

## Outline for Christian Woman Today Retreat (March 21-22)

### **Dare to Trust God with Your Life**

What do we trust God to do?

1. To know us completely.
2. To love us unconditionally, sacrificially.
3. To like us as people and to desire our company—eternally!
4. To hear and answer our prayers.
5. To forgive us for Jesus' sake, even when we have a hard time forgiving ourselves.
6. To work out our life story.

When we truly trust God with our lives, what does that look like?

1. We are honest
  - a. With him—about all the secrets of our hearts—the horrible sins, the deep sufferings, the godly dreams and desires
  - b. With ourselves—allowing ourselves to feel all the feels; not deny, flatten, or compartmentalize our emotional or spiritual selves
  - c. With each other—demonstrating vulnerability and inviting it in others
2. We practice empathy and compassion
  - a. Try to see the world through others' eyes
  - b. Try to learn from people who see things differently from us
  - c. Try to speak up for the weak and vulnerable who cannot speak for themselves
3. We trust his framing of the narrative
  - a. Banish negative or fearful self-talk, and replace it with his words
  - b. Banish bitterness and anger, and replace it with joy
  - c. Banish the need to control and manipulate, and replace it with surrender
4. We stop being afraid
  - a. Of serving God and others in new, unconventional ways
  - b. Of saying no (and disappointing people) when we are stretched too far
  - c. Of using the voices he gave us
5. Most important: We continue to seek him—in his Word, in Christian conversation, in corporate worship.

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