**Thanks for Registering for the Club 45 Purity Retreat**

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This is an opportunity to dig deeper into God’s Word and truth, to learn how He wants us to live, to help lay the foundation for purity in the lives of our preteens. We will be discussing purity in all areas in age-appropriate ways (will not talk about s\*x), modesty (girls), inner/outer beauty, boundaries, purity in social media and TV/movies, and the beauty and joy of living a life sold out to Christ. We will challenge the kids with games and activities designed to help them think, grow and learn. We will hear real-life testimonies, and experience what it means to live a pure life for Christ!

**WHAT**: Purity Retreat for 4th and 5th graders

**WHERE**: It will take place at a lake house on \*\*\*. We will depart from Eastgate Church and carpool there and back.

**WHEN**: Friday and Saturday, Feb. 21 & 22, 2014

**TIME**: Meet at Church on Friday, Feb. 21 at 5PM; will return on Sat. @ 2:30PM

**PARENT Closing Ceremony:** All parents are invited to a quick closing ceremony/prayer time at Eastgate Church at 2:30PM. We will dismiss at 3PM

**COST**: $20 per child

\*If you are receiving this information packet, you are registered and paid

****Parents, don’t miss “The Talk” at Eastgate Church on Sunday, Feb. 23, from 6-8PM. It’s free, and it’s for all parents! We will empower you with tools, answers, and ideas for talking with your kids and helping them stay safe online.

**Schedule & Information**

**Address for Retreat Center at \*\*\*\*\*\*\*** *35 min. drive)*

* Friday at 5PM – Meet at Eastgate Church to carpool
* \*Note, if you need to drive separately, to come late or leave early, talk to the Children’s Pastor ahead of time- that is not a problem. Just let us know.

**RULES**: Everyone has to fill out a permission slip *(will be provided on site. If your child is riding with a friend, parents still have to fill out a permission slip. We can email or send it to parents ahead of time.)*

* Respect and obey the leaders. If a child is not showing respect or obedience, we WILL CALL THE PARENTS to come pick up the child, no matter what time it is. It is a privilege to attend, and rules must be followed.
* Respect the property. DO NOT DESTROY the house. Do not throw trash on the ground. We will leave the house BETTER than we found it.
* Stay with the group. Don’t run off or be alone with anyone.
* Don’t use your cell phone or tablet unless it is designated by a leader.
* When we say it’s bed time, you have to go to sleep. We’re serious. No staying up all night.

**Note** \*If a child requires medication, parents must meet with children’s pastor ahead of time.

* 6PM Opening Session w/Pastor Lynne, **Ice Breaker** - **EGG DROP**

**The Lesson:** Our live and our hearts are like the egg… very fragile.

**Scripture**: *Proverbs 4:23 “Above all else, guard your heart, for everything you do flows out of it.”*

* 6:30PM – **DIY PIZZA PARTY**

\* We will have gluten and egg free options

*Short discussion time with the kids, asking them WHO God created them to be*.

There will be tons of different options and toppings for the pizzas. Kids can create their own, to remind them that God created us all different and special and valuable. We are all beautiful to Him, because we are fearfully and wonderfully made.

* **8PM – Evening Session – Topic: “Who you are in Christ” (Lynne)**

Kids will learn Ephesians 5:3 “Among you, there must not be a hint of impurity of any kind.” And learn that God wants to protect us from the enemy and the world as we face temptations and peer pressure to conform; to bend to sin and compromise. God wants us to live for HIM in EVERY AREA of our lives.

Object Lesson with play dough and mirrors. Kids make something out of play dough that represents themselves (anything they want). Then, smash it! Talk about how God feels when we let sin into our lives. Talk about being created in the image and likeness of God and being transformed and molded to become a reflection of Christ.

Mirrors – reminder that we reflect Christ… Eph. 5:1

Talk about what it means to LIVE THAT OUT in all areas of our lives. Challenge kids to live out Ephesians 5:3 without even a hint of impurity in any area.

Instead of chasing what is “cool” – we should chase after Christ and try to be like Him. (Optional activity: have the leaders go around and share what it took to be “cool” when they were kids; what clothes or trends were considered cool back then). Then ask kids to share what things are cool now. Talk about how those things are fleeting. It’s not bad to be liked and popular, but chasing after THINGS and trying to be like people won’t impress God. He wants us to chase after Christ and try to be like Christ.

* 9PM – **DIY Ice Cream Sundae Party**

\*Ice Cream party with TONS of different toppings and flavors. Each kid can create their own, as a reminder that we are all different and special and created in the image of God.

* 10PM – **Girls & Guys Small Group Time**
* 11:30PM **– Lights Out! Bed Time**!
* 8AM – **Breakfast** – (donuts, juice)
* 8:30AM – Time Alone with God (use hand-outs)
* 9AM – Group Challenges; **Ice Breaker #2 Cross the Line**
* 10AM – **Session 2 – Lynne** - Setting Boundaries and Social Media

Talking with kids about setting boundaries and living in purity in their movies, TV shows, books, social media, internet, etc. \*Share testimony here.

* 11AM – **Girls MAKEUP PARTY and Modesty Talk** Guys: Outside games
* Free Time until Lunch
* 12:15PM – LUNCH TIME (sandwiches)
* 1:30 PM – **Small Group Time and group challenge time**
* 2PM – CLEAN UP AND GO HOME
* Back at Church at 2:30PM.
* Parent/Closing Session at Church at 2:30PM (Parent Prayer time)

**THIS IS IMPORTANT**> Parents, meet us at Eastgate Church at 2:30 for a quick closing ceremony. We will meet in the main building. You will have an opportunity to pray with your kids (you will be given a guide) and sign a purity pledge with them. It won’t last long. 20 minutes tops.

* 3PM – GO HOME

**Packing List for kids and leaders**

* Bring sheets and pillows and blankets for the beds. Bunk beds are provided; bedding is not.
* Clothes, pajamas (modest), jacket in case we go outside
* Toiletries. Showers are provided, if anyone wants to take one.
* Bring a Bible. We will have Time Alone with God in the morning
* You don’t need to bring your own food; food and snacks will be provided
* You won’t need money for anything
* If you need to bring your phone, you can, but you won’t be allowed to play on it or use it unless it is for a designated purpose.

**Purity Retreat**

**Small Group Time Questions**

**Session #1 – Small Group Time**

**“Identity in Christ”**

**10PM** – **Girls & Guys Small Group Time**

Small Group Leaders will be given a guide with questions for discussion. This will be focused on the topics we discussed earlier: Finding your Identity in Christ; protecting your heart and life from the world and not conforming to what the world says you have to be.

*The purpose of small group time is to give kids a chance to think, talk, share, process, and ask questions. Get them involved! Especially kids who aren’t naturally jumping into the conversation. Make sure one or two don’t dominate; we want everyone to have a chance to share if they want to.*

**Questions**

1. Look up Ephesians 5:3. What does this verse mean (in your own words)?
2. Is it easy for you to live for God in purity every day? Why or why not?
3. What is peer pressure? Have you ever experienced it?
4. What are some things that are temptations for you? Look up 1 Corinthians 10:13. What does this verse say about temptation?
5. Do your friends bring you closer to God, further from God, or neither? Why do you think that?
6. When people are around you, do you think they would say you show the fruit of the Spirit in the way you talk and act? (love, joy, peace, patience, kindness, goodness, gentleness, faithfulness, and self-control).
7. Who is someone famous that you look up to and want to be like? Can be a movie star, singer, etc.
8. Who is someone you KNOW (but are not related to) that you look up to and want to be like?
9. What shapes how you see yourself? Is it your friends, your parents, what the media says is “cool” or do you see yourself the way God sees you? What is the difference between those?

**Saturday, 1:15PM**

**Small Group Session #2**

**Social Media**

***\*****Try to let as many kids as possible share*

*Should be done by 2PM*

1. What is your favorite movie?
2. What is your favorite music to listen to? (artist, band, type of music, etc)
3. Do you have your own phone? iPad? iPod? Computer? Any other tablet or mobile device?
4. How often do you use it?
5. Have your parents given you any rules about your device?
6. How old you do you think a kid should be before he/she gets their own phone with full texting, calling, and internet capabilities? Why do you think that age?
7. What TV shows do you like?
8. What does your favorite TV show or movie say about you? What is the general theme of that show?
9. Do your favorite music, movies, TV shows, etc. draw you closer to God, or further from God?
10. What are the dangers of the internet? Do you have twitter/instagram/facebook? Do those things help you stay pure and point you to God, or do they present temptations?

**ICE BREAKERS Purity Retreat**

**\*Team Building Activities**

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| **#1 – Egg Drop: Protecting your Purity****Supplies: Blindfolds; eggs; tape; bubble wrap; drinking straws; newspaper****\*Objective: to get the egg to drop from a step ladder to fall on the ground (outside) and not break.** Split the kids up into two (or four) teams (same gender teams). Give each team all the supplies needed and 4 eggs. They must get one egg to fall from the top of the step ladder to the ground without breaking (We’ll be outside). BUT the leader will designate handicaps to people on the team. SOME people will be blind (blindfolded); some people will be mute; and some people won’t be able to use their hands. They have to stay that way for the whole game. The teams have to work together, and they only have 15 minutes to accomplish the task. **Lesson**: *Purity is fragile, and it needs to be protected.* *What is the most fragile part of us? Our heart.**God created us with a heart that needs to be protected.**There are so many things in the world that the enemy uses to break our hearts, to turn them away from God. Our job is to protect our hearts and minds, and keep them pure and holy for God.* *Proverbs 4:23* Above all else, guard your heart, for everything you do flows from it.**Questions*** How did you protect your egg?
* What things did you think would work that didn’t end up working?
* How many of your eggs did you break?
* Have you ever had your heart broken?
* How can you protect your heart?
* What do you need to protect your heart from?
* What did it feel like to have a handicap during the game?
* What kinds of things hold you back as you strive for purity?
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**#2 – Cross the Line**

**Supplies: Masking tape**

**\* Give each team a piece of paper. They have to get it across the line (in the center of the room) without touching it. Don’t give them any other instructions.** Some will ask if they can touch it with something ELSE, or if they can blow it, but don’t say anything else.

Use masking tape (or anything you can use to make a line in the center) to make a line in the middle of the room. Guys have to start on one side with their piece of paper, and girls on the other. They start with their hands on the wall, and when you say “Go” they have to see which team can get their paper across the line first.

**Lesson**

Ephesians 5:3) But among you, there must be not even a hint of immorality of any kind…

We cannot let anything pull us across the line or tempt us to compromise when it comes to our purity. The enemy wants to get us to cross our lines and not have boundaries. He wants us to mess up and feel bad about it and live in guilt.

What happens when we move the line back, so it is WAY further from our boundary?

**Questions**

* Was it hard not to cross the line that you were not supposed to cross?
* How did the other team try to convince you to cross it?
* Did your team get anyone from the other team to cross the line?
* If so, how did that feel?
* If you did not cross the line, how did you remain strong when the others were trying to convince you?
* Who has influence on your life and your purity?
* Is it easy to ignore the bad influences?
* How can you guard yourself and be strong against temptation?
* How can you draw a line in different areas of your life to help protect your purity?

**#3 – Building each other up (optional)**

**Supplies: paper, string, straws,**

**\*Objective:** try to get the piece of paper above everyone’s heads for at least one minute. Everyone has to participate.

Variation: get the piece of paper on top of the basketball goal.

Variation: catch a piece of paper in a bowl from up high (we dropped it from the balcony to kids who were standing below).

**Option**: Give some kids a “handicap” such a being blindfolded, or unable to talk or use their hands.

Lesson: We have to work together and be leaders, in order to live out God’s word! The world is trying to do everything it can to keep us from living for God, but we can stick together and help each other, lead each other, and lift each other up.

**Debriefing:**

* How did you lift up the paper?
* What were the challenges?
* Did everyone on your team participate? Why or why not?
* How do you lift up your friends?
* Who lifts you up?
* How should we treat our brothers/sisters in Christ (opposite gender)?
What are some ways we can build them up?

**Purity Retreat**

**Study Guide for Time Alone with God**

Look up the following passages and answer the questions

**Psalm 139:13-14** *“For you created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.”*

What does this passage say to you about your identity? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Where do you find your value? In what others think of you? How popular or successful you are? Your talents? Your relationship with God? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Proverbs 4:23** *“Above all else, guard your heart, for it is the wellspring of life.”*

Why would God want us to guard our hearts? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What do you need to guard your heart from? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What is God speaking to you about this morning?

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What is one area of your life that you are struggling in right now? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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What is something that God might be asking you to give up in order for you to become more like Him? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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What do you want to say to God now? (Write your prayer; or pray silently)

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**Purity Retreat**

**Makeup Party**

* Supplies: Goodie bags, makeup samples, etc.

**We Can Have:**

Cotton swabs, Q-tips, face wipes, face lotion, nail polish, stuff for goodie bags, \*Need nail polish remover, two kinds of eye shadow and eye shadow applicators, blush, mascara, eye liner, one kind of powder foundation, lip gloss (no lip stick)

**Other Things to have…**

Nail polish, Nail polish remover, Lip gloss, Lotion, Facial cleanser, Deodorant, More types of foundation and makeup, More mascara

**1 Peter 3:3-6** **3**Don’t be concerned about the outward beauty of fancy hairstyles, expensive jewelry, or beautiful clothes. **4**You should clothe yourselves instead with the beauty that comes from within, the unfading beauty of a gentle and quiet spirit, which is so precious to God. **5**This is how the holy women of old made themselves beautiful. They trusted God and accepted the authority of their husbands. **6**For instance, Sarah obeyed her husband, Abraham, and called him her master. You are her daughters when you do what is right without fear of what your husbands might do.

**Things to talk about**

* The purpose of makeup (to **enhance natural beauty**….it should look like you’re not wearing any).
* Ask the kids, “What age do you think is appropriate to start wearing makeup?”
* **Why do you wear makeup?**
* What are some reasons we should NOT wear makeup? To try to look older; to try to attract boys; etc.
* Cleaning your face, and how to wash makeup off; how to avoid acne by using facial cleansers; importance of wearing deodorant
* How to choose the right colors for your skin tone
* How to apply makeup (Lotion, foundation, powder, blush, eye shadow, mascara, eye liner, lip gloss, etc.)
* How to be s**tylish and modest** at the same time
* **What is modesty and why is it important**?
* Fashion tips

**Closing**: *Devotion and testimonies: What is true beauty? True beauty is inner beauty that comes only from knowing Christ, not from anything we can do to ourselves. Makeup or clothing will not make us beautiful; Christ will make us beautiful. We should focus more on becoming like Him than on become like the models we see in TV and* magazines.

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Permission Slip

**Event Name:** Club 45 E53 Purity Retreat

**Location**: Retreat Center \*\*\*\*\*\*

**Date**:

(**Student’s Name**) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ has my permission to attend the Club 45 Purity Retreat under the supervision of Eastgate Church leaders. In the event of an emergency affecting the health or welfare of this participant, the leaders or adult chaperones have my permission to administer first aid and/or transport the individual to the nearest hospital or doctor for medical care, as deemed necessary by the leaders. The individual action in response to the emergency will be held blameless. Any medical expenses occurring will be borne by the parents or guardians of the child. Insurance afforded by Eastgate Church will not be held responsible for any injuries or illnesses caused by this activity.

I understand that if any students are not following the rules, or are misbehaving, they will not be able to participate in this activity, and I will have to come get my child if he/she is not following the rules.

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***Signature of Parent/Guardian Date***

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***Parent Cell Phone or Emergency Contact Number***

*\*I will be at the church to pick up my child at 2:30PM on Saturday \_\_\_\_\_\_\_(****initials****)*

**Medical Conditions/Allergies:** (please list any and all food allergies, as we will be serving lots of different types of food) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_