



Fall 2025 Retreat Script Overview

Dear SGL! We are providing you with this detailed “Script” overview of what is going on day in and day out during retreat. Please keep it handy and refer back to it throughout the week.

BIBLE STUDY (S/M/T/W)

As a Small Group Leader, be present and engaged. *Listen closely and write down what the Lord reveals to you.* At the end of each Bible Study, questions will be shared for you to review with your group. All questions are in the student packet. Use these questions as a springboard for discussion.

Small group time is not for “catching up” — it’s for going deeper into the message.

Beyond the given questions, ask non-leading questions that let students think and listen to the Holy Spirit. (Good starters: WHO, WHAT, HOW, WHEN. Avoid WHY questions.)

WORKOUTS

RevFit students must attend all gym workouts.

- **Monday & Tuesday:** Leaders will rotate between gym workouts and prayer walks. If you’re assigned the prayer walk on Monday, you’ll be in the gym on Tuesday, and vice versa.
- **Wednesday:** All leaders and attendees may choose either the *Warrior Workout* or *Rev On the Mat*.

For every workout, arrive on time, engage fully, and participate alongside the students. Don’t stand on the edges—join in, move, encourage, and bring energy that reflects who you are! Smile, connect, and cheer them on.

During cool down, ask the Lord who He wants you to speak to or encourage, and then go for it. Please don’t stand off to the side during cool down.



MEALS

For meals outside the War Room, make it a priority to sit with your small group when possible; but if you need a brain break we respect that too.

HOUSEKEEPING

Be mindful of the housekeeping schedule and **watch for your initials**. Each leader has assigned tasks during the retreat—*make note of yours and follow through*. If you notice something else that needs attention, step in and help. Thank you for serving with such faithfulness!

Retreat Script By Day

SUNDAY

You will be assigned to the Camp Crew (CC) **OR** the Bus Crew (BC). You will receive specific instructions based on that assignment.

Student Arrival – CAMP CREW - TIME TO CARNIE IT UP!

Bring your *highest level of energy* as the buses roll in. Be obnoxious for the Lord—dance, wave your arms, SMILE big!

Arrival Details

- Student buses arrive between **4–4:15 pm** in front of **Goldmine**.
- If you're not on a bus, meet on the sidewalk outside Goldmine to welcome students.
- Small Group Leaders: walk your group to their cabin, give them a few minutes to drop luggage, then head straight to the **Iron Horse Clubroom**.

Leadership Tunnel

After students drop their luggage, we'll welcome every student into Iron Horse with a Leadership Tunnel. After you drop off your group, join us at Iron Horse immediately.

Store

If you are assigned any time to work in the store, please attend the **mandatory store training at 6:00 pm** in the Store (located in the Dining Hall).



Dinner - You will eat dinner with your small group this evening. Please review the bible study questions that were on the screen and in their packet (feel free to take a picture so it is on your phone.)

🙏 Healing Night

Take your SG #'d sign, from the bus drop-off, to this session. Sit in small groups during healing. Be attentive to what the Lord highlights for healing. As we pray, move in and out of the group as the Spirit leads. Our God is **Jehovah Rapha—the Lord who heals!**

MONDAY

Monday Morning Workout - Review the schedule to know exactly where you need to be. Only a certain number of people are allowed in the gym, so leadership has been divided. Some of you will be in the gym, while others will be on a prayer walk during the workout time.

Monday Breakfast- Grab your breakfast and head to the war room for our leader meeting to discuss the day.

Monday SGL Session with Renee before lunch- ALL SGLs meet with Renee immediately before lunch in the war room.

Monday Lunch -During lunch with your small group, prepare them for testimony time. Let them know each person will share their testimony with the group. Encourage them to ask the Lord what to share during their own 10 minutes. Also, review Bible study questions. (*Remember to take a picture of the questions at the end of Bible study.*)

The Power of Testimony - Why Testimonies Matter: Why do we share our testimonies? Because they lay a foundation of transparency and vulnerability for the week. *“And they have conquered him by the blood of the Lamb and by the word of their testimony...”* (Revelation 12:11).

Our stories glorify God—even in the middle of the battle. They silence the enemy, build connections, foster trust, and spark hope in others.

The first section for testimonies is scheduled from **1:00 pm to 2:15**. At 2:15, **PAUSE and take a break**. Here are a few suggestions: do a short be still and be loved, encourage your people to go for a walk, take a shower, etc. *This break is ONLY 30*



minutes, but please pause to give your group a rest. **Testimonies resume at 2:45 pm and conclude at 4:05 pm.** You will then proceed as a group to the gym for a Rev On the Mat soaking time. **DO NOT GO OVER ON TESTIMONIES. There is more than enough time built in for every person to share.*

Practical Guidelines

- Each person has **10 minutes** to share. Let them know up front and **use a timer.**
- GO FIRST! Share your story first, modeling openness and honoring the time. Ask someone to time you and give a 2-minute warning.
- If someone isn't wrapping up, kindly help them finish. A few minutes over is fine, but keep the group moving.

👉 It may feel awkward to “cut someone off,” but *you're actually honoring the group.* Encourage them that there will be more time throughout the week to share.

Hosting the Holy Spirit

We are not here to counsel, fix, or take away pain. We **host the Holy Spirit**—He is the answer, the healer, and the comforter.

If someone shares something heavy, thank them, encourage them to lean into what God has for them this week, and then move on. If the Spirit gives you a word, write it down and share it later one-on-one (unless it's clearly for the whole group).

If something feels beyond what you can handle, or you notice mental health concerns, please let Heather know. We have team members who are qualified to address deeper issues.

Group Reminders

- This is a **safe, confidential space.**
- We listen—we don't advise or fix.
- If someone identifies as Mormon, not a Christian, or if you have questions about their background, please let Kristen or Heather know.

After each person gives their testimony, thank them, bless them, and give them their piece of Scripture art.



Monday Dinner - Please ask your students to bring their earbuds to the evening session.

 **Comfortable Being Uncomfortable** - It's time for **IPOD KARAOKE!** 😊

DO NOT TELL YOUR GROUP!!!

Ask your small group to bring their earbuds and a phone with music on it to the evening session. **Each small group leader will select 2 people from their small group to be “randomly selected” by Tuesday LUNCH. Pick one who might LOVE it, and one who needs it :) (Vox, text, or write names on paper to give to Kristen).** Alisa will then “randomly” select students and leadership to choose a song on their phone. The person will put in their earbuds with the volume turned up and sing until the group can guess the song. **Come prepared to participate.** You may not have to/be able to depending on the participation of the students, but let's set the bold and fun bar HIGH 😊

TUESDAY

Tuesday Morning Workout - Please review the schedule to determine exactly where you need to be. Since only a certain number of people can fit in the gym, leadership has been divided. Some of you will be in the gym, while others will be on a prayer walk during the workout time.

Tuesday Breakfast - All leaders eat in the WAR room to process testimonies.

Tuesday Lunch -Regional Lunch - All the tables will have **REGIONAL TABLE TOPPERS**. Instruct your group to find and sit with people from their region. The purpose of this time is to create and solidify connections geographically. **If they are uncertain which region they are a part of, we will have the updated regional map on the screen in the dining hall.*

REVFIT ONLY - Prep Time for Student Teaching - As your Small Group's leader, please make yourself available during this time, but encourage them to lean on the Holy Spirit and to trust that He has got them!

Bible Study: FORGIVENESS

Blackout: Tonight's Bible Study will begin **without worship**. About 15 minutes into the teaching, those assigned to set up the cross should quietly meet in the clubroom foyer to begin preparing the candle cross (*see schedule*). Everyone else should remain in Bible Study and continue as usual.



You are free to go outside and enjoy the blackout for a few minutes and then head back into the clubroom to be ready for communion.

We will need 6 volunteers to distribute communion elements.

Communion - After Bible study, we will take communion together as a whole group. Our team will offer the elements at different places around the room. Communion is simple, but it can feel intimidating— take time to read 1 Corinthians 11:23–28 beforehand.

The heart of communion:

- We look back on Jesus' death and sacrifice for us.
 - His blood was shed to wash away our sin and shame.
 - His body broken for our healing and restoration.
- We look forward to His return.
- We respond with thanksgiving and praise.

As you serve, simply say:

“His body, broken for you. His blood, shed for you.”

Tuesday before bed: Pick up your Original Design activity papers and a Sharpie from Goldmine House.

WEDNESDAY

Wednesday morning: Bring your Original Design activity papers with you to the workout. Afterward, meet your Small Group at their cabin to do the Original Design activity.

Wednesday Morning Split Workout-

Please choose one of the two workouts to attend. We would like the leadership split in half between the two rooms.

Original Design: After the split workout, meet your small group at their cabin to do this activity. Each Small Group leader will have a Sharpie and a large Post-it paper. As a group, take turns speaking life and truth over each person in your circle. The leader will write down what is spoken.

Choose one person to focus on while the rest of the group (including the leader) speaks words that describe them. The receiving person should remain silent while others call things out. When the timer ends, they simply respond with: **“I receive it.”**



Use a 2-minute timer for each person, and give them their paper once finished.

Wednesday Lunch: During lunch, split your group into 2 groups. They will rotate between student teaching/LW Practicals and the Next Steps session.

Cardio- Rev Fit will begin with a one-hour cardio teaching from Alisa, followed by 30 minutes of small group practice. At **2:30**, ALL LiveWell & Revive will gather in the gym for a surprise “spotlight” cardio session. Please don’t share this with your group—gym doors will stay closed until 2:30 sharp.

STUDENT TEACHING & PRACTICE COACHING INSTRUCTIONS:

Split your small group into two groups- ½ goes to Next Steps while the other ½ is practicing; then they switch.

LIVEWELL:

In their packet, students will have a case study for their practice coaching.

There are two sections for the LW practicals. Your group members will now complete their coaching practicals through role play. Each person will partner with someone in the group. One will take the role of coach, and the other will take the role of client. The coach’s job is to practice using the tools they have learned over the past 9 weeks and to treat this like a mock coaching session. The client’s job is to play along as if they were a real client in the case study, or to share a goal, challenge, or situation they want to work on.

After a few minutes, roles will switch so both participants have a chance to practice being the coach.

This is practice, not performance. No one is being graded on perfection. Coaches are ladders leading others to Jesus, not helicopters coming to save them. The client is the expert, and the coach’s role is to guide. The goal is to try, to learn, and to notice what feels natural and where growth may be needed

Group 1: From **3:15 pm to 4:30 pm**, facilitate group one as they do the practicals. Around 3:50 pm, between practicals, STOP and do a short movement break. You can simply play a song or do the 3-minute workout. MOVE THEIR BODIES! Break up the time by getting them in their bodies.

Group 2: From 4:30 to 5:45 pm, facilitate group two as they do the practicals.

REVFIT: After splitting them into two groups, each person will decide the workout they would like to do in their student teaching. They can choose any modality they would like, but they must include a warm-up and messaging. For example, if they



want to do a warm-up + kickboxing, or a warm-up + strength, or a warm-up + drumming, etc, any combination is fine.

**If you have experienced instructors, encourage them to teach something that is NOT their normal routine (i.e., if they tend to teach HIIT, try choreography instead; this isn't required, but will just push them a bit.)

Remind them, even this is for an audience of ONE. They are not performing; they have an opportunity to practice teaching with others who feel the same way.

Student Teaching/Instructor Resources

Each Small Group leader evaluates their students (the Evaluation form is in their retreat manual). While half the students are teaching, the other half go to the Clubroom for RW Resources with Fran. Student Teaching locations: anywhere but Leaders Lounge– a few suggestions: the gym, outside of their cabin, *Club-room foyer, Basketball courts, between clubhouse & goldmine, patio of café.*

Final Bible Study, including: Graduation & Laughing Jesus - At the conclusion of the final bible study on Authority, gather as a small group. As the Small Group leader, pray for each person. This is their graduation!)

Commission them as a FITNESS TEACHER, GOSPEL PREACHER, or HEALTH COACH WITH A GODLY APPROACH!! Speak life and God's Word over your students. As you stand before each student, stop and listen to the Holy Spirit. **You are fully equipped to hear Him.** Pray as He leads. Bless them. Bless the gift of God in them. Speak life over them as they head home and begin their own journey as a Revelation Wellness Instructor. ☺ Celebrate them. ☺

When done, **give each person their LAUGHING JESUS print.**

CELEBRATION: This evening will end with CELEBRATION! Everyone will be in the clubroom together for our final celebration! *Please note: if you have people who are exhausted and just want to go to their cabin, that is ok.

After the final Bible study, graduation, and celebration, we will provide time and space for baptisms for anyone who desires.

When the final session is over, all hands will be on deck for clean-up and tear-down. All leadership will help with teardown.

THURSDAY



THURSDAY FINAL SESSION: Participants will get clean-up and check-out instructions in the morning. After the last session, students can finish packing, eat breakfast, and pick up a sack snack for the bus.

Each person is responsible for taking their luggage to the designated spot (explained Thursday morning) and making sure it gets on the bus.

Well done, good and faithful servants!