

## RETREAT 23<sup>rd</sup> – 24<sup>th</sup> November 2018

**VENUE: AFRICAN EXECUTIVE LODGE:** 3 Cabot Streer, Eastleigh Ridge, Edenvale

**THEME: Marriage as a covenant**

“That is why a man leaves his father and mother and is united to his wife, and they become one flesh”. Genesis 2

Time	Duration	Topic
17:30 – 18:30	1 hour	Registration and check in
19:00 – 20:00	1 hour	Dinner
20:00 – 20:30	30 min	Adoration
20:30 – 21:15	45 min	<b>Marriage as a covenant</b>
21:15 – 22:00	30 min	<b>True Love: Being Best Friends with Your Spouse</b> (Ephesians 5:25) – <i>Marriage can sometimes have its trying and frustrating moments. Throughout all of this, we must not forget that the person we married is our best friend. Husbands, love your wife as Christ loved the church.</i>
<b>Saturday 24<sup>th</sup> November 2018</b>		
7:30	-	Mass
8:30 – 9:00	30 min	Breakfast
9:00 – 9:15	15min	Praise and Worship
9:15 – 10:00	45 min	<b>Perfect Union: Viewing Sex as a Sacred Gift from God (Proverbs 5: 18-19)</b> – <i>Despite what our culture has taught us, sex is not a dirty word. It is not something to be ashamed of or embarrassed about. When experienced within the confines of Christian marriage as God intended, it is a blessing to be enjoyed.</i>
10:00 – 10:45	45min	<b>Take a Stand: Protecting your marriage and dealing with unfaithfulness</b> (Hebrews 13: 4-7, Matthew 5:28, Proverbs 20:6) – <i>The lessons we get from society are that “it’s OK to look” and “it’s not really cheating if .....” The lessons we get from scripture tell us a much different story. Daily threats to marriage and steps that can be taken to combat them. (includes addictions that destroy marriages)</i>
10:45 – 11:00	15min	Tea Break

<b>11:00 – 12:00</b>	1hr	<b>Forgiveness in marriage</b> <i>In any marriage, there are challenges. This is perfectly normal and healthy. It's how we choose to speak to one another and how we handle the aftermath that can make all the difference.</i>
<b>12:00 – 13:00</b>		<b>In Sync: Raising Children Together (Ephesians 6:4)</b> – <i>Raising children needs to be a team effort, but sometimes it seems that we're not reading from the same playbook. Being on the same page regarding the raising children and never undermining the other's authority.</i>
<b>13:00 – 14:00</b>	1hr	Lunch
<b>14:00 – 14:15</b>	15min	Praise and worship
<b>14:15 – 15:00</b>	45 min	<b>Unity: Setting Boundaries with Your Parents and In-Laws (Genesis 2:24, Genesis 2:24; Matthew 19: 4-6, Mark 10: 6-9)</b>
<b>15:00 – 15:45</b>	45min	<b>Affirmations: Speaking Well of Your Spouse to Others (Colossians 3:19)</b>
<b>15:45 – 16:00</b>	15 min	Tea break
<b>16:00 – 17:30</b>	1 hour	<b>Question and reflection</b> <b>Closure</b>