



LIVE DELIGHTED

You are the "salsa" of the earth!



OBJECTIVE: Ladies will find joy in the Lord. Others will see what a difference the Lord makes in our life and how it permeates our being.

SCRIPTURAL EMPHASIS: *Is. 61:10 I delight greatly in the Lord; my soul rejoices in my God.*

PROGRAM HIGHLIGHT: Retreat on the subject of exuding joy in our daily lives. Our joy should be a "spice" that provokes a thirst for a relationship with the Lord in others.

DECORATIONS: Aztec theme, sombreros, lanterns, candles, chili pepper lights, salsa jars, and fabric with a southwestern theme.

FAVOR: Homemade seasoning mix. See attached recipe/labels. Make up the recipe and put it into small plastic bags (available at craft stores). Run off the attached labels on cardstock. Cut out and fold in half. Position the label onto the bag and staple it into place.

MUSIC: Sing songs of joy in the Lord. There is an old song by Wes King from the album "Songs from the Loft" called "Joy!" that would be fun to teach the ladies and is a great interactive song. Also "Trading My Sorrows," "I Could Sing of Your Love Forever," "This is the Day," "Forever," "Shout to the Lord," "Amazing Grace," "Celebrate Jesus," "He Has Made Me Glad," "There is a Redeemer."

MENU: Fiesta theme, fruit salsa, regular salsa and chips, cheese salsa, chicken, beef or cheese enchiladas, lemonade - Zesty Tea.

SESSION SUGGESTIONS: Adjust to fit your schedule.



Friday PM:

- **Saved by the Savior:** *Is. 61:10 I delight greatly in the Lord; my soul rejoices in my God.*

Opening Mixer: Begin the evening with a mixer that helps the ladies get to know each other better, such as a PWOC bingo.

Skit: Have some zany ladies act out/sing the song "Mourning into Dancing" from the Women of Faith album "Bring Back the Joy."

Devotion: Tie in the message from the song with a short introduction to the theme. Discuss the fact that the whole basis for our joy is the salvation that Christ has given us. If there is time, you could allow some of the ladies to share their salvation testimony.

Closing: Close with prayer and the song "Amazing Grace."



Saturday: Divide the day into two sessions.

- **Savor the Savior:** *Pr. 8:30-31 I was filled with delight day after day, rejoicing always in his presence, rejoicing in his whole world and delighting in mankind.*

Skit: Have ladies perform the attached skit - "The Search for Joy."

Devotion: We want to so live in the presence of God that we delight in the Lord, in the world He created, and in other people, as Pr. 8: 30-31 exhorts us to do. God has a plan for us, and that plan is to live each moment as a precious joyful delight from the Lord. You may draw insight for this topic from *Help Lord, I'm Sinking* by Carole Mayhall (chapters 15-19) as well as John Piper's book *The Dangerous Duty of Delight* (chapter 5 "Pursue Your Joy in the Joy of the Beloved"). If time permits, have this session outside or include a walk to enjoy God's creation.

- **Salsa of the Savior:** *Ps. 36:7-9 How priceless is your unfailing love! Both high and low among men find refuge in the shadow of your wings, they feast on the abundance of your house; you give them drink from your river of delights.*

Opening Mixer: This mixer is called "Ha!" Everyone gets into groups of 7-10 people. (More than 10 may be too difficult.) Then, everyone must lie down on the floor with each lady lying perpendicular to the next lady. Everyone's head is resting on the stomach of the next lady up from her except for the last lady in the chain. She is actually "Lady #1". (Another tricky option would be to have the ladies make a circle with each person's head resting on the stomach of the woman next to her.) When everyone is in position, Lady #1 says, "Ha". Lady #2 says, "Ha-ha". Lady #3 says, "Ha-ha-ha" and so on. If their team can make it to the end of the line of ladies without messing up or really laughing, then the play continues back with Lady #1 continuing with the number of "Ha's" reached up to that time. Play continues until there is too much laughter or confusion regarding how many "Ha's" come next. There's just something about laying there with your head bobbing up and down because your neighbor's stomach is moving added to the contagiousness of laughter that makes the ladies crack up. Remind them that Pr. 17:22 says a cheerful heart is good medicine.

Devotion: Using scripture and life examples, describe how we as Christians should and can draw the unsaved to the Lord through our joy and delight in him. Additional resources include chapter 10 ("Compelling Light") of *Lit* by Dave Edwards and chapter 5 ("Pursue Your Joy in the Joy of the Beloved") of *The Dangerous Duty of Delight* by John Piper.

Closing: Give each lady a little bag of mini snickers bars. Challenge them to carry them at all times and dispense them to people who need a good "snicker."