

WATERMARK COMMUNITY GROUP RETREAT OVERVIEW

EXAMPLE

Retreat Objectives

- Have fun
- Develop deeper relationships
- Understand each others strengths and weaknesses in marriage
- Learn how to pray and care for couples in your community group going forward

Preparation Work

- Identify calendar dates that work for all couples
- Arrange childcare
- Identify any budget constraints
- Identify location within one-two hours of DFW (could be campsites, hotels, your house, others houses)
- Divide up meal responsibilities between couples
- Define schedule and key activities for the trip (e.g., fun, fellowship, share time, free time, etc.)
- Identify facilitator for share time (keeps the group on schedule, helps with transitions, lays ground rules, etc.)
- Develop schedule for retreat (see example below)
- Complete marriage questions (see example below)
- Send questions to each couple one month before retreat
- Respond to and complete questions individually and with spouse
- Send complete couple response out to rest of group one week prior to retreat for advance review and prayer.
- Take the Love Language survey (get from marriage ministry).

Couples Session at Retreat

- Each couple opens by sharing for 15 minutes on the state of their marriage and anything they want to note from their discussion on questions
- Group spends 15 min asking follow up questions to couple
- Group encourages couple
- Group prays for each couple

EXAMPLE SCHEDULE

Day 1 (Friday)

- Leave DFW before lunch on Friday
- Go have lunch together on the way out of town
- Arrive at retreat location
- Decide on rooms
- Free time
- Play co-ed tag football
- Play the Dating Game
- Eat Dinner
- Have one couple share their responses to their questions or start with the results of the Love Language survey.

Day 2 (Saturday)

- Up for showers and breakfast
- Have a solo time of worship or have one couple share their responses to their questions (morning share)
- Brief free time
- Each lunch
- Have one couple share their responses to their questions (afternoon share)
- Make Dinner/hang out for a while
- Have one couple share their responses to their questions (evening share)
- Have dessert
- Play games
- Stay up late and told stories, play pool, etc.

Day 3 (Sunday)

- Up for showers and breakfast
- Have last couple share their responses to their questions (morning share) & discuss take away's from the retreat that will translate into improved marriage or personal spiritual growth.
- Pack up, clean up and take off back for DFW

SAMPLE MARRIAGE QUESTIONS

State of Our Marriage:

- How would you describe your marriage? How would others describe your marriage?
- How do you resolve conflict? What does a typical argument look like?
- Do you feel like you spend enough quality and quantity time with your spouse? Why or why not?
- Is it obvious to others that your marriage is a priority? Why or why not?
- What is the best date you had this year?
- What are the best memories we made together in our marriage in the last year?
- How have I become better romantically over the past year?
- What areas of growth have you seen in our relationship?
- How would you describe your husband's pursuit of you?
- What specifically has the wife done to allow the husband to lead?
- How has the husband done leading the family?
- Do you see your spouse as a good friend? How can they be a better friend?
- Generally, how do I make you feel about yourself (i.e., cherished, a failure, unimportant, successful)?
- How is your spouse doing at supporting your friendships and recreation?

Gaining New Ground:

- What one or two things would you like to see improved in your marriage?
- What do you wish you and your spouse would do more together?
- Do you have some thoughts on how we could grow closer and strengthen our relationship over the next year?
- What are you most proud about your husband/wife and most excited about?
- What are 3 romantic dates you would like to do with your spouse this next year?
- What do you enjoy most about me as a spouse?
- How can your spouse become more considerate of you?
- How can you deepen/improve your physical relationship?
- How has your spouse done encouraging you in your job or as homemaker?