

# A refreshing as a day at the beach...

SeaSide Escape uses beach images to recharge your group spiritually and relationally.

Through sessions of Bible study, reflection, and discussion, your retreat guests discover the depth of God's love, strength, and compassion. Each session uses an item you'd find at the beach to make that connection metaphorically...



## Session 1: Beach Bag

We usually pack our bags full of the things we need for a day at the beach. In this session, your guests begin to consider the "baggage" they carry every day. They also spend time in worship and exploring the life of Sarai in Genesis—a woman with her own baggage.



## Session 2: Sunshine

Friends are the sunshine of our lives, and in this session we use the warmth of sunshine to remind us of the warmth of friendship. Women do a fun activity that allows them to meet and get to know each other better.



## Session 3: Sand

In this session, women experiment with sand and discover just how impossible it is to control this grainy substance. They also discover how Sarai tried to control her life and how this relates to our lives today.



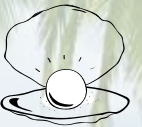
## Session 4: Waves

Stillness and reflection lead to a closer relationship with God. Session 4 guides women to a time of quiet, meaningful prayer and contemplation. At the end of this time, participants receive a tangible reminder of Psalm 46:10.



## Session 5: Pearl

Just as God changes a grain of sand into a pearl, God works in us, who are more precious than any pearl. In this session, we explore how God changed Sarai's name to Sarah and the changes God is making in our own lives.



## Session 6: Starfish

God heals us when we are hurt or damaged, just as he has made the starfish able to heal and regrow. We take a look at Hagar, a woman who had difficult experiences. Then women move into a time of service where they lovingly and prayerfully create gifts for other women in need of healing.



## Session 7: Message in a Bottle

All the elements come together in a beautiful keepsake created with celebration and prayer. Women learn the legacy of Sarah's life. They consider their own legacy and write this as a prayer.



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What could be more soothing and calming to your soul than a day at the seashore?

How about a day that's spent making new friends, reconnecting with old, and studying and reflecting on God's Word?

SeaSide  
ESCAPE

WHERE WOMEN BASK IN GOD'S PRESENCE