



REIGNITE RETREAT 2022

January 15th, 2022 Schedule (Eastern Time)

12:00pm Welcome and Workout
12:30pm Teaching: Freedom, Emotional Eating, Identity
1:20pm Break/Stretch
1:30pm Small Group Discussions
2:20pm Recap
2:30pm Conclude

Central: 11am – 1:30pm
Mountain: 10am – 12:30
Pacific: 9am – 11:30am

Freedom Model

Lie: Example: “Food will make me feel better”

Truth: Examples: Psalm 23, Isaiah 41:10

He comforts us in all our troubles so that we can comfort others. When they are troubled, we will be able to give them the same comfort God has given us. - 2 Corinthians 1:4

Emotional Eating:

“turning to _____ because of our _____ instead of _____

Stuffing or feeding emotions doesn't heal or help

Breath Work:

Deep breathing will trigger the parasympathetic nervous system, which sends signals to your brain to tell the anxious feelings you are experiencing that you are safe. It slows down your heart rate and reduces blood pressure. Deep breathing gets more oxygen to the brain so that we can think clearer and make better choices.

“between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.” Viktor Frankl, author of *Man's Search for Meaning*

“To ignore, repress, or dismiss our feelings is to fail to listen to the stirrings of the Spirit within our emotional life. Jesus listened. In John's Gospel we are told that Jesus was moved with the deepest emotions (11:33) The gospel portrait of the beloved Child of Abba is that of a man exquisitely attuned to His emotions and uninhibited in expressing them”
Brennan Manning

Identity:

Quotes from Abba's Child by Brennan Manning

“we unwittingly project onto God our own attitudes and feelings toward ourselves... But we cannot assume that He feels about us the way we feel about ourselves -- unless we love ourselves compassionately, intensely, and freely. ”

“Self rejection is the greatest enemy of the spiritual life because it contradicts the sacred voice that calls us the “Beloved”

"Define yourself radically as one beloved by God. This is the true self. Every other identity is illusion.”

“In a futile attempt to erase our past, we deprive the community of our healing gift. If we conceal our wounds out of fear and shame, our inner darkness can neither be illuminated nor become a light for others.”

2 Corinthians 5:17

Caterpillar →Butterfly

“Don't ask yourself what the world needs. Ask yourself, 'What makes me come alive?' Because what the world needs is men who have come alive.”
John Eldredge

Song Lyrics to Meditate on and Pray About:

You Say by Lauren Daigle

I keep fighting voices in my mind that say I'm not enough
Every single lie that tells me I will never measure up
Am I more than just the sum of every high and every low
Remind me once again just who I am because I need to know

You say I am loved when I can't feel a thing
You say I am strong when I think I am weak
And you say I am held when I am falling short
And when I don't belong, oh You say I am Yours
And I believe, Oh, I believe

The only thing that matters now is everything You think of me
In You I find my worth, in You I find my identity

Taking all I have, and now I'm laying it at Your feet
You have every failure, God, You have every victory

You Are More by Tenth Avenue North

There's a girl in the corner
With tear stains on her eyes
From the places she's wandered
And the shame she can't hide
She says, how did I get here?

I'm not who I once was.
And I'm crippled by the fear
That I've fallen too far to love
But don't you know who you are,
What's been done for you?

You are more than the choices that you've made,
You are more than the sum of your past mistakes,
You are more than the problems you create,
You've been remade.

Well she tries to believe it
That she's been given new life
But she can't shake the feeling
That it's not true tonight
She knows all the answers
And she's rehearsed all the lines
And so she'll try to do better
But then she's too weak to try

'Cause this is not about what you've done,
But what's been done for you.
This is not about where you've been,
But where your brokenness brings you to
This is not about what you feel,
But what He felt to forgive you,
And what He felt to make you loved