



PARTICIPANT'S WORKBOOK



true life retreat

This retreat is also part of the

GLC  TRAINING PROGRAM

TRUE LIFE: PARTICIPANT'S MANUAL
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This Workbook Belongs To

Name:

Contact:



Welcome to True Life!

The true life for many means living out their dreams and attaining a great measure of earthly success. For a few, it means breaking free and going beyond the normal experiences. Sadly, living has been reduced to enjoying the balance among possessions, relationships, and accomplishments. But what is the true life, really?

All our efforts to live the true life still cannot fill our longings for joy, hope, and fulfillment. Only God can fill the God-shaped emptiness in our hearts. In John 10:10, Jesus promised to fill our longing for a purposeful and meaningful life. He said, "I have come that they may have life and have it to the full." Jesus Christ is God's free gift and those who have faith in Him can truly LIVE both for now and for eternity.

This is the True Life we present to you in this retreat. May you make time to examine your heart, share your story, and partake of the victorious life we can have in Jesus Christ, our Lord and Savior.

God bless you!

Your True Life Retreat Servant Team

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BE EQUIPPED

And we know that God causes
all things to work
together for good to those
who love God, to those
who are called according to
His purpose.

Romans 8:28

REMINDERS

Personal valuables

Please do not leave your personal valuables unattended. Organizers and personnel are not liable for any losses.

Security and identification

Please wear your ID cards or tags at all times. Going out of the retreat premises in any part of the program is strongly discouraged.

Plenary Sessions

Please arrive on time and remain for the duration of the whole program.

Kindly switch your mobile phones to silent mode and refrain from repeatedly checking them. Avoid unnecessary distractions and be sensitive to other participants. Listen to the speakers and actively participate in your breakout activities to fully learn from the sessions.

Recording parts or the whole of the retreat messages is not allowed.

Breakout Sessions

Please stay with your designated group for each breakout session.

Use this time as an opportunity to think through the messages, respectfully exchange views and stories with groupmates, and nurture new friendships. Use of offensive language and behavior are not welcome.

Baptism

Participation at the baptism rites is optional. Registration will be facilitated by the retreat organizers.

Participants who wish to be baptized are asked to bring extra black (or closest to black) shirts and shorts.

Towels and extra clothing are also needed.

For God *so loved* the world,
that He gave His only Son,
so that *everyone who*
believes in Him will not
perish but have *eternal life.*

John 3:16

WELCOME!

Get acquainted with your groupmates. Give your name, what you do for a living, if you are married, the number of kids you have, and what are you most passionate about.

TALK ABOUT IT!

In your breakout group take turns sharing your thoughts on the following discussion points:

1. What insights about God's love did you get from the message?
2. What was your previous understanding of God's love? Is there any difference after you have heard the message?
3. Between the prodigal son and the older son, whom can you identify with more? Why do you say so?

APPLY IT!

Maybe there are things in your life right now, or in the past, that hinder you from experiencing the reality of God's love for you. And yet, God desires that you fully accept His love for you. You are more than what you do, more than what you have achieved, more than what you own. You are a person loved by God whoever you are or what you have done in the past. **(John 3:16; Psalms 103:8).**

PRAY IT!

Thank the Lord from your heart for loving you unconditionally and eternally. Ask God to let you understand the depth of His love for you and to help you love Him with your whole heart.

For *all* have *sinned*
and *fall* short
of the *glory of God*.

Romans 3:23

WELCOME!

Have you ever thought that your sins were not as bad as other people's sins?

TALK ABOUT IT!

In your breakout group take turns sharing your thoughts on the following discussion points:

1. Do you think of yourself as a basically good person or a bad person? Why?
2. What is the danger of defining our 'goodness' by comparison— such as comparing ourselves with criminals?
3. How does the Bible describe us in Romans 3:9–10, 23?
4. What are some of the things people do to compensate or make up for their sins?
5. What is the consequence of sin as stated in Romans 6:23?

APPLY IT!

Ask the Holy Spirit to reveal to you specific sins that you have committed which you feel are hindering you from experiencing God's presence in your life. Write down on a piece of paper the sin or the name of the person you committed the sin against. Write down as many as the Holy Spirit would cause you to remember to allow the Lord to deal with those sins once and for all.

PRAY IT!

Now confess each sin to the Lord; agree with Him that what you have done is wrong. God promises to forgive us if we confess; thank Him by faith that He has forgiven each and every one of your sins.

- 1 John 1:9
- Psalm 51:1–4

For the wages of sin is *death*,
but the *gracious gift* of God
is eternal life in
Christ Jesus our Lord.

Romans 6:23

WELCOME!

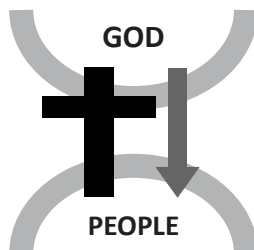
What is the significance of the cross to you?

TALK ABOUT IT!

In your breakout group take turns sharing your thoughts on the following discussion points:

1. Who can bridge the gap between us and God? Who is the only one who can pay the penalty for our sins?

Read John 14:6 and Acts 4:12.



2. Why did Jesus have to die on the Cross? Please read:

- a. Romans 6:23
- b. 1 Peter 3:18
- c. Hebrews 9:22

APPLY IT!

What is your response now?

1. Repent – Acts 17:30
2. Confess – Romans 10:9-10
3. Invite Jesus – Revelation 3:20
4. Trust - Ephesians 2:8-9

Jesus is waiting for you to invite Him in your heart. If you asked God to forgive you of your sins last session, by faith, ask Jesus Christ to come into your life now and experience His love.

PRAY IT!

“Lord Jesus, I need You. Thank You for dying on the cross for my sins. I open the door of my life and receive You as my Savior and Lord. Thank You for forgiving my sins and giving me eternal life. Take control of the throne of my life. And make me the kind of person You want me to be. Amen.”

When you asked Christ into your life, all your sins are completely forgiven (**Colossians 2:13-14**) and you have become a child of God. (**John 1:12-13**) Eventually, this new birth changes you from the inside out by transforming your attitudes, desires, and motives. When you ask Christ to make you a new person, you will receive a fresh start in life, you also received eternal life – a life without end with God. (**1 John 5:11-13**)

John 14:6 Jesus said to him, “I am the way, and the truth, and the life; no one comes to the Father except through Me.”

Acts 4:12 And there is salvation in no one else; for there is no other name under heaven that has been given among mankind by which we must be saved.

Key Reflection

Therefore we have been
buried with Him
through baptism into death,
so that, just as ***Christ was***
raised from the dead
through the glory of the Father,
so we too may walk in
newness of life.

For if we have become
united with Him in the
likeness of His death, certainly we
shall also be in the likeness
of His resurrection.

Romans 6:4-5

LEARN IT!

There are many different views about what baptism is and how it should be performed. Now let us learn what the Bible says about Baptism.

1. What is Baptism?
2. Identification with Christ
3. Public Confession

And *do not get drunk*
with wine, in which there is
debauchery, but be *filled*
with the Spirit.

Ephesians 5:18

WELCOME!

What does a follower of Jesus look like?

TALK ABOUT IT!

In order to live the supernatural Christian life, we must be filled with the Holy Spirit.

1. Read John 7:37–39. What do we need to do?

Only those who truly seek His empowering and direction will experience Him. We need to pray in faith to be filled and empowered with the Holy Spirit.

2. Read Romans 12:1–2. What do we need to do?

a. What should be the condition of our sacrifice (ourselves) which we need to offer to Him?

b. How do we become holy and acceptable before Him?

3. What else do we need to do according to Galatians 5:16–24? How do we overcome the flesh?

a. How do you walk in the Spirit?

4. Read Galatians 2:20.

a. What does it mean for you to die to sin and self?

b. What things (habits, eccentricities, relationships, or maybe a present job) would you need to give up or surrender to the Lordship of Jesus?

“No longer I, but Christ.”

APPLY IT!

PRACTICE SPIRITUAL BREATHING.

(Exhaling the impure and inhaling the pure) is an exercise in faith that enables you to continue to experience God’s love and forgiveness.

1. Exhale – confess your sin. **(1 John 1:9)**

2. Inhale – Read Ephesians 5:18. Who should you allow to control or influence your life?

In your own personal time, please write your testimony on a sheet of paper following this outline: *(This is **to be submitted** to your breakout leader **before the end of the retreat.**)*

A. BEFORE CHRIST

Think of three adjectives that describe your life before accepting Christ (eg. Bitter, angry, no peace, lonely, lack purpose, etc.)

B. TURNING POINT

1. If you have already accepted Jesus as your Lord and Savior, what’s your “turning point”? How did you hear about Jesus? What did you ask Jesus to do in your life?
2. If you have accepted Christ during this retreat, what moved you to accept Him? What did you ask Him to do in your life?

C. AFTER (accepting) CHRIST

1. Think of three adjectives that describe the positive change that Christ has made in your life or you would like Christ to do in your life.

“There was a time in my life when....”

2. What would your life look like without Christ?

“If I had never met Christ, I....”

PRAY IT!

End the session by encouraging each other to make a prayer of commitment to God to live a Spirit-Filled life.

Key Reflection

***Be of sober spirit,
be on the alert.***

**Your adversary, the devil,
prowls around like a roaring lion,
seeking someone to devour.**

***So resist him,
firm in your faith,***

**knowing that the same experiences
of suffering are being accomplished
by your brothers and sisters who
are in the world.**

1 Peter 5:8-9

SESSION 6

OVERCOMING STRONGHOLDS

DATE:

This is a **FACILITATED SESSION**. The speaker will guide you throughout the activity and there will be no breakout after this session.

If you have trusted in Jesus Christ to be your Lord and Savior, Christ has set you free from the power of sin and death through His victory on the cross. But if we allow sin to permeate our lives, Satan builds strongholds in our minds and our flesh by which he tries to control us. We are in a spiritual battle with the forces of evil, but we have the power in Jesus' Name to repent of these sins and to break these Satanic strongholds. **(1 Peter 5:8; Ephesians 6:10–13; 2 Corinthians 10:3–5; John 8:31–32)**

(Leader) Pray:

Dear Heavenly Father, we acknowledge Your presence in this room and in our lives. We stand in the truth that all authority has been given to the resurrected Christ in heaven and on earth, and because we are in Christ, we share that authority. We ask You to fill us with Your Holy Spirit, and we pray for Your complete protection and guidance and not allow the evil one to cause disturbances. In Jesus Christ's name, Amen.

BREAKING BONDAGES

GROUP A: UNFORGIVENESS AND BITTERNESS

Ephesians 4:26-27, 31-32; 2 Corinthians 2:10-11

Unforgiveness	Bitterness
Anger	Hatred

Unforgiveness and bitterness are major strongholds of Satan. To be delivered, ask the Lord to reveal to you any person whom you haven't forgiven. List down their names and their offenses against you. Then in obedience to the Lord, forgive them one by one by praying the following prayer:

Dear Heavenly Father, because You have forgiven me all my sins through the blood of Jesus Christ and by the power of the Holy Spirit, I now forgive _____ (person's name) _____ (what they did) and the emotional pain of _____ (list how it affect you) that it caused me as You have forgiven me. I now trust in You to use this experience for good in my life and in the lives of others. I claim in Jesus' name and based on His shed blood that any evil influences that were in my life are now rendered powerless and cleansed from my life. In the Name of the Lord Jesus Christ, Amen.

“And we know that God causes all things to work together for good to those who love God, to those who are called according to His purpose.”

(Romans 8:28)

GROUP B: SEXUAL IMMORALITY

1 Corinthians 6:18-20

Lustful Thoughts	Abortion	Child molestation
Pornography (including internet)	Fornication	Rape
Lesbianism	Adultery	Masturbation
Incest	Homosexuality	Fetishes

List down every person, including prostitutes, with whom you had sexual relationship and then pray: (next page)

Dear Heavenly Father, please forgive me for having a sexual relationship with _____ (name each person's name). I repent and claim Your forgiveness and Your cleansing from these sins. In the name of the Lord Jesus Christ, I renounce these sinful sexual relationships and I break any bonding between me and those persons. In the name of the Lord Jesus Christ, I command all evil spirits that are in me or around me as a result of my sinful sexual relationships, to leave me forever, and to not send similar spirits, or replacement or reinforcement spirits to me. In Jesus' name and based on His shed blood, I claim His victory over these sins, and any evil influences that were in my life are now rendered powerless. In the Name of the Lord Jesus Christ, Amen.

If you were sexually abused, or raped, you were a victim. Pray the following prayer:

Dear Heavenly Father, I was _____ (sexually abused, raped) by (person's name). I renounce having my body used in this way. I claim cleansing and healing of my mind, body, soul, and spirit by the blood of Jesus Christ. In the name of the Lord Jesus Christ, I cancel any ground that Satan has gained in my life by this and I command any evil spirits that were transferred to me to leave me forever, to not send similar, replacement, or reinforcement spirits. I trust You to use this experience for good as You promised. In the Name of the Lord Jesus Christ, Amen.

For the other sins, pray:

Heavenly Father, I now confess and I repent and renounce these sins (name each sin) _____. I claim my forgiveness and cleansing. In the name of the Lord Jesus Christ, I command any evil spirits that are in me or around me as a result of these things, to leave me right now, to never return, to not send similar spirits to me, or any replacement or reinforcement spirits. In Jesus' name, I claim victory over these sins and cleansing from any evil influences that were in my life, Amen.

GROUP C: OTHER SINS AND STRUGGLES

Galatians 5:19–21

Pride	“Cutting” or Self-Injury	Anorexia Bulimia
Temper	Grumbling / Critical	Addiction to: <ul style="list-style-type: none"> • Drugs • Alcohol • Video Games • Wordly Music • Internet/Social Media
Anger	Covetousness	
Rage	Greed for Power	
Envy	Greed for Money	
Jealousy	Slander	
Rebellion to Au- thority	Gossiping	
Unbelief	Stealing	
Blasphemous Thoughts	Swindling	
Negative Self-Image	Gambling	
Depression	Suicidal Thoughts / Actions	

For the sins that you checked, pray:

Lord, I confess that I have been guilty of _____ (say each one you checked). I repent and renounce these sinful acts and claim Your forgiveness. In the name of the Lord Jesus Christ, I command all evil spirits that are in me or around me as a result of these sins, to leave me, to never return, and to not send any similar spirits, or any reinforcements. I claim in Jesus’ name and based on His shed blood that any evil influences that were in my life are rendered powerless and cleansed from my life. In the name of the Lord Jesus Christ, Amen.

GROUP D: COUNTERFEIT SPIRITUAL EXPERIENCES

Begin by praying:

“Dear Heavenly Father, I ask You to guard my heart and mind and reveal to me all the cult or occult practices, false religions, and idolatry in which my family or I have knowingly or unknowingly been involved. In Jesus’ name, I pray, Amen.”

COUNTERFEIT SPIRITUAL EXPERIENCES

Deuteronomy 4:15–16; Deuteronomy 4:19. 18:10–12; Leviticus 19:31; Romans 1:25; Exodus 20:4–6; Isaiah 42:8; 2 Corinthians 11:2–3

Spirit of the Glass	Feng Shui	Yoga – Meditation	Gayuma (Love Potion)
Quija Board	Dealing with dwendes	Astral Projection	Table Lifting
Fortune Telling	Arbolaryo	Speaking in Trance	Automatic Writing
Palm Reading	Witchcraft / Kulam	Speaking / Praying to the dead, ancestors, ghosts, images, saints, idols	Channelling
			Levitation, etc.
Tarot Cards	Magic (White / Black)	Animal Sacrifice	
Horoscope	Astrology	Telepathy	
Crystal Ball	Séance	Clairvoyance	
Consulting Mediums	Mind Reading	Spirit Guides	
Silva Mind Control	Anting-Anting	Hypnosis	

“For there is one God, and one mediator also between God and man, the man Christ Jesus who gave Himself as a ransom for all.” **(1 Timothy 2:5–6)**

Confess and renounce each thing you participated in as follows:

Lord, I confess that I have participated in _____ (say each one you checked above or listed). I repent and ask for Your forgiveness, and I renounce _____ (say each one again). I confess that I have prayed to other gods, images, idols, etc. In the name of the Lord Jesus Christ, I command any evil spirits that are in me or around me as a result of these things, to leave me right now, to never return, and to not send any other similar or replacement spirits to me. In Jesus' name and based on His shed blood, I claim that any evil influences that were in my life are rendered powerless and cleansed from my life. Amen.

Confess and renounce each thing you participated in as follows:

Lord, I confess that I have worshipped and prayed to _____ (say each name of the false god or idols and images). I repent and ask for Your forgiveness, and I renounce worshipping and praying to _____ (say each one again). In the name of the Lord Jesus Christ, I command any evil spirits that are in me or around me as a result of these things, to leave me right now, to never return, and to not send any other similar or replacement spirits to me. In Jesus Christ's Name, I claim that any evil influences that were in my life are rendered powerless and cleansed from my life. Amen.

GROUP E: FAMILY HISTORY – SINS OF ANCESTORS:

Exodus 20:5-6

1. Occult Practices:

_____	_____
_____	_____

2. Idol Worship:

_____	_____
_____	_____

3. Addiction in the Family

Declaration:

In the name of Jesus Christ, I reject and disown all the sinful practices of my ancestors. I do not agree or approve of their activities. I pledge my allegiance to Jesus and I cancel any claim that Satan has over me through the sinful practices of my ancestors. As one who has been delivered from the power of darkness and transferred into the kingdom of God's Son, Jesus Christ, I cancel all demonic strongholds in my life. I belong to the Lord Jesus Christ, who purchased me with His own blood. I declare myself to be eternally and completely committed to the Lord Jesus Christ.

CLOSING DECLARATION AND PRAYER OF DEDICATION

Declaration:

By the authority of the Lord Jesus Christ (**Matthew 28:18-20**), and in His Name, I command every familiar spirit and every enemy of the Lord Jesus Christ that is in me or around me to leave my presence forever, to not return to me, to not send similar or reinforcement spirits. I commit myself to my Heavenly Father, I will faithfully follow Jesus and do His will by the power of the Holy Spirit in me, from this day forward. I am His and I love Him!

Prayer:

Dear Heavenly Father, I come to You as Your child, purchased by the blood of the Lord Jesus Christ. You are the Lord of the universe and the Lord of my life. I submit my body to You as an instrument of righteousness, a living sacrifice, that I may glorify You in my body. I now ask You to fill me with Your Holy Spirit. I commit myself to the renewing of my mind through reading and obeying Your Word in order to prove that Your will is good, perfect, and acceptable to me.

***Do not be anxious
about anything,
but in everything
by prayer and pleading
with thanksgiving let your
requests be made known to God.***

Philippians 4:6

WELCOME!

How is your current prayer life?

TALK ABOUT IT!

In your breakout group take turns sharing your thoughts on the following discussion points:

1. How would you define prayer? How do you view prayer in light of what you have learned from the message?
2. Do you enjoy praying? What changes do you intend to apply now to make your prayer life delightful?

APPLY IT!

Individually spend time in prayer using the pattern of prayer Jesus taught His disciples. After you are done, you may close in prayer as a group.

PRAY IT!

As you pray, follow these guidelines:

1. You may pray with one or two other people.
2. Prepare your heart for intercession using C.A.S.T (*Confession, Adoration, Supplication, Thanksgiving*).
3. Use short focused prayers. (About 1-3 minutes will suffice and avoid having one person monopolize the prayer time).
4. Pray for one concern at a time.
5. Agree together in prayer saying "Amen", "Yes, Lord."

Where there is *no vision*,
the people are unrestrained,
But happy is one
who keeps the Law.

Proverbs 29:18a

READ IT!

GOD'S WILL FOR ME

1 Corinthians 10:31	"... And whatever you do, do it all for the glory of God."
2 Peter 3:18	"But grow in the grace and knowledge of our Lord and Savior Jesus Christ."
Matthew 28:18-20	"Then Jesus came to them and said, "All authority in heaven and on earth has been given to me. Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age."
2 Timothy 2:1-2	"You then, my son, be strong in the grace that is in Christ Jesus. And the things you have heard me say in the presence of many witnesses entrust to reliable men who will also be qualified to teach others."
2 Timothy 4:2	"Preach the Word; be prepared in season and out of season; correct, rebuke and encourage--with great patience and careful instruction."
John 15:16	"You did not choose me, but I chose you and appointed you to go and bear fruit - fruit that will last. Then the Father will give you whatever you ask in my name."
Acts 1:8	"But you will receive power when the Holy Spirit comes on you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth."

TALK ABOUT IT!

In your breakout group take turns sharing your thoughts on the following discussion points:

1. Why is Vision important?
2. What do you want to achieve in your life?

APPLY IT!

MY OWN VISION

Write your own vision statement based on the verses you've read:

1. If money is not a problem and failure is not an issue, what do you want to do for the Lord?
2. In view of God's mission and vision for the church, what is God's mission and vision for your life?

PRAY IT!

End the session by praying for each participant to encourage them to commit to their written personal vision.

"Dear God, I ask that you guide and inspire me to commit to my personal vision. Assist me in identifying my strengths, values, interests, and skills. May my vision be a reflection of Your will. I pray in Jesus' name, Amen."

THE PEOPLE I JOURNEYED WITH

Write down the names and contact details of the people you've journeyed with during this True Life Retreat!

Name	Contact Details

*And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching.
Hebrews 10:24-25*

PERSONAL ASSESSMENT

As you spend time with God, use these questions to help you reflect on your life.

SELF

I acknowledge my need for God.

Agree

Disagree



HEALTH

I recognize the importance of taking care of my overall health to be a better servant of God.



LIFESTYLE

I am willing to make adjustments in my current lifestyle to live a life that is pleasing to God.



COMMUNITY

I am committed to fostering meaningful and compassionate relationships with those around me, reflecting God's love by joining a Discipleship Group.



SERVE

I am willing to use the gifts and talents God has given me to serve Him.



FORGIVENESS

I am open to forgiveness and reconciliation in my relationships, understanding that God's love and grace extend to all.



PURPOSE

I am committed to aligning my mission and purpose in life with God's will, understanding that He knows what's best for me.



What's Next?



True Life is part of the GLC Level 1. GLC is CCF's in-house Bible study program for those who want to jumpstart their spiritual journey with Jesus.

What are the GLC Level 1 Lessons?

Book 1: One by One

Learn about and live out your faith in Jesus.

Book 2: Spiritual Disciplines

Grow in your relationship with Jesus.

Book 3: The Holy Spirit

God's Secret to Supernatural Living.

Book 4: CCF DNA

Know and understand our God-given mission, vision, and core values as a Church.

Take GLC via Zoom, Small Groups, E-Learning or in any CCF Satellite. For schedules, contact CCF center or any CCF satellite.

For more information, visit our website: glc.ccf.org.ph or email us at glc@ccf.org.ph.

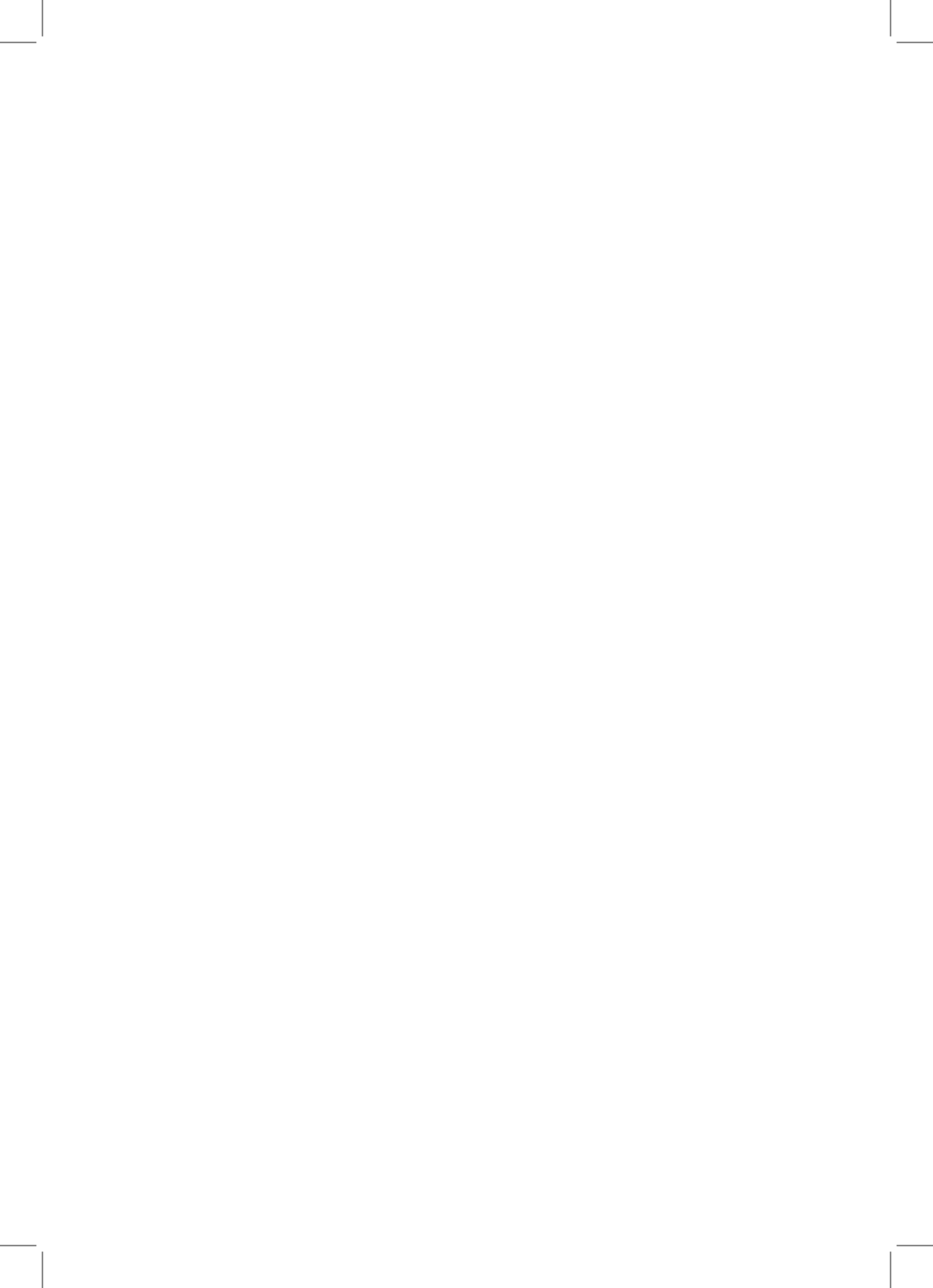
I have been
crucified with Christ;
and it is
no longer I who live,
but *Christ lives in me;*
and the life which I now live
in the flesh I live by faith in the
Son of God,
who loved me and
gave Himself up for me.

Galatians 2:20

STAY
UPDATED!

[linktree/ccfglc](https://linktree.com/ccfglc)





THE THIEF COMES ONLY TO
STEAL AND KILL AND DESTROY.
I CAME THAT THEY MAY HAVE
LIFE AND HAVE IT ABUNDANTLY.

JOHN 10:10



CHRIST'S COMMISSION FELLOWSHIP



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