED VICTORY

You have given me your shield of victory. Your right hand sustains me; you stoop down to make me great. Psalm 18:35

OVERCOMER

For the Holy Spirit, God's gift, has not given us a spirit of fear and timidity, but of power, love, and sound mind. 2 Timothy 1:17

Lake Junaluska Prayer Walk

Written By: Naomi Jubilee



For Naomi, identity is important. She chose her last name to reflect the life she wants to live: a life of Jubilee as described in the Bible, full of worshipping the Lord through song, dance, setting captives free, and relying on God's provision for her life.

Distance: 2.3 miles Starting Location: walking Trail in front of The Terrace, follow the path by the lake, then go left (clockwise around lake)

1. Labyrinth 🌸

Do you ever feel like your life's journey looks like this labyrinth? Just looking at it can make you feel a little crazy. Walking through it can make you feel a little dizzy at times, surprised by an unexpected turn, wondering why on earth you're walking in circles when there is a perfectly good straight path just a few feet away. Have you ever asked God why your life took an unexpected, crazy detour that seems to make no sense? I certainly have been through my share of labyrinth-like seasons in life.

As you walk through this labyrinth, I'd like to invite you to ask God why. Know that you can trust Him even when you don't understand why this has happened. Ask what He wants you to do next and how you can grow closer to Him during this. He welcomes the conversation. He sees you struggling with the unexpected turn life has thrown your direction. He sees your tears at night and hears your questions. Let him be your guide through the crazy times. When you come through the other side, remember that there was an exit- an exit you were beginning to doubt would ever come- a transition back to what feels more like a normal path.

Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths. Proverbs 3:5-6 📖

2. Meditation Pier 🌻

As you leave the labyrinth, walk on towards the dirt parking lot and continue on the path until you see a pier on the right. walk out and take a minute to sit on the bench. Do you see the verse? Take some time now to be still to think about this truth, that God is God. "Be Still And Know that I am God." (Psalm 46:10)



I'm sure I'm not the only one who has struggled with knowing who God really is. Sometimes our view of God has been warped by our family or our churches. Sadly, often misinterpreted scripture leaves us with a deep hurt as the ones who were supposed to love and care for us the most are the very ones who have abandoned us, betrayed us, shamed us, and rejected us.

Praise the Lord! For it is good to sing praises to our God... He gathers the outcasts... He heals the brokenhearted and binds up their wounds. He determines the number of the stars; he gives to all of them their names. Great is our Lord, and abundant in power; his understanding is beyond measure. The Lord lifts up the humble; he casts the wicked to the ground. **Psalm 147:1-6**

Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand. **Isaiah 41:10**

You keep him in perfect peace whose mind is stayed on you, because he trusts in you. **Isaiah 26:3**

Let us hold fast the confession of our hope without wavering for he who promised is faithful. **Hebrews 10:23**

Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid. **John 14:27**

3. Train Depot House 🌻

Continue your loop around the lake, passing by a swan statue, until you see a building on the left, and a building ahead of you.

These two buildings are part of the repurposed Southern Railway train depot. You might be able to see some of the abandoned tracks on the hillside.

what a beautiful, charming house. when I took this photo, it was a summer day. The midmorning sun was shining down on this unique home. But these buildings weren't always this way.

This train depot had a purpose and an exciting life with many visitors, the gateway for visitors arriving for spiritual refreshment. I like to imagine if this depot had a personality, she must have felt very content to be living out her intended purpose.

Now, I imagine, how she felt when one day the train decided to pass her by-- being erased by mapmakers? How would she feel when no one visited her, maybe even threw some rocks at her for fun? How would she feel as the days passed on and the grass became overgrown, no one visited, her paint chipped, and she was empty except for the junk people decided they could store inside her once bustling stationhouse? She lived like this a number of years, being overlooked and uncared for, mistreated, abandoned, and feeling without purpose.

But one day, someone saw her true self, her true value. Instead of bulldozing down what most would see as a worthless old building, the man invested time and money into



giving her new life. It must have hurt as the two main parts of her were separated and relocated to where they remain today. I wonder if she would have asked God why she had to go through so much pain. I wonder if she knew the plans the man had or if she were terrified during the process. In time, the man made sure she had solid foundations to rest on, grounds that were well-kept, walls that were cleaned and refreshed and painted. That restoration process must have felt encouraging, to have someone who cared and wanted her to have a long, wonderful life. And then, the unexpected added joy of housing a family within her walls, never to be alone again. And all because someone cared enough to help. She'll never forget the empty years, but she'll also always remember how she was made new again, loved again, refilled with purpose.

Ephesians 2:10

For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them.

2 Corinthians 5:17

Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come.

Jeremiah 30:17

For I will restore health to you, and your wounds I will heal, declares the Lord, because they have called you an outcast.



4. Fire Hydrant 🌸 Continue walking around the lake, and meditate on these verses. Eventually you will come past a green fence on the right with tall bushes and a steep hill. Look on your right until you see the fire hydrant. Stop here for a moment while you read the next paragraph.

Fire hydrants are for emergencies. They are used for quick access when a nearby fire is raging to combat the destructive nature of fire. Think about a time you have been in a crisis that felt out of control like an intense fire.

where do you go when the fires strike? Do you panic and feel hopeless, watching pieces of your life be destroyed? Do you try to put the fire out yourself, attacking it from all angles, getting burnt yourself in the process? Do you call a friend, someone who can bring help or comfort you, help you fight the fire or salvage what remains of the burnt part of your life? Do you get angry, ready to exact revenge on the arsonist?

All of these would be very normal responses to a situation like this. The good news is we do have an ultimate firefighter, but we need to call Him. Squat down in front of the fire hydrant and look across the water to the hill on the opposite side.

Paraphrase of Isaiah 61:1-3,7

The Spirit of the Lord God is upon Me, because the Lord has anointed Me to preach good tidings to the poor; He has sent Me to heal the brokenhearted, to proclaim liberty to the captives, and the opening of the prison to those who are bound; to proclaim the year of the Lord, and the day of vengeance of our God; to comfort all who mourn, to give them beauty for ashes, the oil of joy for mourning, the garment of praise for the spirit of heaviness... Instead of your shame you shall have double honor, and instead of confusion they shall rejoice in their portion... Everlasting joy shall be theirs.

I lift up my eyes to the hills. From where does my help come? My help comes from the Lord, who made heaven and earth. **Psalm 121:1-2**



Can you see it? Across the water on the hill? There's a cross. It's always there, always visible, but it shines the brightest during the darkness. When you are going through dark, difficult, crisis-filled times, remember to lift up your eyes, focusing your gaze on Jesus, knowing that He is ready to respond.

5. Rose Bushes 🌸

Continue on your walk, cross over the bridge, past the boathouse, and you'll be in the final stretch. On the left will be a long row of carefully cultivated rose bushes. As you walk past the rose bushes, those huge, beautiful blossoms greet you, stretching out to fully embrace the sun's rays. Also there are tiny buds.

I wonder if the rosebuds might feel a little envious at times, in the shadow of such fragrant blossoms, feeling slightly ignored or unappreciated by those passing by that stop to sniff the big blossoms.



The truth is that large, open blossoms and the tiny rosebuds were created the same. Both are exactly where they need to be in their life right now. At just the right time, the rosebud's petals will open. If I could give any advice to the rosebuds, I would tell them not to let the thief of comparison steal their joy in living. I would remind them that the Gardener who so carefully tends to these rose bushes, cares for both the large blossoms and the rosebuds alike and He gently smiles with pride and love for them all.

Romans 8:25-28

But if we hope for what we do not yet have, we wait for it patiently. In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans. And he who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for God's people in accordance with the will of God. And we know that in all things God works for the good of those who love him, who have been called according to his purpose.

Ephesians 6:10-18

How the Armor of God applies to every daily life

This world is a battlefield! These verses describe our daily interactions as struggles that are NOT against the people in our lives, but against the spiritual forces all around us that influence every relationship. Our real enemy is Satan. God has given us the spiritual weapons we need to stand firm against "the flaming arrows of the evil one." God is our source of strength to resist the enemy, God is the only one Satan has never defeated.

The Helmet of Salvation- I choose to focus my mind in the security of Your salvation, not only for eternity, but You are my HOPE for here and now. I put my trust in You no matter what comes my way. You are my Savior.

Breastplate of Righteousness- My identity is completely rooted in the truth that my value and worth are given to me by God. I am RIGHTEOUS because of Jesus! God created me on purpose, with a specific purpose for my life. I am His masterpiece, in whom He delights. My heart is secure and protected by God!

Belt of Truth- I choose to believe and live according to the truth found in God's word. Knowing what is truth and what is a lie, gives me stability and sets me free from the bondage of the enemy.

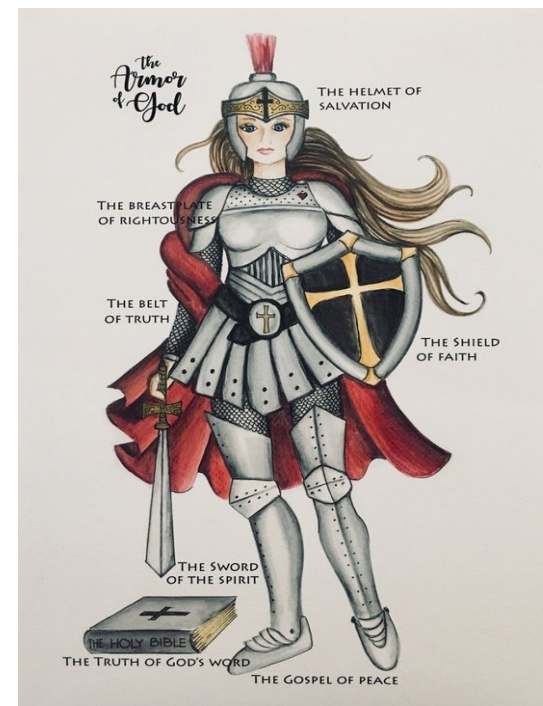
Shoes of Peace- Even when everything around me is chaos, I choose to hold on to God's promise that He will guard me with His PEACE when I bring to Him everything that overwhelms me. God promises the peace of His presence will guide and protect my heart and mind in every situation.

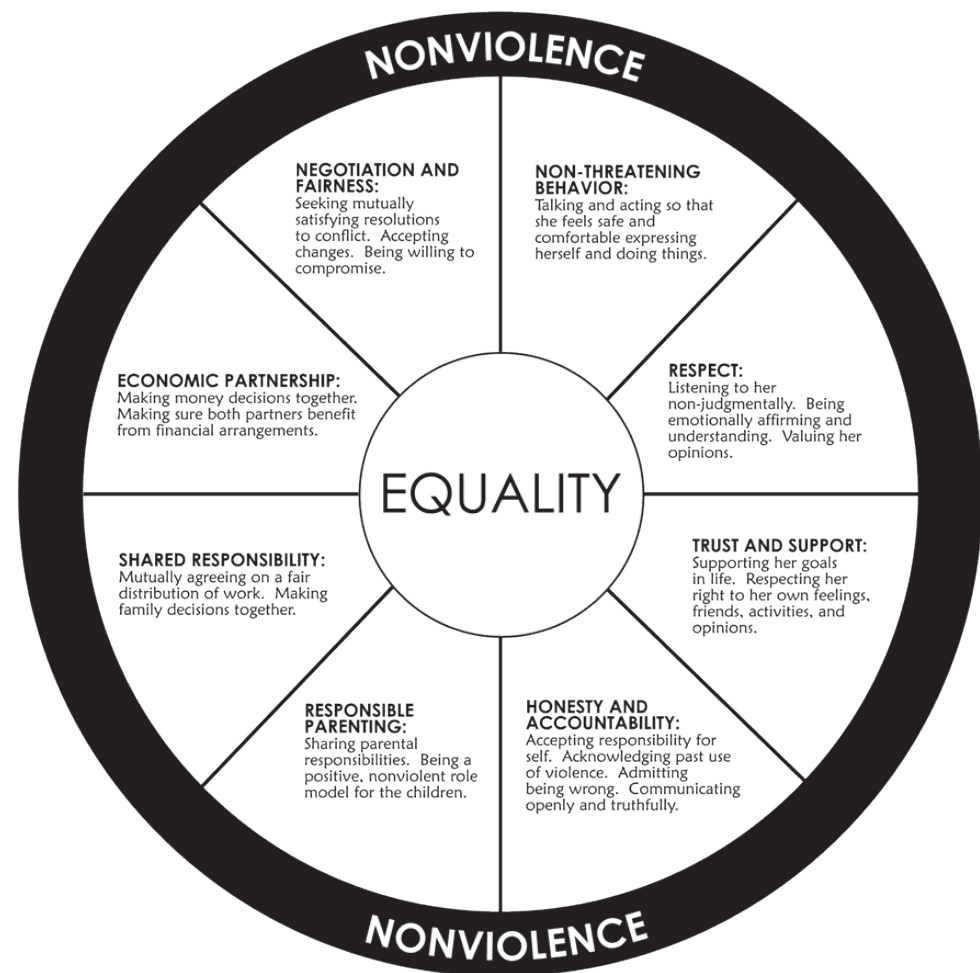
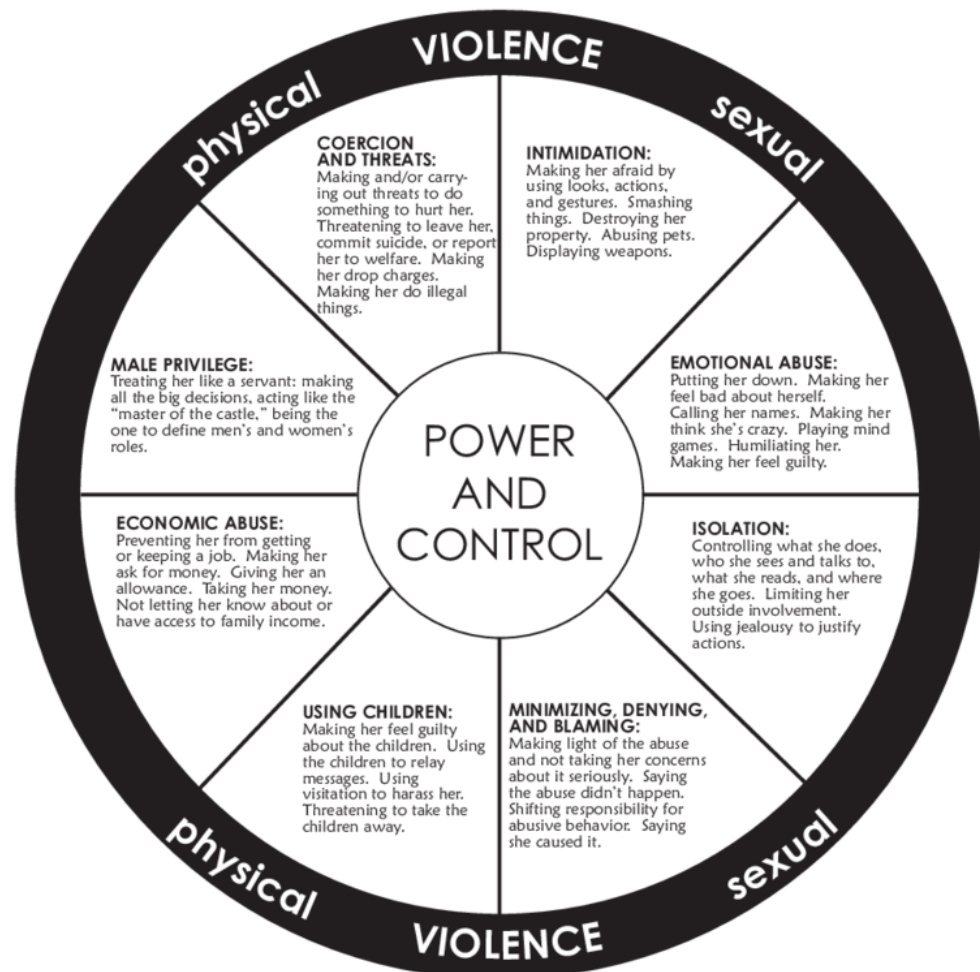
Sword of the Spirit- The word of God is my sword and this is how I fight back against all the lies of the enemy. He cannot stand against the powerful name of Jesus and the truth of God's word.

Shield of Faith- I stand firm in my faith and believe that God is who He says He is and I am who God says I am. My faith in God will extinguish every flaming arrow (lie, doubt, fear, memory, accusation) of the evil one!

Daily Prayer and Declaration:

Lord Jesus, today I pray in Your powerful name. I put on the full armor You have provided to guard against any attacks that come from the enemy. I put on the belt of truth to protect against lies and deception. I put on the breastplate of righteousness to protect my heart from the battle I struggle with about my value and worth. I choose to focus on Your gospel of PEACE as my guide in every situation. I put on the helmet of salvation, which reminds me that I am your child, a daughter of the King, completely forgiven, and set free. I focus my mind on the freedom and HOPE your Holy Spirit offers in place of fear and anxious thoughts. I take up the shield of faith to completely extinguish all the threats and lies hurled by the enemy. I believe in Your power to protect me and I choose to trust in You alone. I hold tight to the sword of the Spirit, which is your very word and POWERFUL weapon to demolish strongholds, it is alive and active, and is sharper than any double-edged sword. I ask for your help as I learn to let go of my own strength and focus on You. Thank you that I am never alone! You are constantly at work on my behalf, shielding, protecting, strengthening, exposing deeds of darkness, bringing to light what needs to be known, covering me from cruel attacks and protecting me even when I'm unaware. In the powerful name of Jesus, Amen.





Moving Forward



Reflection Questions:

what was the most impactful thing you have taken away from the retreat?

This is the way that God has broken through.....

This is a prayer that HE has answered.....

Post-Retreat 2021 "He Makes All Things New"

June 1st - Look back over your conference notes. Take one thing you learned and try to apply it to your life. Write an encouraging note to someone who inspired you at the retreat.

July 1st - For FREEDOM we have been set Free! Are you walking in the freedom of God? Read through Galatians this month. Pray for God to show you any lies/thoughts that are still holding you in bondage. Examine your thoughts and meditate on His TRUTH that counter the lies.

August 1st - Be intentional to spend some extra time in God's beautiful creation this month! What are you going to do? (Explore the beach, lake, mountains, hike, bike ride, plant....) Read Psalm 19 daily and let His word speak to your heart as you enjoy His creation, observe His greatness, His creativity and experience His MAJESTY.

September 1st - Take time to pray with your family for teachers, schools, your kids/families education, and for this uprising generation. Read and study Psalm 24 each day this month. Pray for revival in our land.

October 1st - Post-Retreat ZOOM Today - Friday 10/1 at 12pm OR 2pm (EST) for a time of sharing, praying, and praising together! Zoom link will be emailed to you prior to the meeting.

* Remember October is Domestic Violence Awareness Month... join us as we continue to bring justice to LIGHT! (Zeph. 3:5) Read and meditate on Zephaniah 3. (www.calledtopeace.org/events/domestic-violence-awareness-month/)

November 1st - Start a "Gratitude" notebook today. Begin by numbering the first page & put the notebook in a central place. Encourage your family to list 3 things daily that they are thankful for. (sunrise, my dog, gourmet meal, family....) See how many things you are thankful for this month! Read through the book 1,000 Gifts: Dare to Live Fully Right where You Are by Ann Voskamp, or find one of her podcasts on gratitude to listen to.

December 1st - Make a "dream poster board" with your family for 2022 and beyond. What are some goals or fun things you'd like to do or accomplish? Brainstorm and have everybody either draw, print up pictures or post ideas on a chart. Pray over your life and family/friends for the coming NEW YEAR! Read and meditate on Psalm 90 this month and choose a verse to purposely memorize (use washi tape to post it throughout your house). "May the favor of the Lord our God rest on us..."



New Beginnings #1

NEW LIFE - Rise Up - Soar



As our time together has ended, let the TRUTH you heard, the HOPE you experienced and the PEACE of God's presence you felt, continue to give you the strength to live in confidence with the NEW things God is doing within you!

Isaiah 40:28-31

Have you never heard? Have you never understood? The Lord is the everlasting God, the Creator of all the earth. He never grows weak or weary. No one can measure the depths of his understanding. He gives power to the weak and strength to the powerless. Even youths will become weak and tired, and young men will fall in exhaustion. But those who trust in the Lord will find new strength. They will soar high on wings like eagles. They will run and not grow weary. They will walk and not faint.

Sometimes verses in the Bible may seem too good to be true...BUT... these are words from God Himself! He wants you to know that He never grows weak or tired and He will give you the strength you need when you feel weak or powerless. Write out a prayer to Him. Pour out your heart and ask Him to help you stay focused on Him.

Take Action:

Read Psalm 119:105-112

1. What is God's word referring to in verse 105? Why do you think that might be?
2. God's word is mentioned seven times in eight verses. List out the many different words used to describe God's word. How important do you think it is to keep your mind focused on God's Truth throughout your day and in every circumstance? Re-write these verses in your own words as a personal prayer and commitment to keep your heart and mind resting in His word.

New Beginnings #2

Remember- what God has already done



Read Joshua 4:2-8

After wandering in the wilderness for 40 years, the Israelites had several obstacles in front of them before they could take possession of the Promised Land. Joshua was now the new leader of God's people and He directed them into an impossible situation. Their obedience led the Israelites to experience the presence of God in a very life changing way.

What did God instruct the Israelites to collect in verse 5? What was the purpose?

What do you think the crossing of the Jordan symbolizes in your life?

God commanded them to build a memorial as a visual testimony of what God had done for them... stones that would remind them to keep on praising Him.

Take a few minutes to write out the things God has already done for you. Feel free to be as creative or take as long as you want to do this. Actual objects or a written list posted in your home or office can be a powerful reminder to you of all your personal experiences with God's direction in your life.

Take Action:

1. Consider using your washi tape as a visual reminder. Find at least 12 obvious places you can see every day to stick a small strip of "happy tape" as a prompt to remember and thank God for what He has already done. When someone asks about your tape, share with them!
2. Write a Thank You letter to God. List out the things He has already done for you and thank Him in advance for His help to give you the strength you need to continue to trust Him as He leads.



New Beginnings #3

Renewed Thinking – take your thoughts captive to the obedience of Christ

Think for a moment of your mind as a greenhouse. Just like a real greenhouse would need to be managed, so does the fertile soil of your mind. Consider every thought you choose to think about is just like a seed you plant in the garden of your mind. Whatever thoughts run through your head and you choose to focus on, will GROW. Some thoughts will be positive, life-giving & empowering. Some thoughts are "weeds" that will distract, confuse or overwhelm.

Weeds can sometimes be deceptively pretty and it can be hard to tell if they are invasive or not. But a true gardener knows how to identify weeds and will be on the look out for them. They will be yanked out by the root before they have the chance to choke the life out of the other beneficial plants. To experience God's PEACE, you need His TRUTH to replace the fear and negativity, so He can create a beautiful, inviting and peaceful garden in your mind.

Read **Isaiah 55:8-13**

How is the word of God described as a metaphor in verses 10-11?

Do you think it is important to have God's word in your heart/mind?

Spend time looking up verses that you can fill your mind with the seeds of TRUTH that will defeat the weeds/lies you often struggle with (the Scripture in this booklet on pages 38-39 is a good place to start).

Just like the weeds in your yard grow back after you have pulled them out, your thoughts also need to be managed. Take time to focus on your NEW & TRUTH-filled thoughts that will grow into beneficial and life-giving habits. Pray for your Heavenly Gardener to help you discern the weeds (negative thoughts or destructive patterns). Stop watering them! Yank them out by the root – pray specifically for your mind to be set free in Jesus name! Then replace those negative thoughts with the beautiful seed of His TRUTH. Ask the Holy Spirit to guard your heart and mind with HIS PEACE.

Take Action:

1. Consider memorizing a verse, or several verses to intentionally spend time every day meditating on and applying to your life this next month. Watch it GROW!
2. WHAT you choose to think about matters... set an alarm several times each day as a reminder to inventory the garden of your mind. Be intentional with what you allow your mind to spend time thinking about.



New Beginnings #4

RESOLVE: My Resolve is...



Resolve: to make a firm decision, being purposeful, having strong commitment, determination, firmness, decidedness.

The conference may have felt encouraging at times and other times overwhelming... You are not alone! What you decide to do now with what you learned and what God is doing in you is what matters. Remember these 2 things to help you stick with your commitment and determination in your resolve.

1. Prepare yourself– do not give up when it gets hard (**daily ask for God's strength**)
2. Ignore the odds against you– do not listen to the voices that do not support you (**daily ask for God's wisdom & discernment**)

We are talking about having resolve days and weeks after the conference ends. It often gets hard when reality hits. Please do not allow the enemy overwhelm your mind... this is not one more thing you have to do or feel guilty about!

However, don't disregard how much God can say to you in just 5-10 min. Make God's voice a priority so that you can recall TRUTH when you are being confronted with lies and distractions. Set goals, find accountability, set aside time each day to LISTEN to God.

Throw off EVERYTHING that hinders. Read **Heb. 12:1-2**. If you have not already made a mental, or physical list of things in your life that are NOT beneficial, pray and ask the Holy Spirit to reveal to you if there is anything hindering you from living with more freedom and resolve.

who and what you are today is a reflection of your resolve in the past. who and what you are to become will be a manifestation of your resolve today



Take Action:

1. Take time and write out your resolve. If you did this at the conference, read through it and write it again. Keep it in a place you will see it every day.
2. "If resolve is the key to victory, motivation is the key to resolve." What do you think this means? How does this encourage you? What is your motivation?

New Beginnings #5

RUN YOUR RACE!



Philippians 3:13-14

"I focus on this one thing: forgetting what is behind and looking forward to what is ahead, I press on reach the end of the race and receive the heavenly prize for which God has called me, in Christ Jesus."

Think of a child when they are first learning to walk. You don't yell at them or say how disappointed you are because they only took 2 steps before they fell down. NO! You clap, smile with pride and help them up again.

THIS IS WHAT GOD DOES FOR YOU!

When we fall, we often feel like failures and think that God is frustrated or upset with us. He is your loving Heavenly Father and He delights in you. Right now! He is proud of you for trying your best and is not disappointed when you are not perfect! He does not expect perfection!

God is right with you every step of your journey. He is just like a gentle parent standing beside his child, encouraging them to take more steps and to grow in confidence and strength. Do not let the voice of the enemy or people around you distract you from the TRUTH of how dearly you are adored by your Heavenly Father. Let His tender love pull you up and steady you as you keep going.

Take a moment and think of yourself as a child and picture God right beside you. He has a smile on His face and He is encouraging you to take another step. He wants you to trust Him.

What is the next step He asking you to take?

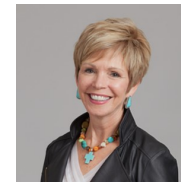
Do you trust God?

This is your journey. Do not compare yourself to someone else. Let God's word fill you and the Holy spirit encourage you as you RUN YOUR RACE!

Take Action:

1. I keep a pair of "goal jeans" I hope to fit into after exercising and eating well. Think about the "goal" of where you desire God to lead you. It takes a daily mindset to keep moving forward. You are not alone. You are worth fighting for! ❤️

🌸 Featured Speakers and Session Leaders



Leslie Vernick

How people misuse the Bible to keep you afraid, confused, and controlled (Everybody)
www.leslievernick.com



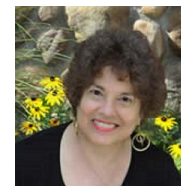
Sarah McDugal

DISCERN: How to Recognize Abusive Systems (Everybody)
<https://www.wildernesstowild.com/>



Rebecca Davis

Immanuel Approach Prayer Ministry to Help with the Healing of Trauma wounds (People Helper/Ministry Leader)
<http://heresthejoy.com/>



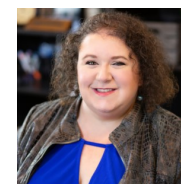
Dr. Debra Wingfield

Abuser Alert-Red Flags: How to avoid another abusive relationship (Survivor)
<https://www.houseofpeacepubs.com/index.htm>



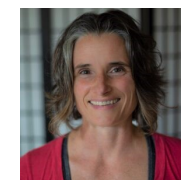
Dr. Amy Bruton

The Physical Effects of Abuse: Recognizing the signs and moving towards healing (Survivor)
www.thewholewomannc.com



Tabitha Westbrook

Understanding and Managing Difficult Emotions (Survivor)
<https://thejourneyandtheprocess.com>



Liz Evans

The ABC's of Restorative Movement, HandsonBodyWorks (Survivor)
<https://handsonbodyworks.com/>



Renee Best

Supporting your child through Trauma (Everybody)
<https://www.allofyoumbs.com/>



Amanda Smith & Karianne Drury

Creating a Refreshing Rhythm in Your Home (Everyone)



Tiffany Lesnik

(Lawyer & CTPM Board Member). Writing an Ironclad Custody Order to Protect Yourself from the Narcissist (Everyone)
<https://www.lesnik-law.com/>



Debbie Hall

Your New Start - Homebuying 101 (Survivor)



Allyson Dennen

Building the Confidence You Need to Master our Own Money (Survivor)
www.FabLifeNow.com



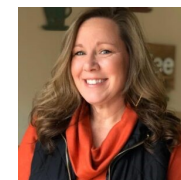
Nancy Knopp

Spiritual Abuse in the Body of Christ (Everybody)
www.esthersarise.org



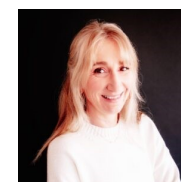
Katharine Ray & Susie Hornor

Building and Implementing a Domestic Abuse Care Team within the Local Church (People Helper/Ministry Leader)



Angie Allen

Soul Care 101 for the deaf and hearing-impaired community (Survivor/Deaf Community)
<https://www.facebook.com/AngieUnveiledHeart>



Muriel Gregory

Come to the well: Journey of a Military wife (Military/Everyone)
<https://plantingroots.net>

Featured Speakers and Session Leaders



LeAnne Parsons, Vernick Life Coach Team

Is Your G.A.S. Tank Running on Empty?
(Survivor) www.thewalkyourtalkcoach.com



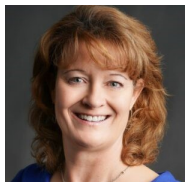
Laurie Magulac

(Re)discovering Your God-Given Strengths After Abuse (Survivor)
www.facebook.com/WhenLightCameIn



Sharmen Kimbrough

Emotional Self-defense Bootcamp
(Survivor)
www.sharmenkimbrough.com



Sue Parisher, Retired Lt. Col.

How Deception & Lies Hold us Hostage
(Survivors/Military)



Dale & Faith Ingraham

What Helps: What Hurts
(People Helpers)



Georgia Shaffer

Life Coaching (People Helpers)
- AWD -
Cultivating Emotional Wellness.
(Everyone)



Anthony Clayborne & Team

Self-Defense Course
(Everyone)



Linda Sheimo & Olive Branch International Team

Military Life, Love, and Mission
(Military/Everyone)



LaTonya Allen, Survivor/Advocate

(Everyone)
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Scripture References

Ephesians 2:4-10

But God is so rich in mercy, and He loved us so much, that even though we were dead because of our sins, He gave us life when He raised Christ from the dead. (It is by God's grace that you have been saved!) For He raised us from the dead along with Christ and seated us with Him in the heavenly realms because we are united with Christ Jesus. So God can point to us in all future ages as examples of the incredible wealth of His grace and kindness toward us, and all He has done for us who are united with Christ Jesus. God saved you by His grace when you believed. This is a gift from God. Salvation is not a reward for the good things we have done, so none of us can boast about it. For we are God's masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago.

Psalms 119:105-112

Your word is a lamp to guide my feet and a light for my path. I've promised it once, and I'll promise it again: I will obey Your righteous regulations. I have suffered much, O Lord; restore my life again as You promised. Lord, accept my offering of praise, and teach me Your regulations. My life constantly hangs in the balance, but I will not stop obeying Your instructions. The wicked have set their traps for me, but I will not turn from Your commandments. Your laws are my treasure; they are my heart's delight. I am determined to keep Your decrees to the very end.

Psalms 139:13-18

You made all the delicate, inner parts of my body and knit me together in my mother's womb. Thank you for making me so wonderfully complex! Your workmanship is marvelous how well I know it. You watched me as I was being formed in utter seclusion, as I was woven together in the dark of the womb. You saw me before I was born. Every day of my life was recorded in Your book. Every moment was laid out before a single day had passed. How precious are Your thoughts about me, O God. They cannot be numbered! I can't even count them; they outnumber the grains of sand! And when I wake up, You are still with me!

Isaiah 55:8-12

For My thoughts are not your thoughts, nor are your ways My ways, says the Lord. For as the heavens are higher than the earth, so are My ways higher than your ways, and My thoughts than your thoughts. For as the rain comes down, and the snow from heaven, and do not return there but water the earth and make it bring forth and bud that it may give seed to the sower and bread to the eater, so shall My word be that goes forth from My mouth; it shall not return to Me void, but it shall accomplish that which I please... For you shall go out with joy, and be led out with peace...





Notes:

Jeremiah 29:12-13

Call upon Me and come pray to Me and I will listen to you. You will seek Me and find Me when you search for Me with all your heart.

2 Thessalonians 3:3

The Lord is faithful; He will make you strong and guard you from satanic attacks of every kind.

Isaiah 49:16

I will never forget you! Look, I've written your names on the palms of my hands. The walls you're re-building are never out of my sight. Your builders are stronger than your wreckers.

Isaiah 57:19

"I will comfort those who mourn, bringing words of praise to their lips. May they have abundant peace..." says the Lord, who heals them.

Deuteronomy 31:8

Do not be afraid or discouraged, for the Lord will personally go ahead of you. He will be with you; He will neither fail you nor abandon you.

Hebrews 11:1-2

Trust in God, is faith; faith is the firm foundation that makes life worth living. By faith, we have the certainty that what we hope for is waiting for us, even though we cannot see it.

Deuteronomy 33:12

The beloved of the Lord will dwell in safety by Him, and the Lord will protect His beloved all day long; He surrounds them continuously and preserves them.

Hebrews 10:35-36

So do not throw away this confident trust in the Lord. Remember the great reward it brings you! Patient endurance is what you need now, so that you will continue to do God's will. Then you will receive all that He has promised.

1 Peter 2:9

For you have been chosen by God Himself- you are holy and pure, you are God's very own- so that you may show to others how God called you out of the darkness into His wonderful light.

Zephaniah 3:17

For the Lord your God is with you. He is a mighty savior. He takes delight in you with gladness. With His love, He will calm all your fears. He rejoices over you with joyful songs.

1 John 3:1-2

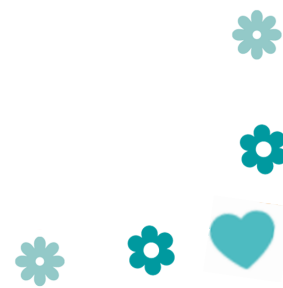
See what great love the Father has for us that He would call us His children. And that is what we are. For this reason the people of the world do not know who we are because they did not know Him. Dear friends, we are God's children now. But it has not yet been shown to us what we are going to be. We know that when He comes again, we will be like Him because we will see Him as He is.

For a more comprehensive Scripture Database with relevant verses for HOPE & healing see the Called to Peace book and workbook.



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Text the word *PEACE* to 26989 to support women impacted by domestic abuse.
Money given during the retreat will go to support the CTPM Emergency Fund.



Revelation 21:5

And He who sits on the throne said, "Behold, I am making all things new...

write this down, for these words are accurate and trustworthy."



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