

Youth Retreat Resources

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**A Ministry of the Central Pennsylvania Conference
United Methodist Church**

Resources for Planning

Retreat Planning Packet: This packet of material gives excellent insight into planning a retreat. It provides planning guides, time lines, financial tips, promotional ideas, Leader Checklists, sample schedules, Icebreaker and game ideas, and examples of types and themes of retreats.

The Retreat Leader's Manual: A Complete Guide to Organizing Meaningful Christian Retreats:

Forty percent of church members and pastors polled report having a significant spiritual experience through a church retreat or camp experience. Yet, pastors are hard-pressed to tackle the details required to plan these "times away." A practical guide covering the nuts and bolts of planning the budget, picking a site and organizing Bible studies — all to make the experience meaningful for all ages. Going beyond the usual collections of suggested activities and formats. This book provides a solid base for faith formation in retreats. Ferguson and Witt offer a thoughtful exploration of the need and biblical precedent for spiritual retreats.

DVD and Video Resources

Prayer Retreats

Prayer in Motion: Leading Students in Life-Changing Prayer: Lead your teenagers in a prayer adventure! This power-packed multi-media event will help your teenagers discover the keys to strong, effective prayer. Prayer in Motion offers your students four interactive training sessions that culminate in a church-wide "concert of prayer" event that your kids will put on themselves. In this kit you'll find: easy-to-use leader guide, six student prayer journals, a compelling "concert of prayer" video, and an audio CD of worshipful music. Scripture narration and sound effects that create an inspirational setting for prayer. Includes: 1 leader, 6 journals, 1 video.

The Prayer Path: A Christ Centered Labyrinth Experience: You can create your own multi-media labyrinth for a unique guided prayer and devotional adventure. You will journey through the labyrinth over the span of about an hour guided by an inspirational CD narration, set against a worshipful music backdrop. Eleven stations on your journey lead you to "let go" of the busyness, hurts and distractions that can spoil relationships; "center" your life on God; and reach out to the world with Christ's love. This kit comes packed with the sight-and-sound tools you'll need for creating a spiritually compelling labyrinth in your church or community.

Kit contains, 2 videos, 9 participant's guides, 1 leader's guide, 6 CDs

Praying in Color: Drawing a New Path to God: Maybe you love color. Maybe you hunger to know God better. Maybe you are a visual or kinesthetic learner, a distractible or impatient soul, or a word-weary pray-er. Perhaps you struggle with a short attention span, a restless body, or a tendency to live in your head. This new prayer form can take as little or as much time as you have or want to commit, from 15 minutes to a weekend retreat. "A new prayer form gives God an invitation and a new door to penetrate the locked cells of our hearts and minds," explains Sybil MacBeth. "For many of us, using only words to pray reduces God by the limits of our finite words." Contents: 1. From Pen and Paper to Prayer; 2. Getting Started; 3. The Practice; 4. Using Color to Pray... DVD is for leader training comes with 2 workbooks. Additional information can be found at

<http://www.paracletepress.com/nstore/prodPage.php?ID=&item=5121>

Love, Sex and Dating Issues

Good Sex: A Whole-Person Approach to Teenage Sexuality and God: Yes, it's that big a deal to your **high schoolers** (and probably to you, too). You can give your teenagers a biblical grounding for their sexuality one of two ways: try to override the life-long influences of culture and their own experiences or enter the very process that's influencing them. Good Sex is a very different, very honest, very direct, very biblical curriculum. Call it a whole-person approach to sexual formation. After all, it's no secret that sex is a whole-person experience -- a body-mind-spirit sort of thing. Which is exactly how God designed it. Good Sex drives your students (and you) into the Bible -- sometimes as a jumping-off point, other times as the conclusion - for all things sexual. But we know you have your own ideas about this subject, too. Your own approaches that fit your own group. Which is why Good Sex offers you options galore -- you can pick and choose among more activities, discussion starters, and Bible studies than you'll ever need. In fact, you'll find all the flexibility here you want -- activities and studies to use, ignore, or tweak for your own purposes. Or if it's specific direction you want, that's here too -- in complete sessions, all ready to go. As a retreat, use the first 3 or 4 sessions as a kick off for a continued study when you get home. Seven sessions (approximately 2 hours each). Strongly suggested that a parent session be held before the study begins and permission be granted for their youth to attend.

Song of Solomon: A Youth Study on Love, Sex, marriage and Romance. Will help **pre-teens** navigate the shark-infested waters of the teen years ahead. This series not only presents biblical teaching on human intimacy and attraction, but also offers youth the opportunity to form a peer group with common understanding and ideals. 8-9 hours group time, 6 Sessions: 1. The Art of Attraction; 2. The Art of Dating; 3. The Art of Courtship – Overview; 4. The Art of Courtship – Personified; 5. The Art of Intimacy; 6. The Importance of Purity. Especially made for **middle school** youth. Can be used for Sunday School, Retreats, Youth Group. Includes one student workbook, one leader's guide, the Book of Romance, and six sessions on two tapes. NOTE: This is good material presented from a conservative Biblical point of view.

Sex. Dating: God gives clear guidance on how to treat our bodies and how to treat others... including the opposite sex. These four sessions use practical and Biblical guidelines to help teens figure out how to build healthy relationships with the opposite sex. This program includes interviews with real teens from across the country. It promotes understanding the purpose of dating and how to respect ourselves and each other. 4 sessions on 2 DVD's

Disc #1: -Boundaries -The Role of Dating

Disc #2 -Issues With Guys -Issues with Girls

Also includes 60 page leader's guide with printable handouts for your group.

Social Issues:

Student Underground: An Event curriculum on the persecuted church. More Christians died for their faith during the 20th century than at any other time in church history. Help high school youth become aware of the way God is working globally...aware of the plight of **persecuted Christians** worldwide. Equip them with the wherewithal for whatever degree of involvement they choose for actually helping their oppressed brothers and sisters around the world. Four

one hour sessions with video can be used for lock-in or weekend retreat. Use near the weekend of the International Day of Prayer for the Persecuted Church, which occurs on the Sunday that falls two weeks before Thanksgiving.

The Justice Mission: *Reflecting on the Heart of God for the Oppressed of the World*: The Justice Mission is five 1- 1½ hour long sessions, video-based curriculum that depicts the stark facts about **oppression and injustice** around the world, and presents a Bible-based approach to dealing with them. Follow the visit of four American teens to squalid corners of India. They will be prompted to think again, and again, about evil they find, and about bullying, prejudice, and attitudes that God hates in their own neighborhoods and the hallways of their schools. First 3-4 sessions can be done on a retreat as a starter to long term action.

Peace DVD Especially For Youth: This six-session study inspires youth—and adults—to imagine what the world would be like if every person tried to make it a more peaceful place.

Session 1: PEACE WITH GOD, 4 Spiritual truths, Parable of Workers in the field. Session 2: PEACE AND COMMUNITY, Calling for Peace, Building a Community- Habitat, Challenge Day (learning to break down barriers of alienation with youth), Little Grill Collective, Just a cup of Coffee? Session 3: PEACE AND THE EARTH, Glen Echo Farms, Food Choices for Peace, This Little Tomatoes went to market Session 4: PEACE AND SERVICE, I traveled to Ireland (youth adventure), Playing for Peace, Peace and Justice, Oriented to Serve, A Hand Extended, We Want You (Menno Corps) Session 5: PEACE AND NATION, The Price of Conscience, Drawing the Line, Department of Peace, I Pledge Allegiance, An Act of the Peace Chiefs Session 6: BITS AND PEACES, Battle of the Scissors, Singing for Peace, Spiritual Truths 2. The short stories— ranging from 2 to 9 minutes long—are varied and attention-grabbing. You can follow the sessions as outlined in the leader's guide or you can customize them to fit your group's needs. Some sessions include skits from Ted & Lee. 6 sessions with 24 short stories; 1 leader guide included on the DVD. Leader Guide can be downloaded from www.peacedvd.com

Other Retreats:

Meet Jesus, an Out of the Box Outreach Event: Meet Jesus' childhood friends, teachers, acquaintances, and enemies. Thought it wasn't possible? The Behind the Messiah video takes you there in the spoof on "Behind the Music" documentaries. Interview with biblical and fictional characters provide both humor and drama, relaying the aw-inspiring truth of **Jesus' life, death and resurrection**. This outreach event is perfect for a retreat, a lock-in or a 5 sessions of weekly gatherings. Activities, games, drama, video a worship CD, Bible study and creative group discussions all unite this engaging event. 1 video, 1 CD, 1 leaders' guide, 2 Food-Games-Fun-Discussion guides & 1 promotional flyer included (Extra student books may be purchased through Group Publishing)

Follow Me, an Out of Box Outreach Event: Imagine your **teenagers as Jesus' disciples**, help them put on the sandals and walk on Jesus' path? In this multi-sensory adventure, teens don't just hear or read about discipleship, they experience it as they delve feet-first into prayer, daily Bible study habits, faith-sharing, service and more. Within 5 sessions (appropriate for also for a retreat setting or an overnight lock-in) comes: 1 video, games, drama, in-depth Bible study, small group discussions, object lessons, service project, schedules & supply lists, food and decor

ideas & promotional & follow-up suggestions. 1 video, 10 student books (additional may be purchased from Group Publishing) 1 leaders guide, 1 promotional sign

Friends: Who are the most influential people in a student's life? Parents, teachers and pastors would like to think they are the most influential in a student's life, but students spend more time interacting with their friends than with anyone else. Friends influence every part of students' lives - how they act, what they wear, what they say, and most importantly what they believe. In these four power-packed sessions, Sean McDowell offers Biblical insight into the most common issues students are facing in their friendships: 1. Loneliness (14 minutes) 2. Peer Pressure (13 minutes) 3. Comparisons (14 minutes) 4. Identity (13 minutes) Includes: Four video sessions on 2 DVDs, Leader's Guide, Printable Group and hand-out, Real-life interviews with students across the country; Teaching on how friendships can refine our character and faith; Interview with Grammy-nominated musician, Sarah Kelly about her personal struggle with "fitting in".

Choose: What's the most spiritual thing you will do today? Prayer? Reading the Bible? Serving? How we decide to express our faith is up to us. The power of choice is one of the most important elements of our spiritual journey. Students are constantly faced with life-changing decisions in their relationships and faith. In these four sessions, Marcus Goodloe introduces Biblical principles to help students make wise choices amidst a chaotic culture: 1. Choosing Faith (15 minutes) 2. Consequences (14 minutes) 3. Choose Your Reaction (13 minutes) 4. What is Your Purpose? (13 minutes) Includes: Four video sessions on 2 DVDs, 60 page Leader's Guide, Printable Group Handouts, Real-life interviews with students across the country, Behind-the-scenes moments with Christian Music Magazine's New Artist of the Year, Family Force 5

Paul in Rome: *Ancient Truth for Today's Culture.* (filmed in Rome) A 4-part video-driven Bible study for teens on culture and the life of the Apostle Paul. In these four sessions, David Nasser uses the life of Paul to highlight how followers of Christ can stand up to cultural "norms" and stand firm in Christ. Our team filmed David teaching from some of Rome's most recognizable historical places including the Coliseum, the Road to Rome, the Mamertine Prison and more. Paul in Rome also features an interview with Flyleaf. Flyleaf's music can be heard nationwide on Christian and rock radio stations. Since 2000, they have been creating music that honestly expresses both the triumphs and struggles of their personal journey. Their faith is an integral part of their lyrics and lives. 4 lessons on 2 DVDs: 1. Culture and Faith (8:00) 2. Not Good Enough (13:00) 3. Keep The Faith (10:00) 4. A Picture of Your Life (9:00) Includes study guide.

Teens and Parents: The myth of a perfect family can lead to disappointment, frustration and anger. There is no perfect family. But many teenagers struggle with expectations and authority from their parents. In these four sessions, Mark Matlock will give practical and Biblical instruction to teens to help repair and build healthy relationship with their parents. Real-life interviews with teenagers from across the country. Discover better ways for understanding, communication and forgiveness between teens and parents. Four insightful topics: Disc #1-The Myth of a Perfect Family & Living up to Expectations Disc #2- Authority and Rebellion & Friend or Foe Includes: 2 DVDs • 60-page Leader's Guide • Reproducible handouts for the group

I AM: *Getting to Know God:* If you could ask God one question, what would it be? How can God be real and ignore all the bad things that happen? Teens struggle with difficult questions and doubts. These four sessions offer hope and encouragement to teens on their winding

journey of faith. Includes: Real life interviews with teens, Interviews with David Crowder and Chris Tomlin about their personal faith. Four Sessions: 1. Looking for God 2. When Bad Things Happen 3. Identity 4. Question of Faith. Includes Leader's Guide

Becoming a Contagious Christian: Youth Edition: Can be presented in several formats: eight 60-minute sessions; four 3-hour sessions; youth retreat. Help your youth discover the evangelism style that fits them best and watch them become truly contagious with their faith as they grow confident in introducing their friends to the love and truth of Jesus Christ. Includes leader's guide, power point CD, 2 student guides and 61-minute video

Books and Curriculum for Youth Retreats

Mission Mania: A Can Do Guide for Youth Leaders: This book provides real handles for helping junior-high and senior-high youth discover the joy of getting involved and making a difference in the lives of others through **mission and ministry**. Filled with nuts and bolts tips on how to lead successful mission events. The book includes plans for in-class learning experiences, go and do models of service and weekend or retreat options. It is appropriate for college-aged students and intergenerational groups.

Serving From the Heart for Youth: Serving From the Heart for Youth is adapted from Church of the Resurrection's Serving From the Heart spiritual gifts program for adults. Young people who go through this study will learn about **spiritual gifts** and what they mean for the church, discover their gifts, and find ways to offer their gifts to further God's work through the church. What's Inside: * 6 sessions * A spiritual gifts inventory and assessment * An optional retreat module

Go Deeper Retreats: 12 life-changing weekends for youth ministry: These fun, spiritually power-packed retreats can change your students' lives. In this resource you'll get: 12 retreats, large group sessions, small group sessions, schedules, activities, tips and suggestions, focused on a specific Bible story or character for in depth study and discussions, 12 alternate 1 night lock-in plans, adapted from each retreat plan, you are given tools to compact each of the 12 retreats into a 1 night lock-in, modifications to adjust matters to be age appropriate for Middle Schoolers, student quiet time and handouts.

Ready to Go Retreats and Lock-Ins: 101 Games, Puzzles and Ideas. 16 Complete Plans for fun and soulful events. These plans cover every detail, even laying out hour-by-hour schedules for you. The first section focuses on planning retreats and lock-ins. The second section covers strategies for successfully executing retreats and lock-ins. Each Retreat includes two individual morning meditations, detailed program notes for small groups with three to four sessions per retreat, ideas for a worship service and evening devotional, and fun, group-building activities. Includes reproducible handouts, preparation lists, and bonus material on CD-ROM.

Retreats from the Edge: Youth Events to Build Christian Community: Thirteen Retreats full of ideas for youth groups. Road tested with The EDGE Ministries. Adventure activities such as rappelling, climbing, camping, and ropes courses. Includes worship and study sessions.

Answering God's Call for Your Life: Addresses how young people can listen, discern and understand God's call on their life and its meaning for their life's work. "Young people today are coming of age at a time when spirituality and faith are hot topics, but are not necessarily

explored deeply with youth in our churches," said the Rev. Sharon Rubey, director of Candidacy and Conference Relations in the Division of Ordained Ministry at the United Methodist Board of Higher Education and Ministry. "We encourage young people to use this book individually as a guide for spiritual and vocational discernment. We also urge local church youth groups to use the book in retreats and study groups."

Faith in Motion series (includes a full retreat in each book):

- **Walk the Talk: *In the Steps of the Soul Man***
- **Real World Christians: *Being Yourself, Belonging to God***
- **In the Zone: *Playing Life God's Way***
- **Choosing Jesus: *The Real Deal on the Spiritual Menu***
- **Things Christians Do: *Creeds and Deeds***
- **In a Dilemma: *Living Your Faith Through the Tough Stuff***

Seven sessions on topics of importance and interest to **twelve to fifteen** year olds. A full retreat related to the topic. A special worship centered on the topic. An extra "Out and About" feature for something "Off-the-wall" and fun. Includes separate student guide.

Claim the Name: *Retreats for Continuing the Journey*: Twelve great retreats for **3 grade levels**: 6-8; 9-10; 11-12. Four themes: Being God's People; Following Jesus; Living as UM's; Walking the Talk.

Also consider using the **Reel to Reel: *Making the Most of the Movies*** series. Two to three movies with the same theme can be used in a weekend retreat. This curriculum includes Bible study and discussion guide.

All Resources Available from Discovery Place Resource Center
1-800-682-2615
Email discovery@cpcumc.org
Visit the website and order online www.discovery-place.org

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