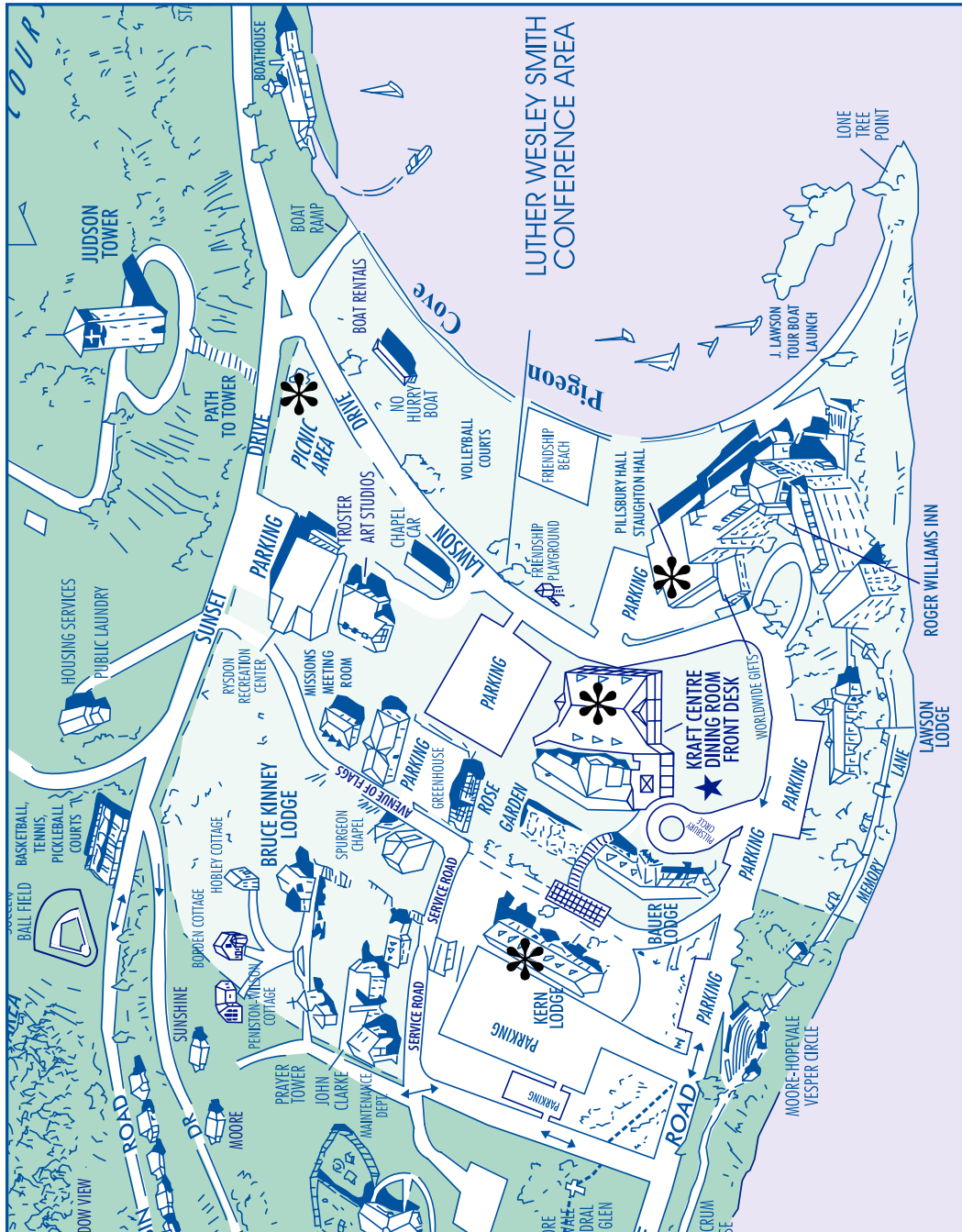




CHURCH OF THE INCARNATION
ALL-CHURCH RETREAT
August 22-24, 2025

NAME: _____

MAP



SCHEDULE

FRIDAY

6:00-6:45pm

Check-in, Kern Lodge Lobby

7:00-8:30pm

Session #1

8:30pm

Campfire

SATURDAY

7:30-8:30am

Breakfast

8:45am-12:00pm

Session #2

12:00-1:00pm

Lunch

1:00-5:00pm

Free time (volleyball, hike, swim, nap, etc.)

5:00-6:00pm

Dinner

6:30-8:30pm

Session #3

8:30pm

Hang out/Games

SUNDAY

7:30-8:30am

Breakfast

8:30-9:15am

Checkout

9:15-9:30am

Picture (meet right outside Kern)

10:00-11:30am

Sunday Worship with Christ Church

Madison (Staughton Hall)

12:00-1:00pm

Lunch, Departure

LOCATIONS (* ON MAP, INSIDE COVER):

We are staying in Kern Lodge

We are meeting in Kern Lodge.

Meals are in the Kraft Centre Dining Room.

Campfire is at the picnic area near Sunset & Lawson Dr.

Sunday worship will be held in Staughton Hall

WELCOME!

We are so glad you're here! Whether this is your first or fifth Incarnation retreat, we hope you have a wonderful experience this weekend. We've been praying for you that you would have rest, fellowship, and fun while you're here. Just as Jesus urged the disciples to "Come with me by yourselves to a quiet place and get some rest." (Mark 6:31), we too are invited to spend some time with Him and each other.

Questions during the weekend?

If you need anything related to your room, please contact the Green Lake Conference Center Guest Services by phone at (920) 294-3323 or by visiting the front desk at the Kraft Centre (in the building where we eat our meals). If you need to get in touch with an Incarnation staff member, contact Kris Wood at (920) 213-8142.

Want to stay connected using our app?

Stay in touch with everyone during the retreat by downloading our app at this QR code, or search in your phone's app store for "Church Center." For group messaging this year we will use the Lobby chats. Find Chris Hansen for all your tech support needs!



Meal Tickets

Please make every effort to hold on to the meal ticket that you are given when you check in. If you lose your meal ticket, you will need to purchase a new one at the front desk of the Kraft Centre.

Childcare

Childcare will be provided for each of the group sessions and during Sunday Worship. A huge thanks to Heidi Conyers for organizing our kids programming this year! We would also like to thank our childcare workers for the weekend. We are so grateful that men and women from outside our congregation would come and serve us by watching over the children this weekend. When you run into our childcare workers this weekend, please make sure to give them a big 'thank you!'

- The Nursey/Preschool room (ages 0-4) will be open 10 minutes before each session starts so that they can get checked in.
- The Younger Elementary room (ages 5-7) will be open before the session if you would like to drop your child off early. Otherwise, they are welcome to stay for the group game with the older kids.
- The Older Kids' room (ages 8-13) will start out with the adults for every session; we'll do an icebreaker or some kind of game to begin our time, and then the kids' group time will take place during the rest of the session.

As you know, we love kids at Incarnation and we welcome them to join us for our sessions. Feel free to have your kids stay with you during these sessions.

Sessions with Childcare:

- 7:00pm Friday night:
- 8:45am Saturday morning:
- 6:30pm Saturday evening:

Sunday Morning Worship (10:00am):

This worship service will be shared with Christ Church Madison in Staughton Hall. Kids Ministry will take place in the adjoining building, Roger Williams.

- The Nursery/Preschool (ages 0-4) will be open 10 minutes before the service begins in Roger Williams. Please drop off your child before the service starts and pick up your child in the middle of the service during the Passing of the Peace.
- The rest of the kids will be dismissed during the service at the Sending of the Children (after Opening Worship). They will be escorted to Roger Williams by the childcare workers and brought back into the service at the Passing of the Peace.

SESSION #1

Rule of Life

What is it? And why would I want one?

Goal of the Christian life: _____ in Jesus and bear _____
(John 15:1-11)

Be _____ by Jesus, _____ his presence.

_____ with Jesus,

_____ like Jesus,

_____ in Jesus's mission.

The problem: We don't know _____.

The solution: A _____

Rule of Life: An intentional _____ to abide in Jesus and bear fruit.

More specifically, it's the schedule of _____ and

_____ that create space for us to be with Jesus, become like

Jesus, and join Jesus.

Pete Scazzero: "Nurturing a growing spirituality with depth in our present-day culture will require a thoughtful, conscious, intentional plan for our spiritual lives."

Some guiding principles for crafting a Rule of Life (from John Mark Comer):

1. Start small. Start where you are, not where you 'should' be.
2. Think subtraction, not addition.
3. Take a balanced approach.
4. Account for your personality and season of life.
5. There's no formation without repetition.
6. Do this in community.

In groups of 3, discuss the following:

1. As you think about designing a Rule of Life, how would you describe the spiritual needs of your personality or current season of life?
2. What practices might you want to include in your Rule of Life?
3. Who would be important to incorporate into the process of building your Rule of Life?
4. As you contemplate crafting a Rule of Life, what are some deep desires that come up for you? What changes could bring more flourishing to your life?

SONGS OF WORSHIP

Our Great God

Eternal God, unchanging,
Mysterious and unknown.
Your boundless love, unfailing,
Grace and mercy shown.
Bright seraphim in ceaseless flight,
Around Your glorious throne.
They raise their voices day and night
In praise to You alone.

Chorus

Hallelujah! Glory be to our great God!
Hallelujah! Glory be to our great God!

Lord, we are weak and frail,
Helpless in the storm.
Surround us with Your angels,
Hold us in Your arms.
Our cold and ruthless enemy,
His pleasure is our harm.
Rise up, O Lord, and he will flee
Before our sov'reign God.

Let ev'ry creature in the sea,
And ev'ry flying bird;
Let ev'ry mountain, ev'ry field,
And valley of the earth;
Let all the moons, and all the stars
In all the universe;
Sing praises to the living God,
Who rules them by His Word.

We Abide We Abide In You

We are the vineyard You have planted,
Tend our leaves and wild branches,
We abide, we abide in You.
We abide, we abide in You.

Fruit growing from our strength and labor,
Rain on us with grace and favor,
We abide, we abide in You.
We abide, we abide in You.

Chorus

Where can my soul find living water?
Apart from You we bear no fruit.
O plant my feet down by the river,
We abide, we abide in You.

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CCLI Song # 7097867

1

O Praise the Name (Anástasis)

I cast my mind to Calvary,
Where Jesus bled and died for me.
I see His wounds: His hands, His feet.
My Saviour on that cursed tree.

His body bound and drenched in tears,
They laid Him down in Joseph's tomb.
The entrance sealed by heavy stone,
Messiah still and all alone.

Chorus

O praise the Name of the Lord our God.
O praise His Name forevermore.
For endless days, we will sing Your praise,
Oh Lord, oh Lord our God.

Then on the third, at break of dawn,
The Son of heaven rose again.
O trampled death, where is your sting?
The angels roar for Christ the King.

He shall return in robes of white.
The blazing sun shall pierce the night.
And I will rise among the saints,
My gaze transfixed on Jesus' face.

Be Thou My Vision

Be Thou my vision, O Lord of my heart;
Naught be all else to me,
Save that Thou art.
Thou my best thought, By day or by night;
Waking or sleeping, Thy presence my light.

Be Thou my wisdom,
And Thou my true Word.
I ever with Thee, And Thou with me Lord.
Thou my great Father, I Thy true son;
Thou in me dwelling, And I with Thee one.

Riches I heed not,
Nor man's empty praise;
Thou mine inheritance, Now and always.
Thou and Thou only, First in my heart;
High King of heaven, My treasure Thou art.

High King of heaven, My victory won;
May I reach heaven's joys,
O bright heaven's Sun.
Heart of my own heart, Whatever befall,
Still be my vision, O Ruler of all.

Eleanor Henrietta Hull | Mary Elizabeth Byrne
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Music: Public Domain

Build My Life

Chorus

Holy, there is no one like You,
There is none beside You.
Open up my eyes in wonder.
And show me who You are,
And fill me with Your heart,
And lead me in Your love
To those around me.

Worthy of ev'ry song we could ever sing,
Worthy of all the praise we could ever bring,
Worthy of ev'ry breath we could ever breathe,
We live for You.

Jesus, the name above ev'ry other name.
Jesus, the only one who could ever save.
Worthy of ev'ry breath we could ever breathe,
We live for You,
We live for You.

Bridge

I will build my life upon Your love,
It is a firm foundation.
I will put my trust in You alone,
And I will not be shaken.

Brett Younker | Karl Martin | Kirby Kaple | Matt Redman | Pat Barrett
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Prayer

Rule of
works

Work

Love
Embodiment
of Jesus

of Life

sheet

Rest

ving
race
esus

Relationships

SESSION #2

Rule of Life

Nuts and Bolts

From 1 (not at all) to 10 (completely), how intentional are you about engaging in practices and rhythms that center you on God and help you pay attention to him? What number do you want to be?

Read Acts 2:42-47. In groups of 2-4, discuss how you'd describe the early Church's Rule of Life: the intentional practices and rhythms they used to abide in Jesus and bear fruit.

Elements of a Rule of Life (Pete Scazzero, based on the Rule of Benedict)

Prayer

Scripture - different ways to engage

Silence/solitude - be quiet and get alone

Daily Office - set times of prayer

Study - learning as formation

Specific Practices - breath prayer, examen, Jesus prayer, app

Rest

Sabbath - a 24-hour period where we...

1. Stop
2. Rest
3. Delight
4. Contemplate

Simplicity - getting free from distractions/attachments (e.g., fasting, tithing)

Play/recreation - activities that give life

Work/Activity

Worship – the work of the people

Service/mission – using time/gifts for others

Care for physical body – exercise, sleep, diet, etc.

Calling/vocation – how to be fruitful/multiply and tend/keep the ‘garden’

Personal development – growing in skill/knowledge to be a good steward

Relationships

Emotional Health – growing in emotional awareness, understanding

Family – how to invest in relationships

Community – variety of relationships needed in current life stage

Steps to crafting a Rule of Life (Pete Scazzero)

1. Write down everything you currently do (or hope to do) that nurtures your spirit and fills you with delight (e.g., people, places, activities...yes, prayer, worship, & Bible reading, but also broader. Maybe things like walking the dog, gardening, talking with friends, being in nature, painting, cooking, hobbies...). List them all.
2. Write down the activities you need to avoid, limit, or eliminate that pull you away from abiding in Jesus (things that impact your life negatively, like excessive social media, violent movies, commitments that go beyond your limits).
3. What are the challenging “have to”s in the next 3-6 months that will impact your rhythms (e.g., caring for aging parents, a baby, a child with special needs, a demanding work season, health issues, moving, etc.)?
4. Fill in the rule of life worksheet (pp. 12-13) as you consider the next 3-6 months. Ask God what he’s inviting you to focus on during this season.
5. Take a step back and consider the following questions:
 - a. What do you think will be your biggest challenge?
 - b. What is one thing that you sense the Holy Spirit directing you to start doing now?
 - c. What might be one thing you want to stop doing?
 - d. Is there someone you can invite to encourage you in making these changes?

Other considerations (3 horizons: daily, weekly, monthly/seasonally–John Mark Comer)

1. What do you want to do/not do on a daily basis (e.g., silence, prayer, read scripture, not look at news/media right away in the morning)?
2. What do you want to do on a weekly basis (e.g., sabbath, Lord's day worship, Table Group, sharing a meal with someone from Inc)?
3. What rhythms do you want to work into your life monthly or seasonally (e.g., retreat day, day in solitude. Serve those in poverty. Share hospitality with neighbors, review your Rule)?

Tips (Pete Scazzero)

1. Start small. Don't make an impossible Rule. Start with 1-2 things for a few months. Then you can add more as you have some success.
2. Listen to your heart's desires – God often speaks through them.
3. Make sure your Rule has joy, fun, and play.
4. Give yourself grace to experiment. The Rule is meant to free you, not enslave you. Don't be a perfectionist.
5. Figure out the amount of structure you need.

SESSION #3

Rule of Life

We're Maturing Together

Rule of Life isn't just an individual self-improvement plan. It's ordering our lives around Jesus _____.

Ephesians 4:11-16

The goal of the Church is _____.

We mature through life together in the _____.

Practical application: In groups of 3, consider the following, and then pray for each person in your group.

1. Imagine some practices in your Rule of Life that you might tend to do individually. What would it look like to experience these in community?
2. How are you feeling about your Rule of Life right now? Excited? Overwhelmed? Anxious? Thankful? Something else?
3. Share with your group where you need prayer right now. It might be related to Rule of Life or something else. Take time to pray for each person. Consider pausing for 30 seconds of silent "listening prayer" before praying verbally.

SONGS OF WORSHIP

We Abide We Abide In You

We are the vineyard You have planted,
Tend our leaves and wild branches,
We abide, we abide in You.
We abide, we abide in You.

Fruit growing from our strength and labor,
Rain on us with grace and favor,
We abide, we abide in You.
We abide, we abide in You.

Chorus

Where can my soul find living water?
Apart from You we bear no fruit.
O plant my feet down by the river,
We abide, we abide in You.

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CCLI Song # 7097867

1

Holy Forever

A thousand generations,
Falling down in worship,
To sing the song of ages to the Lamb.
And all who've gone before us,
And all who will believe,
Will sing the song of ages to the Lamb.

Pre-Chorus

(Jesus) Your name is the highest,
Your name is the greatest,
Your name stands above them all.
All thrones and dominions,
All powers and positions,
Your name stands above them all.

Chorus 1

And the angels cry, Holy!
All creation cries, Holy!
You are lifted high, Holy!
Holy forever.

If you've been forgiven
And if you've been redeemed,
Sing the song forever to the Lamb.
If you walk in freedom
And if you bear His name,
Sing the song forever to the Lamb.
We'll sing the song forever and amen.

Chorus 2

Hear Your people sing, Holy!
To the King of Kings, Holy!
You will always be, Holy!
Holy forever.

Brian Johnson, Chris Tomlin, Jason Ingram, Jenn Johnson, Phil Wickham
CCLI Song #7201044

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All Who Are Thirsty

All who are thirsty,
All who are weak,
Come to the fountain,
Dip your heart in the stream of life.
Let the pain and the sorrow
Be washed away,
In the waves of His mercy,
As deep cries out to deep,
(We sing)

Chorus

Come, Lord Jesus come.
Come, Lord Jesus come.

Holy Spirit come.
Holy Spirit come.

Interlude

As deep cries out to deep,
As deep cries out to deep,
As deep cries out to deep, we sing

Brenton Brown | Glenn Robertson
© 1998 Vineyard Songs (UK/Eire) (Admin. by Integrity Music)

What A Beautiful Name

You were the Word at the beginning,
One with God the Lord Most High.
Your hidden glory in creation,
Now revealed in You our Christ.

Chorus

What a beautiful Name it is,
What a beautiful Name it is,
The Name of Jesus Christ my King.
What a beautiful Name it is,
Nothing compares to this;
What a beautiful Name it is,
The Name of Jesus.

You didn't want heaven without us,
So Jesus, You brought heaven down.
My sin was great, Your love was greater;
What could separate us now?

Chorus

What a wonderful Name it is,
What a wonderful Name it is,
The Name of Jesus Christ my King.
What a wonderful Name it is,
Nothing compares to this;
What a wonderful Name it is,
The Name of Jesus.
What a wonderful Name it is,
The Name of Jesus.

Bridge

Death could not hold You,
The veil tore before You,
You silence the boast of sin and grave.
The heavens are roaring,
The praise of Your glory,
For You are raised to life again.

You have no rival,
You have no equal,
Now and forever God You reign.
Yours is the kingdom,
Yours is the glory,
Yours is the Name above all names.

Chorus

What a powerful Name it is,
What a powerful Name it is,
The Name of Jesus Christ my King.
What a powerful Name it is,
Nothing can stand against;
What a powerful Name it is,
The Name of Jesus.

Ben Fielding | Brooke Ligertwood
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Thankyou Music (Admin. by Capitol CMG Publishing)

There is None Like You

Chorus

There is none like You.
No one else can touch
My heart like You do.
I could search
For all eternity long and find,
There is none like You.

Your mercy flows like a river wide,
And healing comes from Your hands.
Suffering children are safe in Your arms,
There is none like You.

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Yet Not I But Through Christ in Me

What gift of grace is Jesus my Redeemer;
There is no more for heaven now to give.
He is my joy,
My righteousness, and freedom;
My steadfast love,
My deep and boundless peace.

To this I hold: my hope is only Jesus.
For my life is wholly bound to his.
Oh how strange and divine,
I can sing all is mine,
Yet not I, but through Christ in me.

The night is dark, but I am not forsaken.
For by my side, the Saviour he will stay.
I labour on in weakness and rejoicing,
For in my need, his power is displayed.

To this I hold: my Shepherd will defend me.
Through the deepest valley he will lead.
Oh the night has been won,
And I shall overcome,
Yet not I, but through Christ in me.

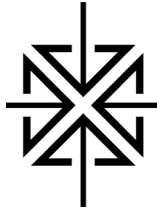
No fate I dread, I know I am forgiven.
The future sure, the price it has been paid.
For Jesus bled,
And suffered for my pardon.
And he was raised to overthrow the grave.

To this I hold: my sin has been defeated.
"Jesus now, and ever" is my plea.
Oh, the chains are released,
I can sing, "I am free,"
Yet not I, but through Christ in me.

With every breath, I long to follow Jesus;
For he has said that he will bring me home.
And day by day, I know he will renew me;
Until I stand with joy before the throne.

To this I hold: my hope is only Jesus.
All the glory evermore to him.
When the race is complete,
Still my lips shall repeat,
Yet not I, but through Christ in me.

Jonny Robinson | Michael Farren | Rich Thompson
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RETREAT FEEDBACK

Fill in as you go!

What made the retreat worth it?

What was missing from the retreat?

TESTIMONIES

What did you find meaningful about this weekend?

How did the Lord meet you over the course of this weekend?

Regarding my story:

- ☐ Feel free to share
- ☐ Share with no names
- ☐ Please keep confidential

We hope you had a great retreat! Please tear this page off the back of your bulletin and return it to Kris Wood (in the basket at Kern Lodge)