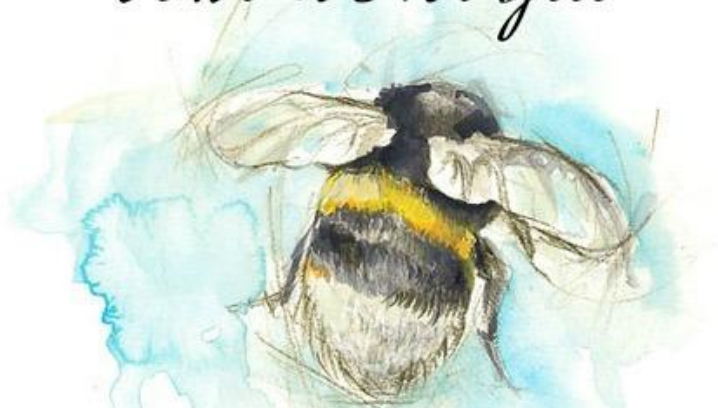




“May **THE GOD OF HOPE** fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may **ABOUND IN HOPE.**”
-ROMANS 15:13

ONE DAY LADIES RETREAT
SATURDAY, OCTOBER 2, 2021
9:00 AM – 3:00 PM
ANCHOR POINT BIBLE CHURCH

*Kind words are
like honey...*



*Sweet to the soul
and healthy for the
body.*

- Proverbs 16:24

Retreat Schedule



8:45: Doors Open

9:00 – 9:45: Foyer/Lobby: **CHECK-IN**

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 – 11:30: 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 – 1:30: Gym: **FUN ACTIVITY TIME**

1:30 – 1:40: **BREAK**

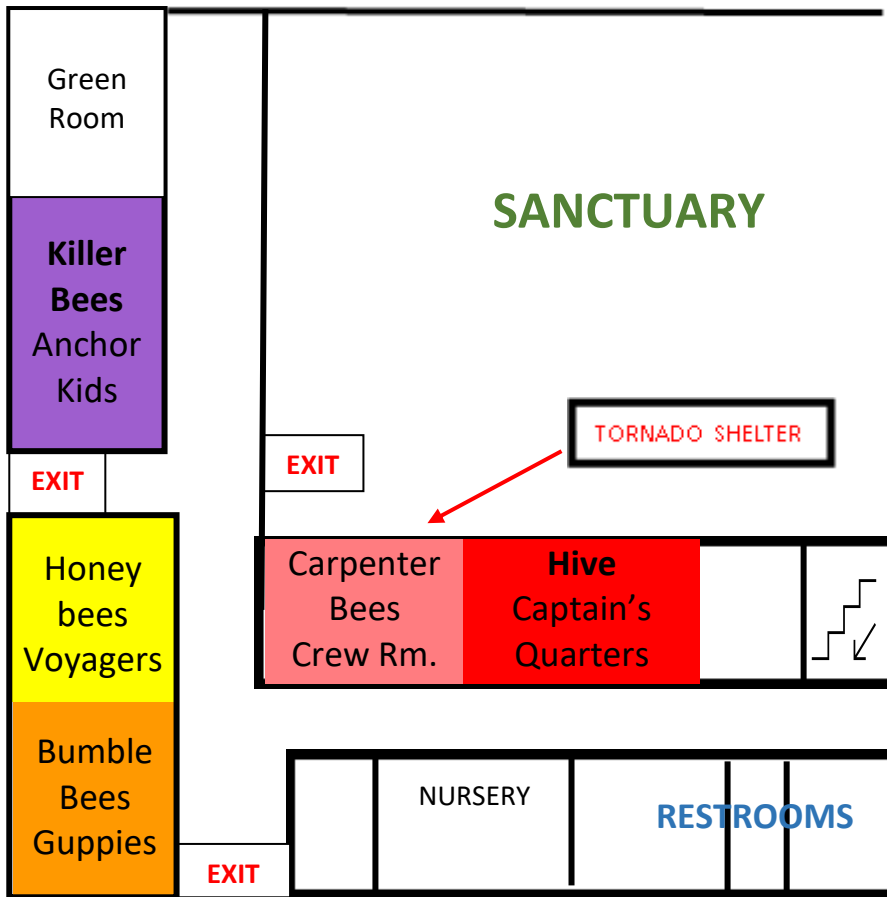
1:40: Sanctuary: **DOOR PRIZE DRAWING #3**

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

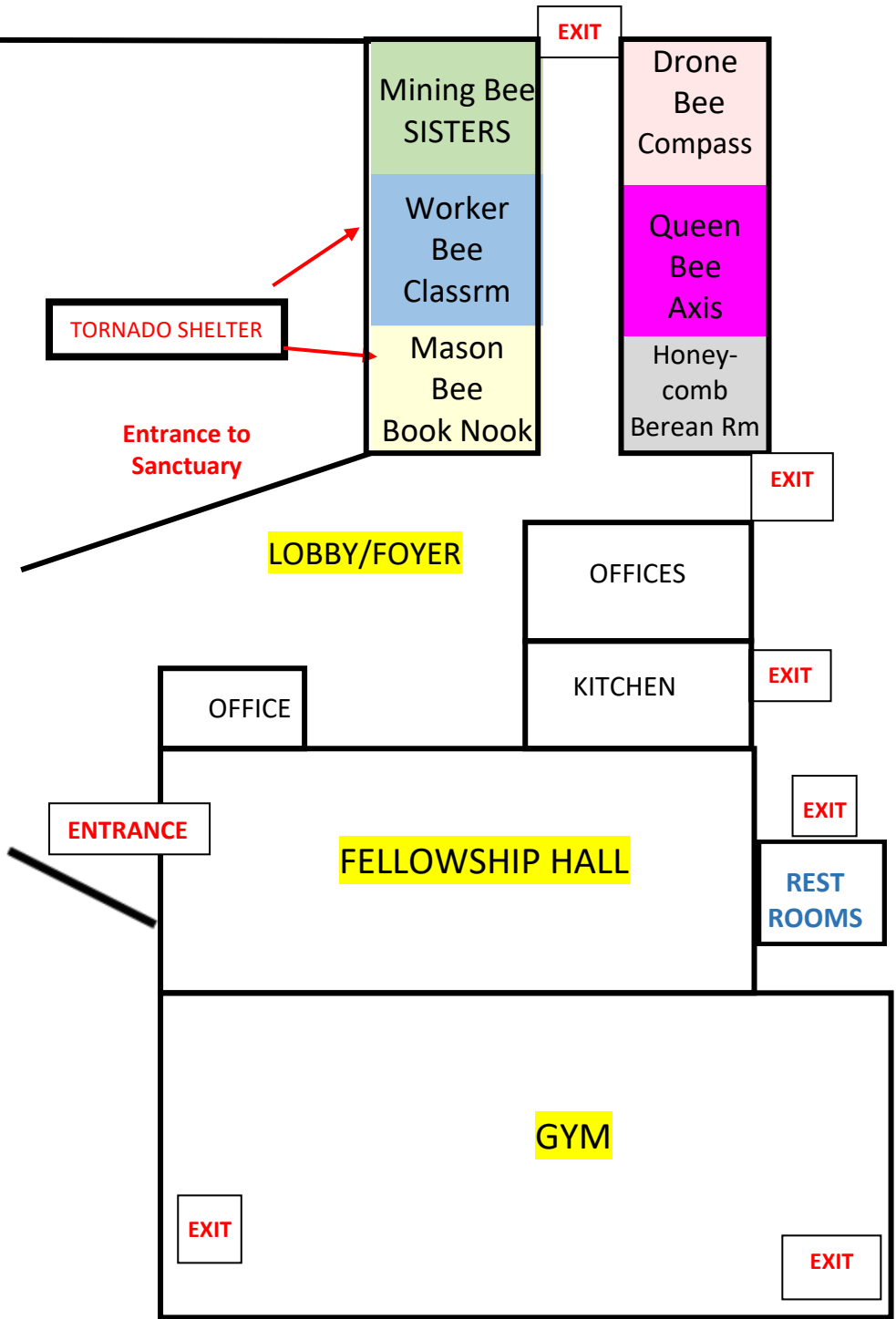
1:45-2:00 Sanctuary: **PRAISE & WORSHIP**

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 here serving us during the retreat! Here you will find a diagram of our facilities with the main rooms we will be utilizing today highlighted.



Responsive Scripture Reading



LADIES: *Why are you cast down, O my soul, and why are you in turmoil within me? **Hope in God**; for I shall again praise Him, my Salvation and my God.*

Psalm 42:5

LEADER: ²¹ *But this I call to mind,
and therefore I have **hope**:*
²² *The steadfast love of the LORD never ceases;
His mercies never come to an end;*
²³ *they are new every morning; great is Your
faithfulness.*
²⁴ *“The LORD is my Portion,” says my soul,
“therefore I will **hope** in Him.”*

Lamentations 3:21-24

LADIES: *Why are you cast down, O my soul, and why are you in turmoil within me? **Hope in God**;*

Psalm 42:5a

LEADER: *You are my hiding place and my shield;
I **hope** in Your Word. Ps. 119:114*

LADIES: *Why are you cast down, O my soul, and why are you in turmoil within me? **Hope in God;***
Psalm 42:5a

LEADER: ²⁸ *Have you not known? Have you not heard?
The LORD is the everlasting God,
the Creator of the ends of the earth.
He does not faint or grow weary;
His understanding is unsearchable.*
²⁹ *He gives power to the faint, and to him who
has no might He increases strength.*
³⁰ *Even youths shall faint and be weary, and
young men shall fall exhausted;*
³¹ *but they who **hope in the LORD** shall renew
their strength; they shall mount up with
wings like eagles; they shall run and not be
weary; they shall walk and not faint.*
Isaiah 40:28-31

LADIES: *Why are you cast down, O my soul, and why are you in turmoil within me? **Hope in God;***
Psalm 42:5a

LEADER: *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**.* Rom.15:13

LADIES: *...**Hope in God;** for I shall again praise Him, my
Salvation and my God* Psalm 42:5b

Bible Session 1



“Therefore, just as sin came into the world through one man (Adam), and death through sin, and so death spread to all mankind because all sinned.” Romans 5:12

Rev. 21:3-5...

³“And I heard a loud voice from the throne saying, “Behold, the dwelling place of God is with man. He will dwell with them, and they will be His people and God himself will be with them as their God. ⁴He will wipe away every tear from their eyes, and death shall be no more, neither shall there be mourning, nor crying, nor pain anymore, for the former things have passed away. ⁵And he who was seated on the throne said, “Behold, I am making all things new.”

“Disappointment happens every time I come face-to-face with my absolute inability to control people, circumstances, and timing. If I could control all these things, I’d arrange my own version of perfection. I’d be the boss of my life and those in my life.”

-Lysa Terkeurst

Disappointment comes when we set our hearts on _____ and _____ instead of setting our hearts on _____.



Here is the real question we are considering...
how can we deal with our disappointments
in a way that will bring honor to God?
How do we continue to trust the Lord when our
expectations and longings remain unfulfilled?

LUKE 1 INTRODUCTION TO ZECHARIAH & ELIZABETH

⁵In the days of Herod, king of Judea, there was a priest named Zechariah, of the division of Abijah. And he had a wife from the daughters of Aaron, and her name was Elizabeth. ⁶And they were both righteous before God, walking blamelessly in all the commandments and statutes of the Lord. ⁷But they had no child, because Elizabeth was barren, and both were advanced in years. (Luke 1:5-7)

1. ELIZABETH'S RESPONSE...

_____ GOD'S PLAN

Action steps to Accepting God's Plan:

1. Stop _____.
2. Stop _____ & _____.
3. _____ the gifts.
4. _____ to mind.

"But this I call to mind, and therefore I have hope:"
Lam. 3:21-24



**WHAT IF THAT DISAPPOINTMENT
IN YOUR LIFE RIGHT NOW IS WHAT
GOD IS USING FOR YOU TO HAVE AN
INTIMATE, PROFOUND ENCOUNTER HIM?**

The key to accepting God's plan is to



take on God's _____
on disappointments.

Discussion Questions



1. To better understand the roots of our disappointments, we remembered the first woman to ever experience disappointment...Eve. What disappointments did Eve face as a result of the Fall.
(Gen. 3)
2. How does Luke 1:6 describe Elizabeth and her husband?
3. If the characteristics of your family could be recorded in Scripture, what words do you hope would be used?
4. Reflecting on your own disappointments, how could have Elizabeth responded sinfully to her longing for a child?
5. How instead would you describe her response?
6. Of the 4 “Action Steps to Accepting God’s Plan,” which one do you need to apply the most with a current disappointment?

Bible Session 2



ZECHARIAH'S VISITOR (Luke 1:8-23)

⁸ Now while he was serving as priest before God when his division was on duty, ⁹ according to the custom of the priesthood, he was chosen by lot to enter the temple of the Lord and burn incense.



¹⁰ And the whole multitude of the people were praying outside at the hour of incense. ¹¹ And there appeared to him an angel of the Lord standing on the right side of the altar of incense. ¹² And Zechariah was troubled when he saw him, and fear fell upon him. ¹³ But the angel said to him, "Do not be afraid, Zechariah, for your prayer has been heard, and your wife Elizabeth will bear you a son, and you shall call his name John.

¹⁴ And you will have joy and gladness, and many will rejoice at his birth, ¹⁵ for he will be great before the Lord. And he must not drink wine or strong drink, and he will be filled with the Holy Spirit, even from his mother's womb. ¹⁶ And he will turn many of the children of Israel to the Lord their God, ¹⁷ and he will go before him in the spirit and power of Elijah, to turn the hearts of the fathers to the children, and the disobedient to the wisdom of the just, to make ready for the Lord a people prepared.”

¹⁸ And Zechariah said to the angel, “How shall I know this? For I am an old man, and my wife is advanced in years.”

2. ZECHARIAH'S RESPONSE...

_____ IN GOD'S PLAN

¹⁹ And the angel answered him, “I am Gabriel. I stand in the presence of God, and I was sent to speak to you and to bring you this good news. ²⁰ And behold, you will be silent and unable to speak until the day that these things take place, because you did not believe my words, which will be fulfilled in their time.” ²¹ And the people were waiting for Zechariah, and they were wondering at his delay in the temple. ²² And when he came out, he was unable to speak to them, and they realized that he had seen a vision in the temple.

And he kept making signs to them and remained mute. ²³ And when his time of service was ended, he went to his home.

²⁴ After these days his wife Elizabeth conceived, and for five months she kept herself hidden, saying, ²⁵ “Thus the Lord has done for me in the days when he looked on me, to take away my reproach among people.”

MARY'S VISITOR (Luke 1:34-38)

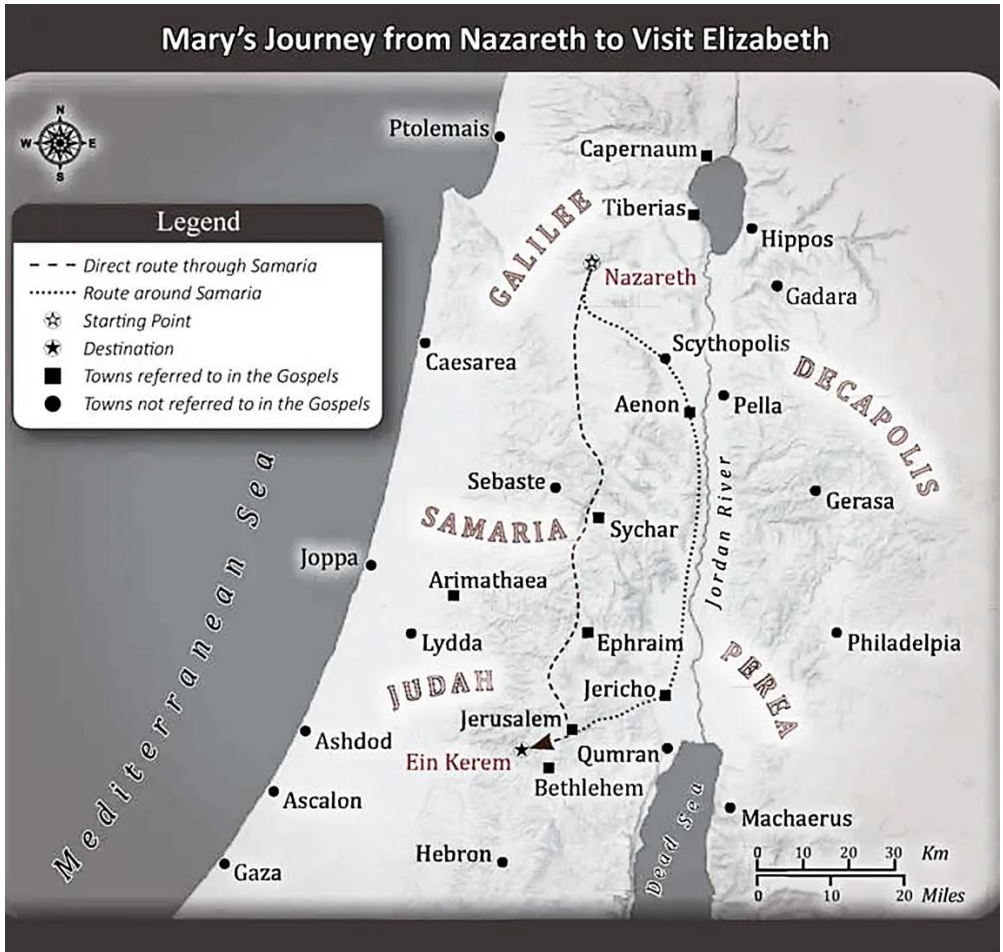
³⁴ And Mary said to the angel, “How will this be, since I am a virgin?”

³⁵ And the angel answered her, “The Holy Spirit will come upon you, and the power of the Most High will overshadow you; therefore the child to be born^[e] will be called holy—the Son of God. ³⁶ And behold, your relative Elizabeth in her old age has also conceived a son, and this is the sixth month with her who was called barren.

³⁷ For nothing will be impossible with God.” ³⁸ And Mary said, “Behold, I am the servant^[u] of the Lord; let it be to me according to your word.” And the angel departed from her.

MARY VISITS ELIZABETH (Luke 1:39-45)

39 In those days Mary arose and went with haste into the hill country, to a town in Judah,



⁴⁰ and she entered the house of Zechariah and greeted Elizabeth. ⁴¹ And when Elizabeth heard the greeting of Mary, the baby leaped in her womb. And Elizabeth was filled with the Holy Spirit, ⁴² and she exclaimed with a loud cry, "Blessed are you among women, and blessed is the fruit of your womb! ⁴³ And why is this granted to me that the mother of my Lord should come to me?"

3. ELIZABETH'S RESPONSE...

A HEART OF _____ AND
_____!

*Grumbling and complaining slowly hardens the heart,
but worship slowly realigns our perspective
and gives us hearts of joy and gratitude.*

⁴⁴ For behold, when the sound of your greeting came to my ears, the baby in my womb leaped for joy. ⁴⁵ And blessed is she who believed that there would be a fulfillment of what was spoken to her from the Lord."

TRUE HOPE AND ENCOURAGEMENT ARE FOUND IN THE
UNCHANGING _____ OF GOD.

WHAT CAN HAPPEN IN JUST...



God loves you. Jer 31:3 / 1 Jn 4:8-10

God hates sin. Ps 5:5 / Prov 6:16-19

Even if you are a “good” person Prov 21:2

You have not lived a perfect life. 1 Jn 1:8

Nor has anyone else. Eccles. 7:20 / Rom 3:23

Your sin has separated you from God. Is 59:2

Your payment for sin is death and hell. Rom 6:23

But there is good news. Luke 2:10-11 / 1 Tim 1:15

A perfect substitute can make your payment. 1 Jn 3:5

And God loves you so mu Jn 3:16 / 1 Jn 4:10

That He gave Jesus as your substitute. 2 Cor 5:21

And through His death Rom 4:25 / 1 Peter 3:18

You can have life eternal. Jn 17:3 / 1 Jn 5:11

And by His resurrection death is defeated. Jn 11:25

This gift is free. Eph 2:8 / Rom 3:24

And just by accepting this gift Rom 10:13

Your sins will be forgiven and forgotten. Ps 103:12

You could never deserve it. Gal 2:16

You will be reconciled to God 2 Cor 5:18

And live with Him forever in Heaven Jn 5:24

In the next minute you could fall in love,
get the best news of your life, or possibly even die.

But believing this message will change your eternal destiny.

*You do not know what tomorrow will bring. What is
your life? For you are a mist that appears for a little
time and then vanishes.* James 4:14

*If you confess with your mouth that Jesus is Lord
and believe in your heart that God raised him from
the dead, you will be saved.* Rom. 10:9

**GOD IS OFFERING HIS FREE GIFT OF SALVATION TO YOU.
WILL YOU ACCEPT IT? TIME IS RUNNING OUT!**

Bee Encouraged

Below you will find Scripture verses to offer encouragement in your daily life to provide strength as you cope with life's disappointments.

Day 1: Philippians 4:13

Day 2: Exodus 15:2

Day 3: II Corinthians 12:9-10

Day 4: Matthew 11:23

Day 5: Psalm 27:1

Day 6: Deuteronomy 31:6

Day 7: II Timothy 1:7

Day 9: Habakkuk 3:19

Day 10: Isaiah 12:2

Day 11: Joshua 1:9

Day 12: I Corinthians 10:13

Day 13: Mark 12:30

Day 14: Deuteronomy 20:4

Day 15: Isaiah 40:31

Day 16: Psalm 31:24

Day 17: Psalm 46:1

Day 18: Ephesians 6:10

Day 19: Psalm 73:26

Day 20: Psalm 23:4

Day 21: Jeremiah 29:11

Day 22: I Peter 5:10

Day 23: Romans 15:13

Day 24: Hebrew 10:23

Day 25: Philippians 1:6

Day 26: Lamentations 3:25

Day 27: I Peter 1:13

Day 28: Ephesians 1:18-19

Day 29: Ephesians 1:18-19

Day 30: Hebrews 6:19-20

