



**LADIES RETREAT**

**SEPTEMBER 16<sup>TH</sup>, 2023**

**9:00 AM - 3:00 PM**

**ANCHOR POINT  
BIBLE CHURCH**

“Therefore, I urge you, sisters,  
in view of God’s mercy,  
to offer your bodies as a  
living sacrifice,  
holy and pleasing to God—  
this is your true and proper worship.  
Do not conform to the pattern  
of this world but...



***transformed by  
the renewing of  
your mind.”***

—ROMANS 12:1-2A

**This Booklet Belongs to:**

---

# Retreat Schedule



8:45: Doors Open

8:45 – 9:15: **Outside/Foyer: CHECK-IN**

9:15: **Fellowship Hall: ICE BREAKER, SNACK, COFFEE**

9:45 – 9:55: **BREAK**

9:55: **Sanctuary: DOOR PRIZE DRAWING #1**

(Must be present and seated in Sanctuary to win!)

10:00 – 10:30: **Sanctuary: WELCOME, PRAYER,  
SCRIPTURE READING, PRAISE & WORSHIP**

10:30 – 11:25: **Sanctuary: BIBLE SESSION 1**

11:30-12:00: **Various Rooms: SMALL GROUP TIME**

12:00 – 12:45: **Gym: LUNCH & FELLOWSHIP**

12:45: **Gym: DOOR PRIZE DRAWING #2**

(Must be present at Fun Activity Time to win!)

12:45 – 1:20: **Gym: FUN ACTIVITY TIME**

1:20 – 1:30: **BREAK**

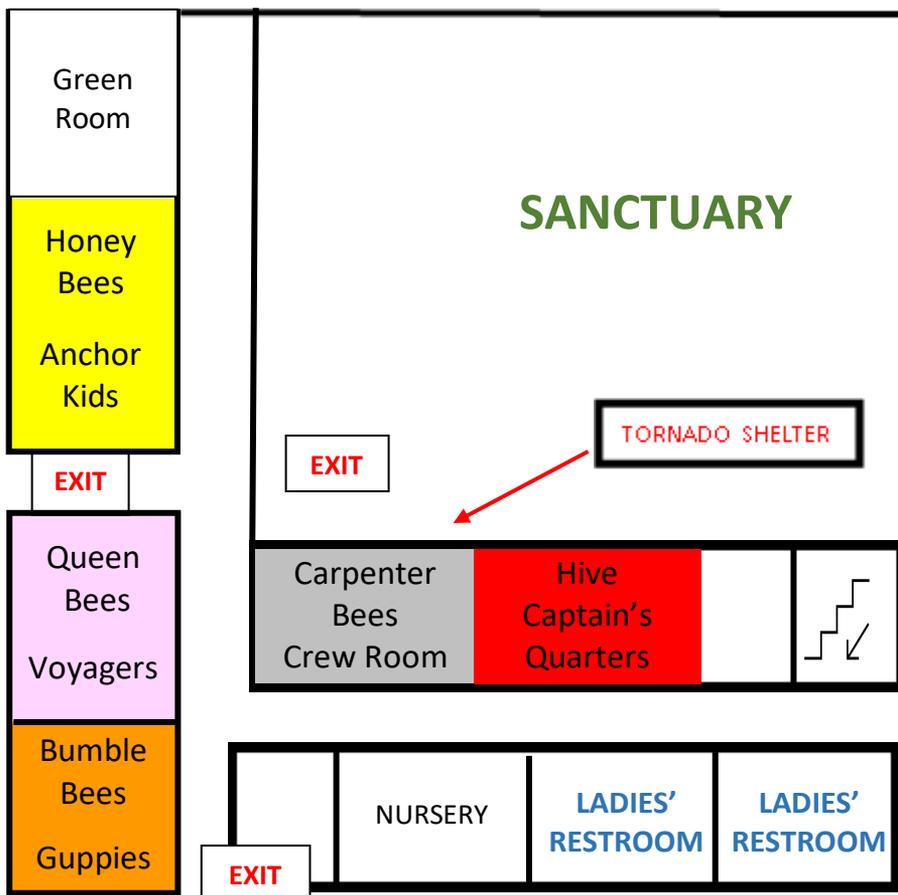
1:30: **Sanctuary: DOOR PRIZE DRAWING #3**

(Must be present and seated in Sanctuary to win!)

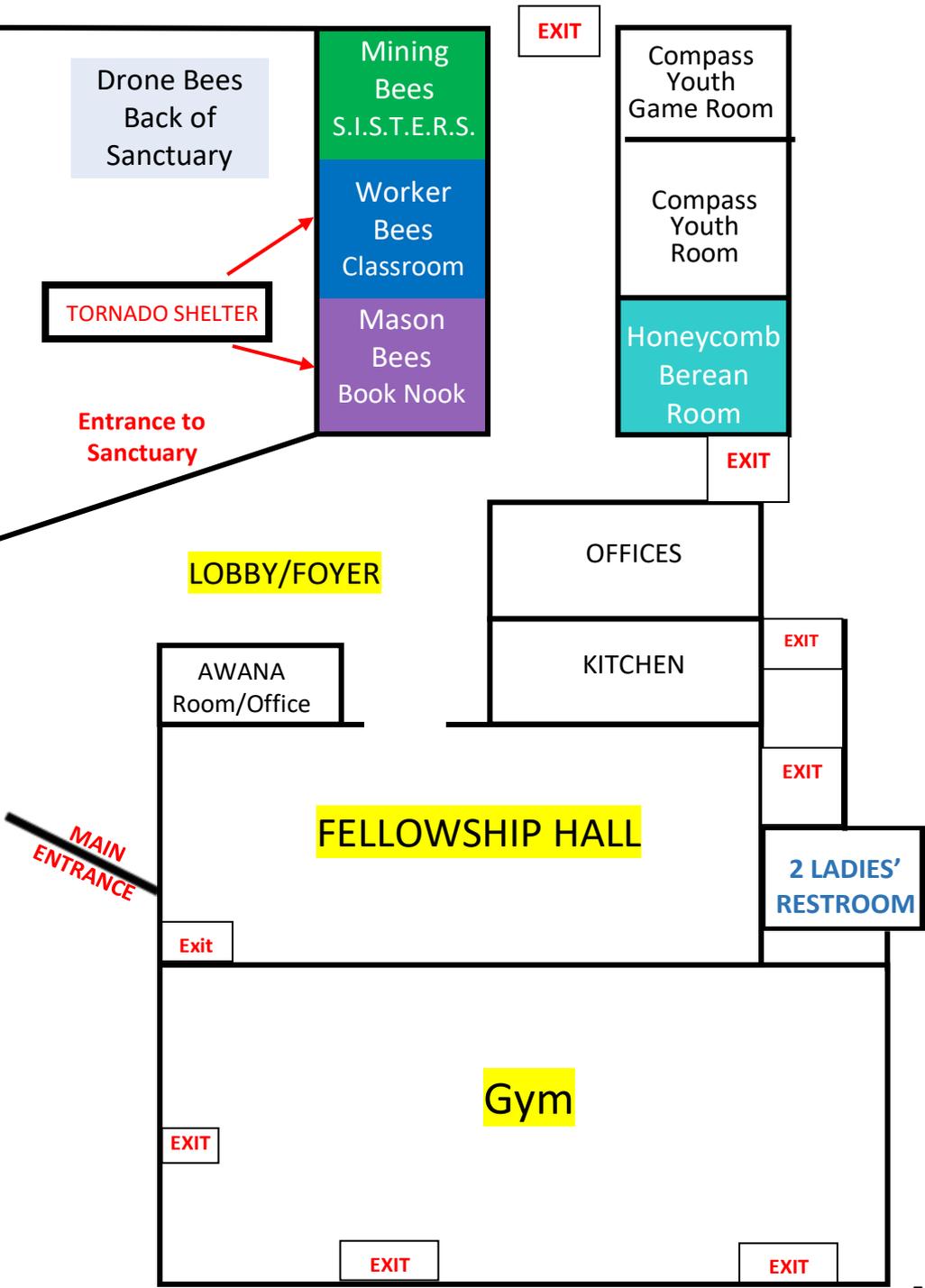
1:45-2:00 **Sanctuary: PRAISE & WORSHIP**

2:00-3:00: **Sanctuary: BIBLE SESSION 2**

3:00 pm: **DISMISSAL**



On behalf of the ladies here at Anchor Point Bible Church, we would like to extend to you a very warm welcome! If you need anything throughout the day, please do not hesitate to ask any of the men from our church who are serving us during the retreat! Here you will find a diagram of our facilities with the main rooms we will be utilizing today highlighted. Please notice... the Men's restrooms in the building are designated Ladies' restroom for today's event. 😊



# Responsive Reading Fight The Good Fight



**LEADER:** *And do this, understanding the present time: The hour has already come for you to wake up from your slumber, because our salvation is nearer now than when we first believed. The night is nearly over; the day is almost here. So let us put aside the deeds of darkness and put on the **armor of light**.*

**LADIES:** *Finally, be strong in the Lord and in the strength of His might. Put on the **whole armor of God**, that you may be able to stand against the schemes of the devil. For we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness, **against the spiritual forces of evil in the heavenly places**.*

**LEADER:** *Be alert and of sober mind. Your **enemy the devil** prowls around like a roaring lion looking for someone to devour. But the Lord is faithful, and He will strengthen you and **protect you from the evil one**.*

**LADIES:** *Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, **to stand firm**. Resist the devil, **standing firm in the faith**...  
...Stand therefore, having fastened on the **belt of truth**,*

**LEADER:** *Do your best to present yourself to God as one approved, a worker who has no need to be ashamed, rightly handling **the Word of truth**.*

**LADIES:** *...and having put on the **breastplate of righteousness**...*

**LEADER:** *For our sake God made Christ to be sin Who knew no sin, so that in Him we might become the **righteousness** of God.  
As obedient children, do not be conformed to the passions of your former ignorance, but as He who called you is holy, you also **be holy in all your conduct**,*

**LADIES:** ...and, as shoes for your feet, having put on the readiness given by the **gospel of peace**.

**LEADER:** Therefore, since we have been justified by faith, we have **peace with God** through our Lord Jesus Christ.

**LADIES:** ...In all circumstances take up the **shield of faith**, with which you can extinguish all the flaming darts of the evil one...

**LEADER:** Now **faith** is the assurance of things hoped for, the conviction of things not seen.  
for we walk by **faith**, not by sight.

**LADIES:** ...and take the helmet of salvation...,

**LEADER:** For the grace of God has appeared, bringing **salvation** for all people, training us to renounce ungodliness and worldly passions, and to live self-controlled, upright, and godly lives in the present age,

**LADIES:** ...and the **sword of the Spirit**, which is the Word of God...,

**LEADER:** For the Word of God is living and active, sharper than any two-edged **sword**, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart.

**LADIES:** ...praying at all times in the Spirit, with all prayer and supplication. To that end, **keep alert with all perseverance**, making supplication for all the saints...,

**LEADER:** **Fight the good fight of the faith**. Take hold of the eternal life to which you were called and about which you made the good confession in the presence of many witnesses.

**LADIES:** The God of peace will soon **crush Satan** under your feet. But thanks be to God, who gives us the **victory** through our Lord Jesus Christ.

Eph. 6:10-18; Rom. 13:11-12; 1 Peter 5:8-9a; 2 Thess. 3:3;  
2 Tim. 2:15; 2 Cor. 5:21; 1 Peter 1:14-15; Rom. 5:1; 2 Cor. 5:7; Heb. 11:1;  
Titus 2:11-12; Heb. 4:12; 1 Tim. 6:12; Rom. 16:20a; 1 Cor. 15:57.

# Bible Session 1

## II Corinthians 10:3-5



*"Share in suffering as a good soldier of Christ Jesus. No soldier gets entangled in civilian pursuits, since his aim is to please the one who enlisted him." II Timothy 2:3-4*



### MINDFUL TRUTH #1

1. \_\_\_\_\_ that we are in fact in a war.



### MINDFUL TRUTH #2 (vs. 3-4a)

2. This war is \_\_\_\_\_.

*"We do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places."*

Ephesians 6:12



### MINDFUL TRUTH #3

3. Know our \_\_\_\_\_.

*“Don’t think of Satan as a harmless cartoon character with a red suit and a pitchfork. He is very clever and powerful, and his unchanging purpose is to defeat God’s plans at every turn—including His plans for your life.”*

-Billy Graham

*“He was **a murderer** from the beginning, not holding to the truth, for there is **no truth in him**. When he lies, he speaks his native language, for **he is a liar and the father of lies**”* John 8:44.



### MINDFUL TRUTH #4

4. Understand the battle plan...Satan’s \_\_\_\_\_  
and our \_\_\_\_\_.

*“But I am afraid that **as the serpent deceived Eve by his cunning, your thoughts will be led astray from a sincere and pure devotion to Christ.**”* 2 Corinthians 11:3



### MINDFUL TRUTH #5

5. The battlefield is in our \_\_\_\_\_.

*“Do not be conformed to this world but **be transformed by the renewal of your mind,**”*

Romans 12:2a





# Discussion Questions

1. Share one truth from the first Bible session that the Holy Spirit impressed on your heart and mind.
2. What does the word “war” imply about the Christian walk?  
(Vs. 3)

**APPLICATION:** You are in a battle. Are you trying to be a spectator or are you waging war?

What is one specific thing you can do to be a better warrior?

3. What does it look like if we try to fight this war in the flesh? Are you using worldly weapons such a deception, manipulation, intimidation, etc.? What would it look like if we fought this war instead in the spiritual realm?

**APPLICATION:** Identify one area in your life you are responding to Satan’s attacks in your own flesh. It may be a response to your child’s wrong behavior. It may be a reaction to a financial crisis. It may be trying to fill a void or find comfort. It may be \_\_\_\_\_.

(Fill in the blank with your own situation.)

4. What methods does the enemy use to influence people’s minds? What are some arguments and “lofty opinions” which set themselves up against the knowledge of God?

**APPLICATION:** What deceptive argument or lofty opinion have you encountered recently? How will you “destroy” it? How can we defend the faith from these attacks?

# Bible Session 2



## HOW TO WIELD OUR SWORDS OF THE SPIRIT.

1. CHECK OUR \_\_\_\_\_.



## CHECK LIST FOR OUR STANCE.

✓ Our \_\_\_\_\_, "Shoes of Good News"

✓ Our \_\_\_\_\_,  
*"Be sober-minded; be watchful. Your adversary the devil prowls around like a roaring lion, seeking someone to devour." 1 Peter 5:8*

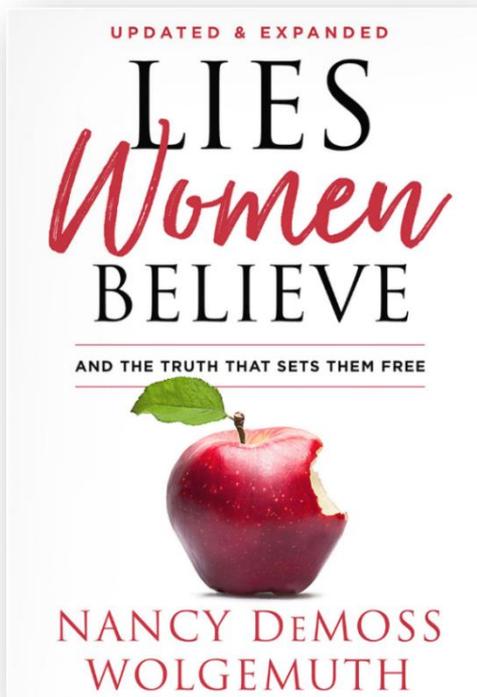
✓ Our \_\_\_\_\_, What do you believe

and are fully convinced concerning the Word of God?



2. **LUNGE: EXPOSE THE \_\_\_\_\_.**

*“For the Word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart.”* Hebrews 4:12



“What we believe about ourselves determines how we live. If we believe and act on lies



### 3. PARRY: \_\_\_\_\_ THE LIE FOR THE TRUTH.

“The truth will set you free,  
but only the truth that you know.”

-Christine Caine

## HOW DO WE PARRY?

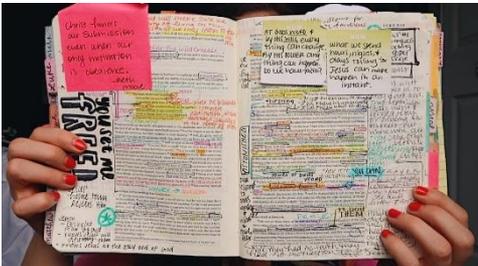
1. \_\_\_\_\_



3. \_\_\_\_\_



2. \_\_\_\_\_



4. \_\_\_\_\_





---

---

*Thank you so very much for attending  
this "Bee Mindful" Ladies Retreat!  
It meant so much that you joined us  
in fellowship, worship, and the  
study of God's Word.*

**Our 2023 Ladies Retreat is  
sponsored by David Hoffman  
in loving memory of his  
father, Wayne Hoffman,  
who went home to heaven  
December 13th, 2022,  
and in honor of his  
mother, Jane Hoffman,  
who loves the Lord and the  
ministries here at  
Anchor Point Bible Church.  
Many thanks and  
appreciation to David  
for his most gracious gift.**

