



TAKING THE WEEKEND HOME

TIMING: Sunday morning, following Blessing/Image of Christ

PURPOSE: To summarize the basic principles of the weekend

ENERGY: Sovereign enthusiasm, Engaging

EXPECTATION: You may use these notes, but DO NOT read them. Know the basic points. Interact with the attendees. Watch the sample talks on the Staff Portal.

NOTE TO SPEAKER: When you ask attendees to respond to questions, repeat back to the group what was said to ensure everyone heard and to make connection with that person. Sometimes you can ask the person to say more, but not every time. Be sure to include examples for every person's point of view, not just for spouses and children. Include friends, coworkers, divorcees, etc.

SCRIBE: Send Taking the Weekend Home Scribe document to the scribe. Confirm expectations for what is written on the whiteboard.

THE TALK

You may be asking yourself...

- "How am I going to take this experience home with me?" *or*,
- "How am I going to keep this momentum going?" *or maybe*,
- "How can I implement this in my family or my daily life?"

In the next 30 minutes, I am going to give you several principles that we use on this weekend that can help you take this into your life. If you're a note taker, this would be a great time to take out your notepads and pens.

[Check to make sure all the women that want pens have them.]

From the time you arrived on Friday – and actually even for weeks before you arrived – we have been focused on creating a specific environment for you. We believe there are specific reasons why this weekend is effective in many people's lives. I'm going to give you **five principles** that we use that will help you move forward and keep up the momentum of whatever God has done in you this weekend.

1. SAFETY – How do I create safety for others in my life? How can I be safe?

This weekend, we've been committed to creating an environment where you feel safe – physically, emotionally, spiritually. **If you experienced safety this weekend, what helped you to experience it?**

[With one or two of the women, dig deeper by saying, *"Say more about that."*]

- Confidentiality
- Honoring you where you are at. [Feelings, desires, needs]
- Extravagant Support [from the staff and your fellow attendees]
- Non-Judgmental in our approach to one another
- Eliminate Distractions [Becoming Present to what is within and to God]
- Modeling [As a staff, we choose to expose ourselves and risk being known by you in order to encourage you to take similar risks.]
- Integrity [Do what you say you are going to do]

ASK YOURSELF: Am I safe? ["For my husband, children, family, friends, coworkers..."]

2. SACRED SPACE

This weekend, we have also been committed to creating an environment where you could experience the SACRED. Our goal in this was to have a space for you to take risks and experience God's love and power. **How have you experienced the sacred this weekend?**

- Use of **Symbol and Ritual**
 - As the Scriptures model, we make use of symbols, senses, and various experiences to aid us in entering into God's presence.
 - From the incense, candles, music, colors, and rocks we attempt to engage your whole body, mind, heart, and spirit in the process. We are inspired by Mark 12:30, which exhorts us to love God with all of our hearts, soul, mind, and strength.
 - Example: Incense as prayers going up to God's throne engages the senses of our body.
- We create experiences which open up your awareness that God is here in the present moment. It is in the present that God meets us. [Our bodies inhabit the present moment.]

ASK YOURSELF: "Do I create sacred space for myself and for those i love?"

3. AWARENESS [WHICH LEADS TO ACTION]

This weekend we have focused a lot on being “aware” of what is going on inside of you and around you. Has anyone heard the question this weekend, “What are you aware of?” We encourage you to continue to ask yourself this question. When you are not aware of what is going on inside of you, your ability to ACT with clarity and decisiveness will be hindered.

Many of you have become more aware of both your false and true selves and more clear about God as well. Through becoming aware you are able to make CHOICES to risk to trust God and those around you.

Awareness leads to growth. Without awareness we cannot grow. Without awareness there is no action.

4. RISK

This weekend we have offered you opportunities to take risks. We value the Apostle John’s words: *“If we walk in the light as He is in the light we have fellowship with one another”* (Reference: I John 1:7) **Has anyone experienced opportunities to take risks this weekend?**

Opportunity to be authentic, honest and open

The Small Groups and Rock Work times have been intentionally designed to aid you in stepping through your fears and shame and into the greatness of God’s love and power. In II Timothy 1:7 Paul tells Timothy, *“God has not given you a spirit of timidity [i.e. fear], but of power and love and a sound mind.”* So, this weekend, we’ve given you opportunities to risk “connecting to God’s power and love.”

Transformation takes place at the EDGE

[Draw this on the board, in steps. First, draw the edge and the status quo.]

The center is the “status quo” or “business as usual”

[Then, draw the arrow going from the status quo to the edge.]

Transformation takes place at the EDGE. It does not take place in the status quo.

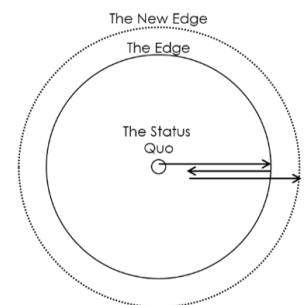
However, this is important: Change takes place in steps.

This weekend you may have gone to the edge and risked. In a week or so, you may be challenged by the newness of this change and consciously or unconsciously step back toward the center of the circle – to what you are familiar with. Familiarity is safe.

[Draw an arrow from the edge back towards the status quo].

This is a normal part of change. Expansion and contraction.

When we risk and grow we are expanding. And after times of expansion there are often times of contraction. This is somewhat akin to rest after a hard workout or labor in childbirth.



When you experience a contraction [**draw an arrow back toward status quo**], it doesn't mean that the steps you took were for nothing. It just means that you get to make the choice again to step back over the edge and risk.

[Draw another arrow from the status quo out past the original edge.]

It's back and forth. Ultimately, getting further and further out.

[Draw the new edge.]

Be patient and trust the process.

Risk In the Context of Community

We are wounded in relationship. We are healed in relationship. This is a core reason why the weekend is effective. It was accomplished in the midst of sisters where each one of you risked believing that you would be accepted, loved, not judged, but championed.

The world is waiting for women to show up and to take risks and lead.

ASK YOURSELF: Who in my world is waiting for me to show up and take a risk?"

5. INTENTIONALITY

Everything we have done, from the greeting on Friday night to the last piece on Sunday has been intentional. There was a particular order in the way we did things. If we had said on Friday, "Okay, now let's tell each other our shame," how would that have gone over?! [Let them answer.] So there has been a PROGRESSION this weekend of INCREASING RISK AND EXPOSURE. When and how we have done things on the weekend matters. There has been an intentional *descent* to the point of surrender to God's love, followed by the *ascent* to live into the glory of who God made you to be.

This is the same in our lives. How and when we do things matters. Being intentional matters. Many of us are aware of the impact of living unintentional lives, where we are unfocused, unmotivated, and adrift. We fail to arrive at any destination; with God, family or work. Life "happens to us" and we react instead of actively moving with intentionality. The consequences are severe. So many of our "rocks in the bags" have been around for a long time, because we have not been intentional in bringing them into the light.

Women, God has called us to be intentional – to pierce our worlds by purposefully risking to engage God and others.

One or two of you tell us, what has been the impact in your life of living unintentionally?

[Allow women to answer.]

This weekend has taken seriously the call to be intentional. We intentionally set up experiences for you to grow in trust with one another, to grow in awareness of what is truly in your heart and souls, to grow in awareness of who God has already made you to be – sons/daughters of God – always connected to His love and power – free from shame and the lies that have crushed you.

ASK YOURSELF: “Am I living intentionally?” Have I thought through what needs to happen that the people in my life might thrive?” Asking these questions can change your life and the lives of those around you.

- Do you have a daughter who you would like to grow up in purity? Then, how do you need to be as a mother in order to model for your children what this looks like.
How will your daughter know how to be a woman who values herself enough to draw boundaries if you don't show her?
- Do you want a relationship with your husband that is vibrant and fulfilling? Then, what are you intentionally doing to be a safe, sacred woman for your husband in order to encourage him to risk wanting and experiencing the same thing you desire?
- Ask yourself – for whatever desire or goal you have – **WHAT NEEDS TO HAPPEN?**
- Be intentional.

SOME FINAL THOUGHTS ABOUT CHANGE

- **It takes time.** Be patient. With yourself and others.
- **Family Dynamics and Change.** See yourself and your family as a mechanical system. When one part of the system changes it impacts the whole system. You are the one who came this weekend. Not your spouse or child, friend or co-worker. Your change is about you. They may not understand it. They may not even feel comfortable with it, because it is different.
- **Focus on yourself [your need for growth].** Let your significant others experience their own process of change in their own time and way.
- **Let go of expectations** - of what will happen back home. Trust God with the outcome and continue to do your own work.