

A GROUP GUIDE FOR HOSTING A PRE-CONFERENCE RETREAT



ON MISSION TOGETHER

WOMEN'S EVANGELISM + DISCIPLESHIP CONFERENCE

20
26

Seated & Sent

RETREAT PACKAGE

WELCOME to your retreat weekend! Arriving on Friday isn't just about beating the Saturday morning traffic; it's about intentionally slowing down to hear from God. Use this guide to make the most of your group's Friday night before we gather for the main conference tomorrow.

FRIDAY NIGHT: THE HOME BASE

Whether you've booked a local Airbnb or a hotel block, tonight is about preparing your hearts to worship.

EAT & CONNECT

OPTION A: THE NIGHT OUT Head to a local restaurant and let someone else do the cooking. Focus on being present with one another without the distraction of chores.

OPTION B: THE NIGHT IN If you're in an Airbnb, cook a meal together! There is something sacred about sharing a kitchen and a table.

Suggestion: A taco bar or pasta night is easy for large groups and keeps the atmosphere casual.

SET THE ATMOSPHERE: THE PLAYLIST

Prepare your heart (and your voice) for Saturday. We have curated a **Seated and Sent Worship Playlist** on Spotify featuring the songs we will be singing together.

Action: Scan the QR code

Why: Familiarizing yourself with these lyrics tonight allows you to move past learning the words on Saturday and dive straight into worship. Play it softly during dinner or during your group prayer time!



FRIDAY NIGHT DISCUSSION

After dinner, grab some tea or coffee, find a comfortable spot to sit, and work through these questions together:

The Arrival On a scale of 1–10, how “noisy” has your soul been this week? What do you need to let go of tonight to be fully “seated” tomorrow?

The Expectation What is one specific area of your life you're asking for God's wisdom and direction? What is one specific area of your life you're desiring to draw near to God? What specific area of life are you asking God to draw near to you?

The Sending When you think about being “sent” back to your normal routine on Sunday, what is the biggest challenge or fear you face?

GROUP PRAYER PROMPTS

Close your evening by praying specifically for the weekend. Have different people take turns leading these prompts:

- For the Group** Read Ephesians 2:4-6 as you pray that the walls of “busy-ness” would come down and that every woman in this room would feel seen by God this weekend.
- For the Speakers** Read Ephesians 1:17-18 as you pray for clarity, boldness and anointing for those who will be sharing the Word on Saturday.
- For the “Sent”** Read John 20:21 as you pray for the communities you represent—that you would return to them not just tired from a trip, but fueled for mission.
- For the Unseen** Read Psalm 100:2 as you pray for the tech teams, volunteers and organizers who are preparing the space for us right now.

SATURDAY MORNING: THE ARRIVAL

- 8 a.m. – Lobby Doors Open** Start the morning right! The lobby is open early for us to gather.
- Coffee & Fellowship** Enjoy a fresh cup of coffee and spend some time catching up with others before we transition into the main sessions.
- Group Picture** Let’s capture the moment! Make sure the whole group meets up for a photo while everyone is refreshed and ready.
- 9 a.m. – Conference Begins** We will head into the main auditorium together to begin our first session.

“BE STILL, AND
KNOW THAT I AM
GOD.” **PSALM 46:10**

**SEE YOU
IN THE
MORNING!**