for women only
what you need to know about the inner lives of men

Retreat Planning

LifeWay Press® • Nashville, Tennessee
A retreat is a good way to kick off your study of *For Women Only: The Bible Study*. Women will get to know each other better. They can form prayer partnerships. They will begin to interact with the material quickly, jump-starting the learning experience.

An advantage of holding a study on retreat is to get away from the everyday distractions of life. Possible sites are a retreat center, camp, lodge, or similar location a short distance from home. If possible, build in some free time for women to enjoy nature and recreation.

**Enlisting Retreat Leaders**

The key planning leader is the retreat coordinator. Areas that need attention include prayer, work with small groups, promotion, decorations, administration, music, and food. If you have sufficient leaders, you may want to enlist a coordinator for each function; the coordinator in turn enlists a small committee to help carry out this work. Otherwise, the retreat coordinator will want to assume responsibility for major areas in her overall planning.

Involving people in the planning will increase interest. Conduct regular planning meetings to make sure everyone is on task, and you will greatly improve the likelihood of a successful retreat.

Consider the following responsibilities in planning a For Women Only retreat based off the retreat options provided. Retreat Option 1 is based on using a retreat as the Introductory session, to launch the study. Retreat Option 2 overviews each session by video and selected activities, and assumes that shorter group sessions follow the retreat.
Retreat Coordinator

Responsibilities might include:

1. Checking the church and community calendar, decide on dates and location for the retreat.

2. Work with your Small-Group Coordinator to enlist small-group facilitators (preferably those who will lead small groups during the study) and committee members who can fulfill duties with servant hearts.

3. If you have committees, schedule regular meetings to discuss plans and get updates. Be available to help groups accomplish their tasks and to encourage them along the way.

4. Work with the entire planning group to determine a retreat schedule that accomplishes your goals and purposes.

5. Assume responsibility for or enlist a group led by an Administrative Coordinator to help with these administrative functions:
   - Help determine the location and fee. Keep in mind food and site costs, as well as the schedule for the retreat.
   - Keep a record of planning decisions.

6. Once registration has been completed, work with the Small-Group Coordinator to divide participants into nine small groups. Spend time praying for leadership from the Holy Spirit in assigning these groups. The same groups can continue during the study.

   If new persons are added to the study who don’t attend the retreat, either place them in a group or form a new group. They may need to view videos before they begin.

7. Lead at the retreat at designated times.
### Prayer Coordinator

Prayer will be the most important retreat preparation. Pray for God to lead you to individuals who will serve on retreat committees, for all details concerning the retreat, and for women who will attend.

Responsibilities might include:

1. Choose a committee of persons who are committed to praying.
2. Before the retreat, pray about the planning details and for each coordinator/committee member by name.
3. Set up a chain of prayer warriors. This group can be made up of women who cannot attend the retreat. Ask each to sign up to pray for 15-minute increments throughout the retreat.
4. Equip prayer warriors with specific prayer needs and the names of participants/leaders.

### Small-Group Coordinator

Responsibilities might include:

1. Assist the retreat coordinator in assigning women to groups of six to ten participants.
2. Encourage and pray for small-group facilitators. Be available at the retreat.
3. Assign areas for small groups to meet, and make signs to designate meeting areas.
4. Encourage small-group leaders to familiarize themselves with the material in advance of the retreat.
5. Make encouragement cards (three-by-five inches) with Galatians 5:22-23 printed at the bottom. (See p. 29 of the workbook.) Place several cards in each packet.
6. Procure a manila envelope for each person. Write the names of each attendee on an envelope, and tape envelopes around the walls of the meeting room.
Food Organizer/Hostess

Responsibilities might include:

1. Organize and provide all food and serving items if food is not provided at the retreat location.

2. Plan and provide snacks for breaks. One suggestion is to ask attendees to bring snacks and a liter drink and then put all snacks in a room and share! You might consider the fruit theme as you plan for snacks: fruit pizza, fruit salad, and fresh fruit with yogurt or chocolate dip.

Decorations Coordinator

Use creativity to make the retreat atmosphere warm and inviting.

Responsibilities might include:

1. Make name tags.

2. Prepare goodie bags or packets for each participant. Include the schedule for the weekend, the workbook, encouragement cards, and other items suggested in the retreat schedules.

3. Women love door prizes! See if you can secure some giveaways, such as a free manicure, books, stationery, and gift certificates to popular restaurants. Give these away at different times during the retreat. Include discount coupons to a local coffeehouse or home improvement center.
**Praise and Worship Coordinator**

Responsibilities might include:

1. Provide music that exalts the Savior and facilitates worship during each large-group session.

2. Enlist musicians.

3. Make arrangements for sound equipment and PowerPoint® presentations if needed. Be certain that choruses, announcements, and anything else that is needed of a promotional nature gets on PowerPoint®.

If needed, work with the person preparing the “commercials” on PowerPoint® for the construction-theme retreat.

**Promotion Coordinator**

Responsibilities might include:

1. Promote the retreat with brochures, signs, and announcements, providing all necessary information. The leader kit provides a promotional video segment that can be included in retreat promotion.

2. Send a letter about the retreat to all participants who signed up. Include directions to the retreat location, time of retreat sessions, and an indication of what to bring. Encourage everyone to dress comfortably.

3. Get fun prizes for the winners of the Build This House Contest.

4. Enlist participants for the introductory skits for the construction-theme retreat (Retreat Option 2). Enlist those who may need more preparation ahead of time.
for women only
what you need to know about the inner lives of men

Retreat Idea 1
A retreat is a good way to kick off your study of *For Women Only: The Bible Study*. Women will get to know each other. They can form prayer partnerships. The ladies will begin to interact with the material quickly, jump-starting the learning experience.

This retreat can take the place of your Introductory Session, leaving you with six group sessions. You may conduct Retreat Option 1 with or without the workbooks in hand.

**Retreat Option 1**

**Theme:** Coffeehouse

**Title:** On The Menu: For Women Only

**Decoration Suggestions:** You will notice from the DVD that Shaunti’s audience is in a coffeehouse setting. Use this motif to decorate your main meeting area and as you choose theme-related items.

**Menu Board:** Use to show the retreat schedule and to make announcements.

**Cashier:** Use a table area to display workbooks.

**Mugs:** Let ladies decorate mugs to use during the retreat and that they can take home as a souvenir. Or fill colorful mugs with goodies as a welcome gift.

**Groups:** Divide groups using colored mugs or colored tablecloths as a means of determining groups. Check the cover of the workbook for a perfect color scheme.

**Refreshments:** Consider borrowing a cappuccino machine as decoration and for use during the retreat. Include a variety of specialty coffees, teas, muffins, breads, and danish. Don’t forget to provide decaffeinated varieties of coffee and tea, plus bottled water. Consider box lunches with sandwiches from a local coffee shop.
**Preparation Actions**

1. Read information about this study in the front matter of the workbook. View the Introductory Segment video, using the video viewer guide on page 7.

2. For each participant provide a:
   - 4-by-6-inch card;
   - pencil;
   - *For Women Only* workbook to be used during the retreat or purchased at the end;
   - souvenir mug;
   - set of encouragement cards;

3. Gather tablecloths of different colors, napkin holders, mugs, and other "coffeehouse" motif decorations.

4. Locate a stage spotlight or a tall work light.

5. Find a pair of men's shoes.

6. Print the six memory verses on a page for small groups or duplicate the item "For Women Only Memory Verses" provided with this retreat plan.

7. Prepare fortune-cookie discussion starters as follows: Make fortune cookies using the recipe provided, or remove the strips from commercial cookies and insert your own.

   You also may use prepackaged cookies and simply tape the discussion starter slip to the package. Plan for one fortune cookie for each member of a small group.

8. On fortune-cookie-size slips of paper, write the Lightbulb phrases found in each weekly introduction, or make copies of the page entitled "For Women Only Lightbulb Discoveries" at the end of this teaching plan. You have permission to make copies for use with FWO groups.

   If small groups will be larger than 10 each, repeat the truths on fortune cookies as many times as necessary. Direct those with the same truth to form a discussion group and to prepare to share their ideas with the larger group.
Retreat Schedule

Friday Evening

1. **Dinner:** How about bread bowl soups and a salad? Splurge with a special dessert to make the meal special.

2. **Welcome and announcements:** Make sure that all participants have registered and received material. Explain that encouragement cards have been included in their packets.

   Encourage ladies to write notes of encouragement to every member of their small group as well as to anyone else attending. These cards are to be written before the end of the retreat and placed in the envelope with the person’s name on it. Before leaving the retreat, each person should receive her personal envelope with her encouragement cards inside.

3. **Icebreaker:** For each participant, prepare a 4-by-6-inch card with the words “Today’s Specials.” Place the cards on the tables in napkin holders. If you are not using tables, pass around bread baskets with the cards and pencils. (Use these cards to divide the women into small groups by choosing colored cards or placing stickers on the cards.)

   Ask each woman to write in the middle of the card the name she prefers to be called. Then ask women to write the following information in the four corners of the card:
   - **Upper right corner:** Dream vacation
   - **Lower right corner:** Favorite beverage
   - **Lower left corner:** Favorite restaurant
   - **Upper Left corner:** Something you would like to share about yourself

   Each woman now should find someone she does not know, preferably moving away from the area where she has been seated. Partners will trade cards and spend about two minutes talking about each topic. Each woman retrieves her card and changes partners when you give the signal. (Blink lights or ring a bell.) Allow time for at least one more partner switch.

4. **Time of Praise and Worship:** Participate in music that praises the Lord for His transforming grace. Use Romans 12:1-2 as the theme Scripture. Say, *This study goes against the grain of our popular culture. You are going to be challenged to treat your husband in a new and different way. You will be called on to not conform any longer to the pattern of this world.* Lead the group to read the two verses aloud.

   Show the Promotional Segment on DVD 1 to introduce Shaunti and the study.

5. **Introduce Small-Group Time:** Pull a chair to center stage where all can see, and put a spotlight on the chair. (You can use a tall work light.) Ask those you want to thank to sit in the spotlight chair. For committees, the chairperson can sit in the chair and ask others to stand where they are. Thank those who worked hard to make the retreat possible.
Explain that you spotlighted these special helpers because you wanted everyone to know them and understand their contributions to the retreat. Say, *During the study of For Women Only: The Bible Study, we won’t be in the spotlight. The purpose of this study is to shed light on our men (place a pair of men’s shoes in the chair) so that we can have the relationship with them that God intended. This study provides you an opportunity to be transformed by the renewing of your mind in God’s ways so that you will be able to test and approve what God’s will is in your relationships with men. We are going to put men in the spotlight and learn more about their inner thoughts and feelings.*

Say, *After the music video, you will be dismissed to small groups. Listen carefully to this song, which was written by a man who invited Shaunti to lead a seminar at his church. You will begin sharing your reactions to the music in your small group.*

Show the music video, “The Man Inside of Me,” from DVD 2.

**6. Small-Group Time:** Ask for thoughts and reactions to the music video. Encourage women to share what they want to get out of the study. Use this time to remind ladies that the study is about understanding men and changing themselves!

Distribute fortune cookies. Explain that women are going to hear some revelations about the inner lives of men that they will be studying in the weeks ahead. Allow those who chose a Lightbulb thought to share it. Discuss how understanding this new revelation could help meet the man’s heart cry that was expressed so poignantly in the music video.

Lead the group to choose a memory verse that provides wisdom and power for each truth. Keep the discussion moving if necessary by using a kitchen timer to allow 4 to 5 minutes per idea.

Share Galatians 6:7-8 from *The Message* as a devotional thought to conclude small groups:

Don’t be misled: No one makes a fool of God. What a person plants, he will harvest. The person who plants selfishness, ignoring the needs of others — ignoring God! —harvests a crop of weeds. All he’ll have to show for his life is weeds!

But the one who plants in response to God, letting God’s Spirit do the growth work in him, harvests a crop of real life, eternal life.

Say, *You are here because you are interested in understanding and meeting your man’s needs. You may have a lot of questions about the topics you have heard. Paul encourages us that if we will ‘plant’ according to the will of God, if we let the Holy Spirit do ‘growth work’ in us, we will get God’s best in return. Are you ready for God’s best in your relationships with men? Are you ready for transformation? Ladies, that is what is on the menu.*
7. **Prayer Partner Time:** Direct the ladies to choose a prayer partner for the remainder of the retreat. Ask each pair to recite Romans 12:1-2 together. Suggest they open their Bibles to Psalm 139:23-24 and invite God to bring their motives, concerns, and worries to the light.

*If participants have their workbooks in hand, simply direct them to turn to page 15, to fill in the blank, and to continue with the Searchlight activity.*

8. **Fellowship Time** *(Video):* While women enjoy having some down time and getting better acquainted, have the bonus video segment (DVD 2), “Meet Shaunti and Jeff,” playing in the background.

**Saturday Morning**

1. **Breakfast**

2. **Personal Devotional Time:** Provide the “Luke Handout” for each woman.

3. **Praise and Worship:** Use Philippians 2:1-5. Include songs of surrender that prepare hearts for God to move (for example, “Open My Eyes, That I May See” *(No. 502, 1991 Baptist Hymnal).*

4. **Video:** Get ready to show the Introductory Session video segment. Explain that after the video and a short break, women will move to their small groups.

5. **Break**

6. **Small-Group Time:** Use the video viewer guide on page 7 of the workbook to facilitate discussion. Make sure everyone understands the format of the study. Especially talk about Shaunti’s ground rules.

Talk about the commitment that Shaunti mentions in the video. Ask, *What will it mean for you to be one-sided? What will have to take place for you to change wrong assumptions?*

*If participants have their workbooks in hand, lead them to turn to Week 1, Day 2, page 17: “Choosing the Mind of Christ” section. Instruct women to complete the activity.*

Remind ladies that the Lord is ready to strengthen them as they learn how to be one-sided. Read Philippians 4:13 from your Bible.

Indicate the date, time, and location for the remainder of this study. Thank women for attending and encourage them in their efforts to follow God’s leading in their relationships.

7. **Close in prayer and dismiss.**
For Women Only Lightbulb Discoveries

**Week 1**
Men would rather feel unloved than inadequate and disrespected.
Men need respect.

**Week 2**
Despite their “in control” exterior, men often feel like impostors and insecure that their inadequacies will be discovered.

**Week 3**
Even if you personally make enough income to support the family’s lifestyle, it would make no difference to the mental burden he feels to provide.

**Week 4**
Your sexual desire for your husband profoundly affects his sense of well-being and confidence in all areas of his life.

**Week 5**
Because men are visual, even happily married men struggle with being pulled toward live and recollected images of other women—and need their wife to take care of herself for him.

**Week 6**
Most men enjoy romance and want to express their love to us—but hesitate because they doubt that they can succeed.
Week 1 Memorize:
Therefore, brothers, by the mercies of God, I urge you to present your bodies as a living sacrifice, holy and pleasing to God; this is your spiritual worship. Do not be conformed to this age but be transformed by the renewing of your mind, so that you may discern what is the good, pleasing, and perfect will of God (Rom. 12:1-2, HCSB).

Week 2 Memorize:
Do nothing out of rivalry or conceit, but in humility consider others as more important than yourselves. Everyone should look out not [only] for his own interests, but also for the interests of others (Phil. 2:3-4, HCSB).

Week 3 Memorize:
Above all, [put on] love—the perfect bond of unity. And let the peace of the Messiah, to which you were also called in one body, control your hearts. Be thankful (Col. 3:14-15, HCSB).

Week 4 Memorize:
A wife does not have authority over her own body, but her husband does. Equally, a husband does not have authority over his own body, but his wife does (1 Cor. 7:4, HCSB).

Week 5 Memorize:
[Love] finds no joy in unrighteousness, but rejoices in the truth; bears all things, believes all things, hopes all thing, endures all things (1 Cor. 13:6-7, HCSB).

Week 6 Memorize:
No, in all these things we are more than conquerors through him who loved us (Rom. 8:37, NIV).
Luke Handout

Through this study, you will learn to love your husband in the understanding, consistent, loyal, and unconditional way you want to be loved by him. Shaunti will ask you to step out of the spotlight to put your man center stage and shine the spotlight into his heart, mind, and feelings.

Put yourself in his place. Hear what he hears. Feel what he feels. Ask yourself, How does he interpret when I say …? What does he think when I do …? Why does he react when I …?

In your Bible, find and read Luke 6:31. Rewrite this verse by filling in the blanks.

Do to (your man’s name) ________________________________ as I,

(your name) ________________________________, would like for him to do to me.

____________________________________________________________________
____________________________________________________________________

As you look into God’s Word during the next few weeks, you will be empowered to concentrate on what your husband needs from you.

Have you ever gone out to do something nice for someone and come home feeling that you received a greater blessing than you gave? Well, read on for how our wonderful God works.

Continue reading Luke 6:37-38 in your Bible. List the four attitudes that Jesus said are necessary in relationships.

do not ________________________________

do not ________________________________

d  ______________________________________
g  _____________________________________ *

God says when we invest, we get something in return. Yes, something is going to be required of you. Your judgment toward your man and what he is doing or has done may have to be open to serious readjustment. You need to be open to changing the negative way you speak or act toward your man. More forgiveness may be needed than you think you can give. But here is a promise you can hold on to: You are going to get more than you give. God promises you a good return on your investment when you extend respect with grace and mercy.
Recipe for Fortune Cookies

2 T. butter (no substitutions)
¼ cup confectioners’ sugar
1 large egg white
1 tsp. vanilla extract
Pinch of salt
¼ cup all-purpose flour
Strips of paper (3 inch by ½ inch each)

Preheat oven to 375 degrees. Grease 2 small cookie sheets. In a 1-quart saucepan, heat butter over low heat until melted. Remove pan from heat. With a wire whisk, beat in confectioners’ sugar, egg white, vanilla, and salt until blended. Beat in flour until batter is smooth.

Drop 1 heaping teaspoon batter on cookie sheet. Repeat with another teaspoon of batter, at least 4 inches away from the first. With a small metal spatula or the back of a spoon, spread batter evenly to form two 3-inch rounds. Bake about 4 minutes or until cookies are lightly golden.

Loosen cookies with a metal spatula, working with one cookie at a time. Place a fortune across the center of hot cookie, and shape quickly. Let shaped cookies cool completely on a wire rack.

Repeat with remaining batter, allowing cookie sheets to cool in between batches and regreasing sheets when necessary. Store cookies in container for up to 2 weeks.

Note: Because cookies must be shaped quickly while still hot, bake only two at a time. Makes 14.

—Lorie King, Sojourn Church Cookbook
for women only
what you need to know about the inner lives of men

Retreat Idea 2

LifeWay Press® • Nashville, Tennessee
Retreat Option 2

Theme:
Extreme Transformation: Home Edition

Is it difficult to fit an extended session into your church schedule? Use a retreat to show the video content of For Women Only: The Bible Study. Then meet weekly in small groups for shorter time periods to discuss the daily readings and Weekly Challenges, memorize Scriptures, and encourage each other in new ways of thinking and acting.

You may find it difficult to get your women to commit to a weekly study. If so, this type of retreat is a great way to involve your target audience with some very timely material. If you cannot plan weekly sessions after the retreat, encourage participants to stay in touch with each other and to work through the workbook material on their own.

As the women begin a spiritual journey of transformation that has the potential to renovate their relationships with men and change the entire look of their homes, use home makeovers, construction, and redecorating as your inspiration for this construction theme.

Theme Verses
Proverbs 24:3-5, CEV: Use wisdom and understanding to establish your home; let good sense fill the rooms with priceless treasures. Wisdom brings strength, and knowledge gives power.

Romans 12:1-2, HCSB: Therefore, brothers, by the mercies of God, I urge you to present your bodies as a living sacrifice, holy and pleasing to God; this is your spiritual worship. Do not be conformed to this age, but be transformed by the renewing of your mind, so that you may discern what is the good, pleasing, and perfect will of God.

Preparation
1. Use the visual aid of a house as found in the workbook and on the Web site. A copy is at the end of this teaching plan.

2. Prepare copies of the Luke Handout as a personal devotion for each woman expected. A master is in the back of this teaching plan.

3. Preview the videos and workbook activities.

4. Gather construction-related visual aids listed in the workbook leader guide (pp. 161-171), along with others: a tall work light, a large flashlight, paint cans, a ruler, and other home improvement items. You might decorate tables with baskets of items such as paint sticks, wallpaper samples, paint chip strips, and paintbrushes.
At the conclusion of the retreat, give each woman a paint can opener as a souvenir as she opens a fresh new perspective on her relationship with her man.

Make a poster as follows to explain the retreat format:

<table>
<thead>
<tr>
<th>Study Segment</th>
<th>Retreat Activities</th>
<th>We Are Building ...</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Large-Group Time</td>
<td>Praise and worship, video</td>
<td>Knowledge</td>
</tr>
<tr>
<td>• Small-Group Time</td>
<td>Discussion and activities</td>
<td>Understanding</td>
</tr>
<tr>
<td>• Personal Time</td>
<td>Devotional</td>
<td>Wisdom</td>
</tr>
<tr>
<td>• Weekly Group Sessions</td>
<td>Weekly readings</td>
<td>Good Sense</td>
</tr>
<tr>
<td>• Result</td>
<td>Transformation, renewed mind</td>
<td>Priceless treasures</td>
</tr>
</tbody>
</table>

**Retreat Format**

Begin the retreat sessions with a praise and worship time. A fun way to involve participants in the introduction of the video sessions is to use the skit ideas provided. Each idea is included with the segment it supports, and all of the skits/promotional ideas are also grouped together at the end of this teaching plan.

After viewing the video, participants move to 30-minute small-group sessions for discussion and some activities.

The retreat schedule calls for a two-hour session on Saturday afternoon, so build in some free time. The last session is inverted so that you may end the retreat with a large-group praise and worship time.

**Retreat Leadership**

Choose from these and other appropriate theme terms to identify your planning leaders. These examples give you some ideas; also check the FWO Web site article “For Women Only Retreat Planning”:

- **Team Leader:** Retreat Coordinator
- **Head of Building and Planning:** Arrangements Coordinator
- **Interiors and Glamour:** Decorations/Souvenirs
- **Exteriors and Big Ideas:** Recreation/Social
- **Designers:** Small-Group Leaders
- **Landscaping:** Music Team
### Retreat Schedule at a Glance

#### Friday Evening
- **Dinner**
- Praise and Worship
- Introductory Session Video
- Break (15 minutes)
- Session 1 Video
- Small Group
- Recreation: Searchlight/Spotlight Icebreaker

#### Saturday Morning
- **Breakfast**
- Personal Devotional: Luke Handout
- Praise and Worship (include the music video, “The Man Inside of Me”)
- Session 2 Video
- Small Group
- Break (30 minutes)
- Session 3 Video
- Small Group
- Lunch

#### Saturday afternoon (2 hours)
- Note: Play the music video, “The Man Inside of Me” as women come in.
- Session 4 Video
- Break (15 minutes)
- Session 5 Video
- Small group
- Recreation: Build This House
- Free time

#### Saturday Evening
- **Dinner**
- Session 6 Video
- Small Group
- Praise and worship to conclude

---

**Friday Evening**
1. **Dinner:** Use meals to build on the purposes and goals of the retreat. They can help build relationships and fellowship.

2. **Praise and worship:** Provide experiences that help women worship and that build on the major concepts of the study.

3. **Large-group skits or promotional ideas:** Invite participants to present these “commercials” to introduce the videos. During each skit, display a picture of a travel bus on a screen. After each skit, encourage the women to say together with you, *Design Team, move that bus.*
Introduce the study with the following “commercial”:

**Extreme Transformation: Home Edition**

*(Retreat planning team)*

Welcome to Extreme Transformation: Home Edition. We are here to show you how your home can be transformed in a matter of weeks, maybe days. And not just your home, but YOU and your man! This project normally takes years. The truth is, some of you might never arrive at the understanding and wisdom you are about to encounter … not on your own.

But have no fear. The Extreme Transformation team is here! With the help of our Special Design Team and The Head Architect (you know who that is!), this transformation can renew your mind in just seven short weeks! We will begin by tearing down assumptions and getting rid of the negative. Then we will lay some foundational knowledge that is going to blow you away.

Then the understanding will start to rise to the rafters. We top it off with wisdom from the Head Architect and His holy blueprint. Then the design team will go to work on the priceless treasures that will fill your new home. Are you ready?

*(Motion to entire group to say with them)* Design Team, move that bus!

**Introductory video segment:** Now show the Introductory segment, “Unraveling the Mystery of Manhood.” Indicate to women that the video viewer guide is on page 7 of their workbook.

4. **Break**

5. **Session 1 video:** Involve women in the group and provide props as desired for this skit.

**Respect**

*(Enlist two women to represent a couple trying to build a picture frame. The one doing the building is the man. Provide “him” with a fake beard or overalls as costuming.)*

He works and tries various configurations, obviously thinking hard on the matter. The wife keeps saying things like “Why are you doing it that way?” “Is that how neighbor Joe does it?” “I really think if you turn it around, it will be right.”

Finally the one building says, “What’s the matter? Don’t you trust me to do anything right? How about a little R-E-S-P-E-C-T. Find out what it means to me, why don’t you!”

*(Motion to entire group to say with them)* Design Team, move that bus.

Show the Session 1 video. Indicate that the video viewer guide is on page 33 of the workbook.
6. Small group: After each video, lead women to gather in smaller groups. Review the viewer guide and lead a discussion about what Shaunti has shared. Small-Group Leaders should review the weekly material for that session and choose an activity or two from the workbook to facilitate discussion. One or two questions or activities from the leader guide may also be included according to the time you have available.

Remind participants that they will explore these topics and have an opportunity to exercise wisdom as they complete workbook activities, try the Weekly Challenges, and attend weekly group sessions.

Help women familiarize themselves with their workbook. Talk about the ground rules for the study. Also use these suggested workbook activities to discuss Week 1 material: “Choosing to Obey God” and “Choosing the Mind of Christ” (both from Week 1, Day 2).

7. Recreation: Use as your schedule allows. Searchlights/Spotlights activity is a good icebreaker.

Searchlights/Spotlights
Divide the group into two categories: Searchlights and Spotlights. Invite the Spotlights to form a circle with their backs toward the center of the circle. Direct the Searchlights to form a large circle outside the Spotlights, with each woman facing another woman.

Explain that when you give the signal each participant will tell her name and will discuss the topic that you announce for 30 seconds. When you give the signal, the Searchlights will rotate one person to the right. Announce a new topic. Continue playing until all players have met each other. If your group is very large, form more than one circle. If your space will not allow circles, you can line groups around the outer walls.

Here are a few topics. Add some of your own. Feel free to repeat topics because the partners are constantly changing!
Topics
1. My family …
2. My favorite hobby is …
3. My favorite Bible verse is …
4. I admire my man for …
5. If my car could speak, it would say …
6. I wish everyone knew how well my man can …
7. If I were a millionaire I would …
8. My man has the cutest …
9. I spend most of my time …
10. The most important thing in my life is …
Saturday Morning

1. Breakfast

2. Personal devotion: In advance prepare copies of the Luke Handout. Ask women to include the activities as part of their personal devotions.

3. Praise and worship: Include the music video, “The Man Inside of Me” as part of this session.

4. Session 2 video: Set up the Session 2 video segment with this skit.

   Impostor
   
   (Woman on the telephone)
   Hi, Madge … Oh, nothing much. John is outside putting together the kids’ new swing set … Yes, it’s nice. I just hope he doesn’t break something. You know how he is. There are usually parts left over when he tries a project like this. Remember the gas grill last summer (laughs).

   I suggested we call my dad; but no, he has to show how he can figure it all out. I tried to read the instruction sheet to him but that seemed to upset him so I just came inside.

   I’m going to redo the wallpaper in his office this afternoon. He put it up last weekend but you should see the corners. He’s all thumbs when he comes to this sort of stuff. I don’t know why he keeps at this. You would think he has something to prove!

   I can’t imagine that he doesn’t know how much the kids and I appreciate him.

   (Motion to entire group to say with them) Design Team, move that bus.

Show Session 2 video now. Indicate that the video viewer guide is on page 57 of their workbook.

5. Small group: Here are some suggested activities from the workbook for small-group discussion of Week 2 material: “Our Need to Control” (Week 2, Day 5).

6. Break (30 minutes)

7. Session 3 video: Help the group focus on his burden and compulsion to provide. Use this opening to set the stage.
Provider

(Invite four ladies to walk to the front and repeat the lines or ask someone in advance to create this introduction in audiovisual format.)

- Alligator pumps $125
- Diamond bracelet $800
- My dream vacation $5,000
- Making your man feel like he's worth a million dollars A Priceless Treasure

(Motion to entire group to say with them) Design Team, move that bus.

Show Session 3 video now. Indicate that the video viewer guide is on page 83 of their workbook.

8. Small group: Here are some suggested activities from the workbook for small-group discussion of Week 3 material: “Always My Job,” and “A Job That Never Lets Up” (both from Week 3, Day 1).

9. Lunch

Saturday afternoon (2 hours)

1. Play the music video, “The Man Inside of Me” as the women reconvene.

2. Session 4 video: Set the stage for video content on physical intimacy, with this “commercial”:

   Sex and Priorities

   (Invite four ladies to walk to the front and repeat the lines or ask someone in advance to create this introduction in an audiovisual format.)

   - Take the car for an oil change $0.25
   - Run Susie to music lessons $0.45
   - Plant a new flower bed $200
   - Tickling your man's fancy and boosting his ego A Priceless Treasure

   (Motion to entire group to say with them) Design Team, move that bus.

Show Session 4 video now. Indicate that the video viewer guide is on page 107.

3. Break (15 minutes)

4. Session 5 video: One of the issues related to a man's visual nature is seeing his wife making the effort to take care of herself. Call on the woman you enlisted to present the Appearance skit.
**Appearance**

*(Invite a woman to prepare ahead of time for this skit. She is preparing for bed as her husband arrives home from a business trip. Provide a small table, chair, bulky bathrobe, curlers, face cream, and a spray bottle of cologne.)*

I am so excited. Charles has been on a business trip all week. He’ll be here shortly … just in time for bed. *(She giggles as she puts on a fuzzy robe and sits at the dressing table and begins to put curlers in her hair as she talks.)*

I miss him so much when he’s gone. I have to do everything! Run the kids to school. Take out the trash. Even cut the grass! Well, I know he will be glad to get home to me. *(She rolls her eyes to the sky and shrugs.)* Anyway, I bought this new perfume … it’s supposed to make you passionate. Let’s just hope it keeps me awake. *(Yawns and begins to put on face cream, leaving a thick layer on her skin)*

Well, he should be home pretty soon. I’ll give it a try. *(Sprays on perfume and sits coquettishly in a chair and giggles)* He’ll be so glad to see me.

*(Motion to entire group to say)* Design Team, move that bus.

Show the Session 5 video now. Indicate that the video viewer guide is on page 133.

5. **Small group:** Encourage small groups to draw from these and other suggestions in discussing the content from Weeks 4 and 5: “You Complete Him” and “He Needs You to Respond” (both from Week 4, Day 1); and “Just Imagine,” and “Now for Some Reassurances” (both from Week 5, Day 3).

6. **Recreation:** Use the Build This House game to vary teaching and emphasize communication.

**Build This House**

Lead women to gather in groups of four, and give each group a deck of cards. Each group will use the cards to build a house to enter in the contest. The three contest divisions are The Biggest House, The Strongest House, or The Most Creative House. Indicate supplies you have provided and tell ladies they are free to use any of them as well as to tear or bend the cards.

There is one important rule: Participants may not talk; they need to find other means of communication. Set a time limit and keep the groups informed. After the construction, allow groups to show their houses and to explain how they learned to communicate.

Conclude, saying, *The words we speak do not always communicate what we want or mean to say. As we understand how men are wired, we can improve our communication so that we truly communicate how much we admire, love, and respect our men.*

7. **Free time**
Saturday Evening

1. **Dinner**

2. **Session 6 video:** Open your concluding session with the final video segment. Because of the affirming responses men gave, this is an encouraging way to conclude your weekend study.

   **Romance and Love**

   *(Man and woman sitting in car. The man is driving.)*
   Woman: Let’s do something romantic this weekend.
   Man: There’s a benefit golf tournament at the club.
   Woman *(looking dreamily out the window)*
   That new Italian restaurant is open.
   Man: I was going to Home Depot Saturday morning to pick out new tile.
   Woman: Maybe there’s a dinner cruise on the river this weekend.
   Man: Hey, I think the football game is at home this weekend.
   Woman: We could rent that new DVD and stay home.
   Man *(staring at her)*
   Woman *(eventually looking at him)*
   What?
   Man: Are we on the same page here? *(Freeze action)*

   *(Invite four women to walk to the front and repeat the lines or ask someone in advance to create this introduction in an audiovisual format.)*

   New paint on the living room walls $ 60
   New bathroom faucet $ 90
   New kitchen cabinets $5,000
   A mutually satisfying, loving relationship with your man A PRICELESS TREASURE

   *(Motion to entire group to say with them)* Design Team, move that bus.

Show the video for Session 6. Indicate that the viewer guide is on page 158.

3. **Small group:** Here are some suggested activities from the workbook for small-group discussion of the concluding week’s home study: “Encourage Him” and “Entice Him” (Week 6, Day 2).

4. **Praise and worship:** Use this important time as a celebrative way to conclude.
Luke Handout

Through this study, you will learn to love your husband in the understanding, consistent, loyal, and unconditional way you want to be loved by him. Shaunti will ask you to step out of the spotlight to put your man center stage and shine the spotlight into his heart, mind, and feelings.

Put yourself in his place. Hear what he hears. Feel what he feels. Ask yourself, How does he interpret when I say …? What does he think when I do …? Why does he react when I …?

In your Bible, find and read Luke 6:31. Rewrite this verse by filling in the blanks.

Do to (your man’s name) _______________________________ as I,
(your name) ________________________________, would like for him to do to me.

____________________________________________________________________
____________________________________________________________________

As you look into God’s Word during the next few weeks, you will be empowered to concentrate on what your husband needs from you.

Have you ever gone out to do something nice for someone and come home feeling that you received a greater blessing than you gave? Well, read on for how our wonderful God works.

Continue reading Luke 6:37-38 in your Bible. List the four attitudes that Jesus said are necessary in relationships.

donot ________________________________
donot ________________________________
f ________________________________
g ________________________________

God says when we invest, we get something in return. Yes, something is going to be required of you. Your judgment toward your man and what he is doing or has done may have to be open to serious readjustment. You need to be open to changing the negative way you speak or act toward your man. More forgiveness may be needed than you think you can give. But here is a promise you can hold on to: You are going to get more than you give. God promises you a good return on your investment when you extend respect with grace and mercy.
God says when we invest, we get something in return. Yes, something is going to be required of you. Your judgment toward your man and what he is doing or has done may have to be open to serious readjustment. You need to be open to changing the negative way you speak or act toward your man. More forgiveness may be needed than you think you can give. But here is a promise you can hold on to: You are going to get more than you give. God promises you a good return on your investment when you extend respect with grace and mercy.
Skits or Promotional Ideas

1. Extreme Transformation: Home Edition

(Retreat planning team)
Welcome to Extreme Transformation: Home Edition. We are here to show you how your home can be transformed in a matter of weeks, maybe days. And not just your home, but YOU and your man! This project normally takes years. The truth is, some of you might never arrive at the understanding and wisdom you are about to encounter … not on your own.

But have no fear. The Extreme Transformation team is here! With the help of our Special Design Team and The Head Architect (you know who that is!), this transformation will renew your mind in just seven short weeks! We will begin by tearing down assumptions and getting rid of the negative. Then we will lay some foundational knowledge that is going to blow you away.

Then the understanding will start to rise to the rafters. We’ll top it off with wisdom from the Head Architect and His holy blueprint. Then the Design Team will go to work on the priceless treasures that will fill your new home. Are you ready?
(Motion to entire group to say with them) Design Team, move that bus!

2. Respect

(Enlist women to represent a couple trying to build a picture frame. The one doing the building is the man. Provide “him” with a fake beard or overalls as costuming.)
He works and tries various configurations, obviously thinking hard on the matter. The wife keeps saying things like “Why are you doing it that way?” “Is that how neighbor Joe does it?” “I really think if you turn it around, it will be right.”

Finally the one building says, “What’s the matter? Don’t you trust me to do anything right? How about a little R-E-S-P-E-C-T. Find out what it means to me, why don’t you!”
(Motion to entire group to say with them) Design Team, move that bus.

3. Impostor

(Woman on the telephone)
Hi, Madge … Oh, nothing much. John is outside putting together the kids’ new swing set … Yes, it’s nice. I just hope he doesn’t break something. You know how he is. There are usually parts left over when he tries a project like this. Remember the gas grill last summer (laughs).
I suggested we call my dad; but no, he has to show how he can figure it all out. I tried to read the instruction sheet to him but that seemed to upset him so I just came inside.

I’m going to redo the wallpaper in his office this afternoon. He put it up last weekend but you should see the corners. He’s all thumbs when he comes to this sort of stuff. I don’t know why he keeps at this. You would think he has something to prove!

I can’t imagine that he doesn’t know how much the kids and I appreciate him.

*(Motion to entire group to say with them)* Design Team, move that bus.

**4. Provider**

*(Invite four ladies to walk to the front and repeat the lines or ask someone in advance to create this introduction in an audiovisual format.)*

- Alligator pumps $125
- Diamond bracelet $800
- My dream vacation $5,000
- Making your man feel like he’s worth a million dollars A Priceless Treasure

*(Motion to entire group to say with them)* Design Team, move that bus.

**5. Sex and Priorities**

*(Invite four ladies to walk to the front and repeat the lines or ask someone in advance to create this introduction in an audiovisual format.)*

- Take the car for an oil change $0.25
- Run Susie to music lessons $45
- Plant a new flower bed $200
- Tickling your man’s fancy and boosting his ego A Priceless Treasure

*(Motion to entire group to say with them)* Design Team, move that bus.

**6. Appearance**

*(Invite a woman to prepare ahead of time for this skit. She is preparing for bed as her husband arrives home from a business trip. Provide a small table, chair, bulky bathrobe, curlers, face cream, and a spray bottle of cologne.)*
I am so excited. Charles has been on a business trip all week. He’ll be here shortly … just in time for bed. *(She giggles as she puts on a fuzzy robe and sits at the dressing table and begins to put curlers in her hair as she talks.)*

I miss him so much when he’s gone. I have to do everything! Run the kids to school. Take out the trash. Even cut the grass! Well, I know he will be glad to get home to me. *(She rolls her eyes to the sky and shrugs.)* Anyway, I bought this new perfume … it’s supposed to make you passionate. Let’s just hope it keeps me awake. *(Yawns and begins to put on face cream, leaving a thick layer on her skin)*

Well, he should be home pretty soon. I’ll give it a try. *(Sprays on perfume and sits coquettishly in a chair and giggles)* He’ll be so glad to see me.

*(Motion to entire group to say)* Design Team, move that bus.

**7. Romance and Love**

*(Man and woman sitting in car. The man is driving.)*

Woman: Let’s do something romantic this weekend.

Man: There’s a benefit golf tournament at the club.

Woman *(looking dreamily out the window)*

That new Italian restaurant is open.

Man: I was going to Home Depot Saturday morning to pick out new tile.

Woman: Maybe there’s a dinner cruise on the river this weekend.

Man: Hey, I think the football game is at home this weekend.

Woman: We could rent that new DVD and stay home.

Man *(staring at her)*

Woman *(eventually looking at him)*

What?

Man: Are we on the same page here? *(Freeze action)*

*(Invite four women to walk to the front and repeat the lines or ask someone in advance to create this introduction in an audiovisual format.)*

New paint on the living room walls $60

New bathroom faucet $90

New kitchen cabinets $5,000

A mutually satisfying, loving relationship with your man A PRICELESS TREASURE

*(Motion to entire group to say with them)* Design Team, move that bus.
Recreation Ideas

Icebreaker: Searchlights/Spotlights

Divide the group into two categories: Searchlights and Spotlights. Invite the Spotlights to form a circle with their backs toward the center of the circle. Direct the Searchlights to form a large circle outside the Spotlights, with each woman facing another woman.

Explain that when you give the signal each participant will tell her name and will discuss the topic that you announce for 30 seconds. When you give the signal, the Searchlights will rotate one person to the right. Announce a new topic. Continue playing until all players have met each other. If your group is very large, form more than one circle. If your space will not allow circles, you can line groups around the outer walls.

Here are a few topics. Add some of your own. Feel free to repeat topics because the partners are constantly changing!

Topics
1. My family …
2. My favorite hobby is …
3. My favorite Bible verse is …
4. I admire my man for …
5. If my car could speak, it would say …
6. I wish everyone knew how well my man can …
7. If I were a millionaire I would …
8. My man has the cutest …
9. I spend most of my time …
10. The most important thing in my life is …

http://adulted.about.com/od/icebreakers/a/achatterbugs_2.htm

Build This House

Lead women to gather in groups of four, and give each group a deck of cards. Explain that each group will use the cards to build a house to enter in the contest. The three contest divisions are The Biggest House, The Strongest House, or The Most Creative House. Indicate the supplies you have provided and tell ladies they are free to use any of them as well as to tear or bend the cards.

However, there is one important rule: Participants may not talk during the entire process. They need to find other means of communication. Set a time limit and keep the groups informed of how much time remains. After the construction, allow groups to show their houses and to explain how they learned to communicate. Consider giving small prizes to create interest and energy.
Conclude the activity. Say, *The words we speak do not always communicate what we want and mean to say. As we learn to understand how men are wired, we can improve our means of communication so that we truly communicate how much we admire, love, and respect our men.*

http://www.education-world.com/a_lesson/lesson/lesson343.shtml
submitted by Tracy Neibergall, Southwest Elementary School, Lawson, Missouri “Construction Zone”

### Additional Recreation Ideas

**Pliers Game**  
(use a large serving tong for the coffeehouse retreat)

Lead the group to sit in a large circle. Hold a large pair of pliers. When you are ready to begin, stare at the pliers as though you were concentrating on them. Then pass the pliers to the next person, saying the word *crossed* or *uncrossed.* The players will assume you are referring to the pliers; however, the word actually refers to the position of your legs. Tell the player to study the pliers and say the correct word as she passes them to the next player. Give no clues except to tell the player if she is correct after she makes the pass. If after a round, women are not catching on, make it more obvious by crossing and uncrossing your legs.

Say, *We are sometimes so concentrated on one aspect of life that we ignore the obvious. We often expect one thing, but the signal comes in a new and different form. As you learn about the inner core of your man, you will build a better sense of how to read his signals. Your communication will move to a new level.*

**Straw Icebreaker**  
(use paint chip cards for the construction-theme retreat)

As participants are seated around tables, pass a container of colored drinking straws. Ask women to choose two different colored straws. When everyone is ready, project a list of questions of colored coded questions on the screen (or make available to each table leader a sheet of questions). Each woman is to share about herself based on the color of her straws. If time allows, encourage the group to find others who have the same color straws and to meet and greet.

—based on an idea from  http://www.education-world.com/a_lesson/lesson/lesson342.shtml

**Sweet “Meet”**  
(for the construction theme use colors, decorating styles, and wood types)

Ask participants to divide into groups according to their preference for a coffee flavor: Swiss Mocha, Caramel Latte, Cappuccino with Cream, Decaf French Vanilla, and so forth. Send each group to a corner of the room. Once groups are formed ask women to share their names and something about themselves. Use more categories if you have a very large group. Give a signal.

Ask them to regroup according to their preference of muffin flavor: Blueberry, Apple, Oatmeal, or Plain. Repeat the process several times so ladies will interact with new faces.