

In Search of Joy

2016 FOUR OAKS WOMEN'S RETREAT
NOVEMBER 4-6 :: HILTON SANDESTIN



Our Schedule

FRIDAY, NOVEMBER 4

4:00pmHotel Check-in begins; free time and dinner on your own
7:00pmSession 1

SATURDAY, NOVEMBER 5

9:30amSession 2
11:30amCatered lunch
12:30pmFree time and dinner on your own
7:00pmSession 3

SUNDAY, NOVEMBER 6

8:00amCatered breakfast
9:00amSession 4
11:00amHotel check-out



JOY
JESUS OFFERS YOU

Psalm 90:14

*Satisfy us in the morning with your steadfast love, that we
may rejoice and be glad all our days.*

[illegible]

Session 1: The Story Of Joy

JOY

PLEASURE

The Bible warns that _____
_____ seeking does not lead to happiness and fulfillment.

I. What is man's relationship with joy?

Joy in the Christian life is in _____ as
believers _____ with the _____.

Westminster Shorter Catechism — What is the chief end of man?

Glorify God-----Enjoy Him

Right _____ brings about _____ .

Man cannot pursue joy _____ only secondarily.

As we rejoice, celebrate and delight in the Lord, we _____ joy.

II. How does man lose joy?

Adam and Eve- Genesis 1:27-31, 3:6-24

A. Sin

Sin in a believer's life robs the person of joy.

Genesis 3:6 “good for food”-

“pleasing to the eye”-

“desiring for gaining wisdom”-

So began man's quest for pleasure and happiness on his own terms.

Genesis 4- Cain and Abel

B. Circumstances

Circumstances can hinder our joy.

1. Enslaved by others

Exodus 1:6-14, 3:7-10, 15:1-16:9

Joyful people do not _____ because as we learned, joy is not based on circumstances but on _____ with God.

How to turn the tide? _____ and _____

2. Enslaved by our own hands

Exodus 18

C. Settling

Settling for less than God intends costs us joy.

Exodus 19-31- Mount Sinai

Exodus 32:1- taking matters into their own hands

Man-made _____ is a cheap substitute for joy. Pleasure seeking often enslaves people in a vicious cycle of addiction.

III. How should we respond when we've lost our joy?

A. Recognize our responsibility

B. Repent of our sin

Psalm 51



PERSONAL REFLECTION- FRIDAY NIGHT

1. What is the current condition of your joy?
2. If you feel lacking in joy, which area(s) have cost you the joy God intends for you?
Sin-----circumstances-----settling
3. What is your responsibility in losing/lessening your joy? How have your actions/
inactions cost you?
4. How should these convictions initiate a response from you to God? What did you
learn from Psalm 51 to guide you?
5. Call to action- write down how God is convicting you to change. What are you
going to do differently in order to begin living more consistently with joy?
6. Grab another friend from your table to pray with in order to fortify your call to
action.

[illegible]

Session 2

Faulty Foundations for Joy

Life As We _____ It

A. Promised Land - Judges 2:6-15 vs. Verging Exile - Habakkuk 3:17-18

B. Rich Young Ruler - Matthew 19:16-22 vs. Hidden Treasure - Matthew 13:44

John 12:23-25, Matthew 16:25-26

II. _____ As We Achieve It

A. Nabal - 1 Samuel 25: 1-13, vs. David v. 32-34,39

B. Solomon - 1 Kings 10:14-24, Ecclesiastes 1:1-2,
12-2:11 vs. David - Psalm 63

Does Psalm 90:14 reflect our desire and prayer?

SATURDAY AT LUNCH – SMALL GROUP DISCUSSION QUESTIONS

1. What insight did you gain from the comparison of Princess Diana and Mother Teresa?
2. Has joy become more clearly defined to you? In your own words, what is joy?
3. How does joy differ from pleasure or happiness?
4. What did you learn about faulty foundations for joy that helps you the most?
5. Which faulty foundation are you most prone to look to for joy?
6. How can Habakkuk 3:17-18 challenge you to perceive differently what you used to believe hindered your joy?

[illegible]

Session 3

The Means For Our Joy

II. Relationship

Psalm 16:2,11

III. Cooperation

Bible - Psalm 19:7-8

Worship - Psalm 33:1-3

Obedience - Psalm 97:11

Serving - Deuteronomy 28:45-48, Acts 5:40-42

Giving - 1 Chronicles 29:9-17

Provision - Psalm 92:4-5

Returning - Nehemiah 8:1-17

So what is our pathway to more joy in our lives?

SATURDAY EVENING — SMALL GROUP DISCUSSION QUESTIONS

1. From what you have learned thus far, can joy be acquired by Christians directly through effort?
2. How can we increase our joy?
3. Have you learned of an acceptable excuse for not having joy?
4. For you to live more fully in joy, which areas need addressing for this to happen?
5. What is it about cooperating with God that is an issue? Is it will, motivation, understanding that keeps you from cooperating as needed? Identify the root challenge.
6. Call to action- what is God calling you to do in order to submit in cooperation with Him, to realize the full potential of joy in your life?

Session 4

The Extent Of Our Joy

IV. The Good News

Luke 2:10, 10:17-22

V. The Grace

The grace of joy through Jesus.

A. Joy through adversity/persecution

Luke 6:23, Acts 13:48-52

B. Joy through God's _____ nature.

Luke 10:21

C. Joy through Jesus' living _____.

John 15:9-11

D. Joy through Jesus' resurrection and victory.

John 16:22

E. Joy through _____ Him.

Romans 15:13

F. Joy through the fruit of His Spirit.

Galatians 5:22-25

G. Joy through our salvation.

1 Peter 1:8

H. Joy through Christ to _____.

Hebrews 12:2-3

Call to action- Jeremiah 30:21 "Who is she....."



OUR SPEAKER

Gretchen Fleming is a Bible study teacher and speaker at Four Oaks Community Church in Tallahassee, Florida. Active in women's ministry for over 20 years, Gretchen has ministered to women in the United States, China, Peru, and Guatemala. She and her husband Kyle have raised three children and live in Tallahassee, Florida.

You can follow Gretchen's blog on Facebook and at gretchenfleming.com.

OUR WORSHIP LEADERS

Dr. Leigh Ashmore Stephenson received her undergraduate and doctoral degree from Florida State University, and her Master's Degree from Southern Methodist University in Vocal Performance and Vocal Pedagogy. She is a professional vocal coach and songwriter, and wife of Les Stephenson.

Melissa K. D'Aurio also graduated from Florida State and is the wife of Victor D'Aurio and the mother of two precious girls, Mia (9) and Bella (6). She has been singing in church for as long as she can remember, starting at age three. And she loves to worship the Lord.



COLOSSIANS 3:17

*And whatever you do, in word and deed,
do everything in the name of the Lord Jesus,
giving thanks to God the Father through him.*

THANK YOU

Thank you so much to this incredible team of women that God brought together to plan and execute the 2016 Four Oaks Women's Retreat. They and their teams worked countless hours in preparation for this event. When you see them, please take a moment to say thank you for all of their hard work and dedication to making this retreat a success.

Gretchen Fleming – speaker

Terry Dudley – prayer

Melissa D'Aurio – worship/music

Leigh Stephenson – worship/music

Ali Simons – worship/music

Erin Kraeft – check in

Leo Thurber – small group leaders

April Hay – small group leaders

Erin Petscher – door prizes
greeters

Cassidy Hettima – greeters

Becky Healy – welcome bags

Jim Dudley – AV

Julie Alley – AV assistant



JOY
JESUS OFFERS YOU

Romans 15:13

May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope.