



Freedom IN CHRIST

Women's Retreat
November 3-5, 2023
Glen Eyrie Conference Center



The Women's Ministry at Front Range Alliance Church presents:

Freedom IN CHRIST

With Linda Graf

Retreat Schedule

Friday, November 3

- 5:00 - 6:30 p.m. Check-in
6:30 - 8:30 p.m. Session 1 — "Freedom From Our Past"
Fun activity afterwards
8:30 p.m. Hot chocolate, Fire Pit & Mixer

Saturday, September 4

- 7:30 - 8:30 a.m. Breakfast
8:25 a.m. Prayer Team meets to pray
8:50 a.m. Group Picture
9:00 - 11:00 a.m. Session 2 — "Freedom From Unbelief"
11:00 a.m. - 12:00 p.m. Devotion Time
12:00 - 1:00 p.m. Lunch (sack)
1:00 - 6:00 p.m. Free time, hiking, crafts & fun activity
6:00 - 7:00 p.m. Dinner
7:00 - 8:45 p.m. Session 3 — "Freedom From Bitterness"
8:45 p.m. Fun activities

Sunday, November 5

- 8:00 - 9:00 a.m. Breakfast in Kitchen Lodge
Check-out
8:40 a.m. Prayer team
9:15 - 11:30 a.m. Session 4 — "Freedom Leads To Joy"



Meet Linda Graf:

Linda Graf is the Programs Manager at Glen Eyrie Conference Center in Colorado Springs, CO, where she has worked since 2019. Prior to that, she spent 20 years on staff as the Worship Ministries Director at Front Range Alliance Church in Colorado Springs. In addition to the music ministry, she was involved in Women's Ministries, Bible studies, and mentoring young women.

Several years ago God convicted her of bitterness, a besetting sin in her life. Her subsequent book *Bitter Truth: My Story of Bitterness, Grace and Repentance* was written as a testimony of God's gracious healing and forgiveness.

Linda is blessed to be married to the amazing David Graf and to have her two married children living close by. This past year, she became a grandma for the first time and is more determined than ever to influence this next generation for Christ.

Commuter Retreat Schedule

Friday Evening, November 3

5:00 - 6:30 p.m. Registration begins for everyone.

6:30 - 8:30 p.m.

Session 1 — “Freedom From Our Past”

Hot chocolate bar and group activity following. Please stay!

Saturday, September 4

8:25 a.m.

Prayer Team meets to pray
(if you are on the team please
join them at 8:25)

8:45 a.m.

Group Picture

9:00 - 11:00 a.m.

Session 2 — “Freedom From Unbelief”

11:00 a.m. - 12:00 p.m. Devotion Time

1:00 - 6:00 p.m.

Free time, hiking, crafts & fun activity

6:00 - 7:00 p.m.

Dinner

6:35 p.m.

Prayer Team

7:00 - 8:45 p.m.

Session 3 — “Freedom From Bitterness”

8:45 p.m.

Fun activities
Please stay as long as you want

Sunday Morning, November 5

8:00 - 9:00 a.m.

Breakfast in Kitchen Lodge
We are giving a gift bag of continental
breakfast items to the women.

8:40 a.m.

Prayer team

9:15 - 11:30 a.m.

Session 4 — “Freedom Leads To Joy”

Free Time Activities include: hiking, shopping in Old Colorado City, crafting, puzzles, games, walking the grounds. Please enjoy any of these activities or bring your craft, knitting, hiking shoes, a book, or just spend time visiting. We have a lounge.

Freedom IN CHRIST

Welcome my friend!

The Team and I are so thankful that each one of you chose to join us for the FRAC Ladies' Fall Retreat. We pray that each of you will be spiritually refreshed through worship as we sing, hear the word, and are encouraged by Linda's testimony.

I am so excited for our theme of Freedom in Christ. I have witnessed how beautifully and powerfully the Lord has worked in Linda. You will hear this weekend how He has freed her from sin in her life and freed her to live life unto Him— in ways she did not and could not beforehand. We will all be reminded how we need His gospel and the Holy Spirit to transform us continually.

We also pray that each of you has sweet fellowship with each other, meaningful conversations, laughter, and refreshment from our Lord's beautiful nature. I find the grounds of Glen Eyrie uplifting. My heart swells with His good gifts.

So, blessings to each of you as we gather together.

Beth Wahl and the Women's Ministry Team



Freedom IN CHRIST
Freedom From Our Past

Linda Graf

Session 1

Thoughts for further study & reflection

Session 1

What are the specific benefits Jesus promises us in Isaiah 61:1-4?

Instead of _____ , Jesus will _____

Instead of _____ , Jesus will _____

Instead of _____ , Jesus will _____

What causes me to feel despair, shame or self-pity when I reflect on my past?

How can I think of these experiences through the lens of God's perspective and plan for me? Ponder Isaiah 55:8-11.

What are some good things that I experienced from my growing up years?

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Freedom From Our Past

Linda Graf

Session 1

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Freedom From Our Past

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Session 1

God's Voice

Calms

Comforts

Convicts

Encourages

Enlightens

Leads

Reassures

Stills

Satan's Voice

Obsesses

Worries

Condemns

Discourages

Confuses

Pushes

Frightens

Rushes

Freedom IN CHRIST
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Session 2

Thoughts for further study & reflection

Session 2

What are some of the soundtracks you often listen to or find running through your mind?

Are they true and helpful?

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Session 2

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Session 2
God's promises

God's Promises	What has He promised in these verses?
Psalm 1:1-3	
Psalm 16:11	
Psalm 23:6	
Psalm 27:9-10	
Psalm 37:4	
Psalm 81:10	
Psalm 82:3	
Isaiah 26:3	
Isaiah 43:4-5	
Zephaniah 3:17	
Matthew 6:33b	
Matthew 10:29-31	
Matthew 11:28-30	
John 15: 7, 11, 14	
Romans 8:26, 28-31	
Romans 8:35-39	
I Corinthians 10:13	
2 Corinthians 3:18	

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Freedom From Unbelief

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Session 2 God's promises

God's Promises	What has He promised in these verses?
2 Corinthians 5:5-7	
2 Corinthians 5:17	
Galatians 6:9	
Philippians 1:6	
Philippians 4:6-7	
Philippians 4:19	
I Thessalonians 4:16-17	
I Thessalonians 5:24	
2 Thessalonians 3:3	
Hebrews 4:16	
Hebrews 13:5, 8	
James 1:5-6	
James 5:11	
James 5:14-16	
1 Peter 1:3-4	
1 Peter 2:9	
1 Peter 3:12-14, 17	
I Peter 5:6-7	
2 Peter 1:3-4	

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Freedom From Bitterness

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Session 3

Thoughts for further study & reflection

Session 3

Is an unforgiving heart a tendency or temptation for me?

Are there people in your family who have exhibited unforgiveness or bitterness?
What was the result, what were their relationships like?

Is there someone I'm struggling to forgive?

What is God's promise to us in this situation?

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Freedom From Bitterness

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Session 3

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Freedom Leads To Joy

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Session 4

Thoughts for further study & reflection

Session 4

What steps do I need to take to increase joy in my life?

What are God's promises and assurances to us regarding joy?

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Freedom Leads To Joy

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Session 4

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Worship Songs

Friday night:

Yet Not I But Through Christ In Me
Nothing is Holding Me Back
Come Thou Fount of Every Blessing
Love Came Down
The Lord's Prayer (Matt Maher)

Saturday morning:

Who You Say I Am
Amazing Grace (My Chains Are Gone)
Run To The Father Death Was Arrested

Saturday night:

The Lord's Prayer
God of Calvary Lord I need you
Jesus strong & kind
Good Good Father

Sunday morning:

10,000 Reasons
The Lord's Prayer
He Will Hold Me Fast
King of Kings
Nothing is Holding Me Back