

Retreat Outline

The purpose of this retreat is to create a safe place for all to begin or continue to understand the multi-faceted nature of sexuality. This holistic approach includes appreciation for the theological, emotional, physical and spiritual nature of our bodies as more than just flesh and bone but a holy assembly of God's design. We affirm that our sexuality is a part of who we are in God's creation.

- Session 1
 - The **Tip of the Iceberg** retreat will provide information regarding various aspects of human sexuality as well as allowing for discussion of these topics, within a Biblical framework and our church doctrine. For example: defining spirituality, sexuality, and seeing ourselves as God's good creation. We believe in a God of love who has created us as sexual beings to relate to one another in love and with responsibility. Because God's love is present in every aspect of our humanity and sexuality we will begin to explore what the Bible teaches about sexuality and how to make informed decisions that will honor God.
- Session 2
 - "Image is everything"
 - We've heard the phrase many times. Usually for the purpose of convincing us that we needed the right look, clothes, make-up etc. in order to have the right image so that we might have "worth". We are in an image fueled society, why do we have different fashions? Why do we have different cars? The world offers different ways we can boost our image through how we dress/present ourselves, all in the hopes of our image being seen as having worth by someone else. The truth is the image that is most important is the image that we were made in, "God's Image". We were made good, as we are, without any ornamentation, flashy wrappings, or overt behaviors. We aren't reliant on the worlds, or other people's approval to have worth, especially at the price of our own integrity, self respect, or God's hope and intent for us.
- Session 3
 - Sexuality is a gift from God that we are to celebrate and cherish. This section of workshops will encourage youth to live a more faithful life in every part of their being, dialoguing watchfully about the connections between our faith and our sexuality. Guided by our church doctrine and biblical interpretation, participants will

discuss about relationships and appropriate boundaries of self and others. Helping our youth to understand themselves as “good” sexual beings created by God, we will continue serving parents and our churches to build solid faith foundations for young people to act responsibly in matters of sexuality.

- Session 4

- “Where do we go from here?”

- This 4th and final session is designed to begin to move forward. This session will offer several workshops based around the questions, what, so what, and especially now what. While this retreat could be likened to a mountain top experience, the most important work is still yet to be done. During this time you will be provided with resources, questions and avenues to seek further conversations and community. No matter what our past is Christ offers us forgiveness and an opportunity to flourish as the people God created us to be.