

9/17/16

Greetings Fellow Giant-Slayers:

I'm excited about *Jesus and the Beanstalk (Overcoming Your Giants and Living a Fruitful Life)*. I believe in the message of this book so much, I want to make it easy for small groups, women's ministries, and leadership teams to come together around this message, even if they aren't currently using my book for study. That's why I've developed these materials and have made them available free for use for churches, women's groups, and Christian organizations in planning retreats.

This is a work in progress. I'd love your input, feedback, and suggestions. As I revise it, the updated versions will be available on my website ([www.loriroeleveld.com](http://www.loriroeleveld.com)) as well as supplemental resources I discover or develop in the weeks to come.

In this document, you'll find sample outlines for a one-day workshop, Friday Night/Saturday workshop, and a weekend long retreat. Material for four teaching times. Material for participants to create a Beanstalk Binder to take home. Suggestions for activities, songs, and crafts.

Of course, I believe this works best as a launch for *Jesus and the Beanstalk* for your small group or for a gathering in the middle of studying the book but I've provided enough basics here for you to do it without that. I love to speak to groups so if you'd like me to handle your teaching time, contact me ([lorisroel@gmail.com](mailto:lorisroel@gmail.com) or through [www.loriroeleveld.com](http://www.loriroeleveld.com)) and we'll see what we can work out. I'm also happy to chat with your retreat teacher to give tips about the material.

You know your group best and you may have some unique needs I can help to address if you contact me. I can tailor a retreat to any age group or specialty. My email is [lorisroel@gmail.com](mailto:lorisroel@gmail.com).

Well, here it is. You have my permission to use this material in your retreat or one-day workshop. Let me know what else I can do to support your work for Christ! I'll be praying for you as will my prayer team.

Mercy and grace,

*Lori Roeleveld*

## Outlines for One Day, Two Day, and Weekend Retreats

### One-Day Workshop (Saturday 8:00am-9:00pm)

30 minutes (8:00) Icebreaker, coffee time, registration

30 minutes (8:30) Welcome, announcements, corporate singing, prayer, \*Testimony of a giant-slayer

60 minutes (9:00) 1st Teaching Time and break

30 minutes (10:00) **Name Your Giants** – Have large sheets of butcher paper with outlines of giants on them and sharpies for everyone. Label each giant – individual giants, generational giants, local church giants, community giants, greater church giants, national giants, global giants. Equip everyone with sharpies and have them write their giants or the giants they see (problems, barriers, concerns, worries) on these sheets of paper. (For more anonymous sharing, equip everyone with a pad of sticky notes they can fill at their seats and then have everyone place them on the giants together.)

Have stacks of the **Beanstalk Binder Personal Giant Handout** available so when people are done filling out the large sheets, they can fill in their Personal Giants while waiting. Allow 20 minutes then read the giants allowed. After each giant sheet is read, do the **Gideon Exercise\*\***

60 minutes (10:30) **FIVE SMOOTH STONES** - Break into small groups and share your scariest three giants. As a group, find five Bible verses for each person, five smooth stones, to sling at their giants. Using sharpies or paint, write the reference for these stones on rocks to take home or on the **Beanstalk Binder Stones for Your Sling** handouts.

**PERSPECTIVE EXERCISE** - followed by small group discussion of what affects our perspective – In this exercise, place a variety of photos of affluent, healthy people in luxurious settings on a table or bulletin board and ask everyone to look at the photos for a moment and then write a few sentences about how they feel about their own lives in perspective. When they're through, reveal a second set of photos – people in poverty or with obvious health struggles in settings that demonstrate poor conditions or disaster. Now, ask everyone to write a few sentences about how they feel about their own lives in perspective to these photos. Lead a discussion about what things affect our perspective on our lives and ways we can support a Christ-informed perspective as often as possible.

30 minutes (11:30) Come back together as a group or allow time in small groups for prayer over these giants then allow a break to prepare for lunch.

60 minutes (12:00) Lunch

60 minutes (1:00) Nature walk, physical activity, group game, or board games

60 minutes (2:00) 2nd Teaching Time and break

60 minutes (3:00)	<b>Eight Qualities Beanstalk Binder Handouts</b> and Small Group Discussion
60 minutes (4:00)	Bean Bag Craft, Quilt Square Craft, your own craft, or Free Time
60 minutes (5:00)	Break
60 minutes (6:00)	Dinner
45 minutes (7:00)	Prayer, Music, **Testimony from a giant-slayer, Corporate sharing about the day
60 minutes (7:45)	3 <sup>rd</sup> Teaching Time with final thoughts/sharing
15 minutes (8:45)	Closing prayer and benediction

**For a One-Night Retreat (6:00 pm Friday- 9:00 pm Saturday):**

30 minutes (6:00)	Icebreaker, coffee time, registration
30 minutes (6:30)	Welcome, announcements, corporate singing, prayer, *testimony of a giant-slayer
60 minutes (7:00)	1st Teaching Time and break
30 minutes (10:00)	<b>Name Your Giants</b> – Have large sheets of butcher paper with outlines of giants on them and sharpies for everyone. Label each giant – individual giants, generational giants, local church giants, community giants, greater church giants, national giants, global giants. Equip everyone with sharpies and have them write their giants or the giants they see (problems, barriers, concerns, worries) on these sheets of paper. (For more anonymous sharing, equip everyone with a pad of sticky notes they can fill at their seats and then have everyone place them on the giants together.)  Have stacks of the <b>Beanstalk Binder Personal Giant Handout</b> available so when people are done filling out the large sheets, they can fill in their Personal Giants while waiting. Allow 20 minutes then read the giants allowed. After each giant sheet is read, do the <b>Gideon Exercise**</b>
60 minutes (10:30)	<b>FIVE SMOOTH STONES</b> - Break into small groups and share your scariest three giants. As a group, find five Bible verses for each person, five smooth stones, to sling at their giants. Using sharpies or paint, write the reference for these stones on rocks to take home or on the <b>Beanstalk Binder Stones for Your Sling</b> handouts.  <b>PERSPECTIVE EXERCISE</b> - followed by small group discussion of what affects our perspective – In this exercise, place a variety of photos of affluent, healthy people in luxurious settings on a table or bulletin board and ask everyone to look at the photos for a moment and then write a few sentences about how they feel about their own lives in perspective. When they're through, reveal a second set of photos – people in poverty or with obvious health struggles in settings that demonstrate poor conditions or disaster. Now, ask everyone to write a few sentences about how they feel about their own lives

in perspective to these photos. Lead a discussion about what things affect our perspective on our lives and ways we can support a Christ-informed perspective as often as possible.

30 minutes (9:30) Come back together as a group or allow time in small groups for prayer over these giants then allow a break to prepare for games, social time, or sleep. Depending on the group, this could be a fun time for popcorn, and a *Jack and the Beanstalk* themed movie. There are many available.

Saturday:

- 60 minutes (7:00) Breakfast
- 30 minutes (8:00) Welcome, \*Testimony of a Giant-Slayer, worship music, opening prayer
- 60 minutes (8:30) 2nd Teaching Time and break
- 60 minutes (9:30) **Eight Qualities Beanstalk Binder Handouts** and Small Group Discussion
- 60 minutes (10:30) Bean Bag Craft, Quilt Square Craft, your own craft, or Free Time
- 30 minutes (11:30) Work on Beanstalk binders and share thoughts on the morning lesson, prepare for lunch
- 60 minutes (12:00) Lunch
- 60 minutes (1:00) Nature walk, prayer walk, physical activity, or game time
- 60 minutes (2:00) 3<sup>rd</sup> Teaching Time and break
- 60 minutes (3:00) \*\*\***Timeline Exercise** and small group discussion, work on Beanstalk Binders
- 60 minutes (4:00) Nature walk, seed craft, or planting exercise
- 60 minutes (5:00) Break, rest time, personal reflection
- 60 minutes (6:00) Dinner
- 45 minutes (7:00) Prayer, Music, \*\*Testimony from a giant-slayer, Corporate sharing about the day
- 60 minutes (7:45) 4<sup>th</sup> Teaching Time with thoughts/sharing
- 15 minutes (8:45) Closing prayer and benediction

### **Week-end Retreat (6:00 pm Friday – 12:00 pm Sunday)**

Follow the Friday/Saturday plan and then add:

- 60 minutes (7:00) Breakfast
- 60 minutes (8:00) Private Reflection completing the **Eight Qualities Beanstalk Binder Handouts**

Equipped to Slay Giants Retreat Material (created by Lori Stanley Roeleveld, [www.loriroeleveld.com](http://www.loriroeleveld.com))

60 minutes (9:00)      Worship Time – prayer, music, scripture reading, and meditation by worship leader on 2 Peter 1:1-10

60 minutes (10:00)      Time of commitment – sharing aloud or with the Lord what next steps each one had decided to take to address spiritual growth or to confront life giants. Offer prayers for each. (This can be done in small groups, in pairs, or as an altar call.)

30 minutes (11:00)      Communion or Closing worship music

30 minutes (11:30)      Clean-up and Good-byes

\*testimony of giant-slayers – invite attendees who have defeated giants in their lives to share testimony or you can use giant slayer testimonies found on the retreat resource page on my website at [www.loriroeleveld.com](http://www.loriroeleveld.com)

## **\*\* Gideon Exercise**

Read the list of giants facing you and your church/community.

Read Judges 6:11-13.

Instruct the group: Turn to the person beside you and say "The Lord is with you, O mighty man/woman of valor." The person responds by holding up his/her list of giants and saying, "Please, if the Lord is with us, why then has all this happened to us?"

Read 1 Samuel 17:26.

Instruct the group: Turn to the person beside you, point to his/her giants and say, "Who is this uncircumcised Philistine, that he should defy the armies of the living God?"

Read Judges 6:14-16 and 1 John 4:4.

Instruct the group: Turn to the person beside you and say "Go with the strength you have, the Lord is with you. Greater is He who is in you than he who is in the world."

Close with prayer that God will grow in our hearts and minds larger than the giants we face.

## **\*\*\*Timeline Exercise**

Using a ruler, colored pencils, and legal size paper, draw a simple straight line and divide it into enough decades to cover your lifetime (Roughly 1 inch per decade should cover everyone. Younger folks can have more space per decade.) Think about your life in terms of spiritual growth. Mark significant times in your spiritual life on the time line and make a notation about what made them significant. Color times when you experienced strong spiritual growth in bright green and think about what circumstances or conditions surrounded those times? Color periods of time where you were stagnant in your spiritual life in brown. What circumstances or conditions surrounded those times? Color periods of time when you actually lost spiritual ground in red. What circumstances or conditions surrounded those times? What color is best suited for the time you're in now? What implication does that have for you? What can you learn from this timeline about the circumstances and conditions God uses in your life to stimulate spiritual growth?

If there's time, think back on some of the giants from your life and mark them under the timeline if they've been defeated and above the timeline if you're still facing them. What was instrumental in the defeating the ones beneath the timeline? What's common to the ones still above? What steps can you take to face those giants still threatening you today?

Share your timeline with a partner or with a small group. Pray for one another around the insights you've gained through this exercise.

## Teaching Time Points and Outline

### Equipped to Slay Giants – Teaching Time #1 (30-40 minutes)

*(Based on Jesus and the Beanstalk (Overcoming Your Giants and Living a Fruitful Life) chapters 1 and 2)*

Teaching points:

- a) We live in a land populated by giants (in other words, our lives in this world will be full of problems that affect us both individually, corporately, and globally).
- b) We are small. (Individually and even corporately, we are small compared to the problems that face us.)
- c) However, God loves working through what is small.
- d) We come from a long line of giant-killers.

Scriptures to illustrate each point:

- a) John 16:33, 1 Peter 1:6-9, 1 Peter 4:12-19 – we are to expect trials and tribulations in this world. Until we reach glory, we will always be surrounded by “giants.”
- b) Psalm 8, Jeremiah 49:15, Zechariah 4:10
- c) Judges 6-7, Deuteronomy 7:6-8, Luke 19:1-10, Matthew 14:13-21, Micah 5:2, John 1:46
- d) Hebrews 11, Numbers 13, 1 Samuel 17:26, Philippians 2:5-7

Closing Question: We live in a land of giants and we are small BUT God loves working through small and we come from a long line of giant-killers so WHY AREN'T WE MORE EFFECTIVE AT SLAYING GIANTS?

### Equipped to Slay Giants – Teaching Time #2 (30-40 minutes)

*(Based on Jesus and the Beanstalk (Overcoming Your Giants and Living a Fruitful Life) chapters 3 and 4)*

Teaching points:

- a) Too often, we let the world inform our perspective on our own faith (Jack's mother saw the beans as worthless and that's how the world sees the basic elements of our faith)
- b) We don't “bury the beans.” We don't employ the tools of our faith that lead to effective, fruitful living as taught in 2 Peter 1:1-10.

Scripture to illustrate – 2 Peter 1:1-10

Closing Question: How do we live in a way that encourages growth in developing these eight qualities in increasing measure?

### Equipped to Slay Giants – Teaching Time #3 (30-40 minutes)

*(Based on Jesus and the Beanstalk (Overcoming Your Giants and Living a Fruitful Life) chapter 5-7)*

Teaching points:

Equipped to Slay Giants Retreat Material (created by Lori Stanley Roeleveld, [www.loriroeleveld.com](http://www.loriroeleveld.com))

- a) Our salvation is through grace alone, completely dependent on Jesus Christ but God expects us to develop in our faith, to grow up into mature Christians.
- b) Conversations about spiritual growth can be challenging and benefit from concrete illustrations.
- c) We grow by reading, studying, and obeying God's Word – feasting on Scripture in the midst of a world famine of truth
- d) Maintaining a childlike faith is vital to seeing like Jack, being childish is concerning and inappropriate in the Body of Christ.

Scripture to illustrate:

- a) Romans 3:21-28; 5:1-11, 8; Ephesians 2:1-10; Galatians 2:15-21.
- b) Hebrews 6:1-8, 2 Timothy 2:1-7

Closing Question: As we grow up as believers, how does that effect the way we reach out to the world?

#### **Equipped to Slay Giants – Teaching Time #4 (30-40 minutes)**

*(Based on Jesus and the Beanstalk (Overcoming Your Giants and Living a Fruitful Life) chapter 8)*

Teaching Points:

- a) Humanity cries out for God in different ways and it's the work of the church to listen and respond with the truth.
- b) Understanding the stories of a culture (fairy tales, novels, movies, television shows, songs) can give Christians insight into how to approach with the gospel.

Scripture to illustrate:

- a) 1 Chronicles 12:32
- b) Acts 17:22-28

Closing Question: If we consider the people our faith community is trying to reach, what do we know about their stories and what do those stories tell us about their soul-hunger? What are ways we can respond with the truth?

#### **Equipped to Slay Giants – Alternate or Supplemental Teaching Time (30-40 minutes)**

*(Based on Jesus and the Beanstalk (Overcoming Your Giants and Living a Fruitful Life) chapters 9-16)*

Teaching Points:

- a) Peter lists eight qualities that if we have them in increasing measure will keep us from being ineffective and unfruitful in our knowledge of Jesus Christ.
- b) These eight qualities are faith, virtue, knowledge, self-control, steadfastness, godliness, brotherly affection, and love. Take a look at what a life looks like marked by each of these traits and what it looks like when these traits are not exemplary of a particular life.

Scripture to Illustrate

- a) 2 Peter 1:1-10
- b) Romans 12

Closing Question: What steps can we take to grow in these qualities individually and how can we as a body encourage one another to grow in them?

## **Beanstalk Binder Pages**

(One suggested project is for each participant to have an inexpensive three ring binder and the following handouts to start at the retreat but continue after the retreat to reinforce the experience. Have everyone bring a three ring binder and supply blank pages (numbers suggested) for each participant. It helps if the pages are already pre-punched for the binder rings or bring a three-hole punch for the retreat. It can be fun to have sharpies, tabs, construction paper, etc. to decorate and design each one's book throughout the retreat.)

**Personal Giants** – personal, family, church, community, country, world – This is a blank outline of giants for naming the giants facing a person in several areas. Each binder should have two or three of these.

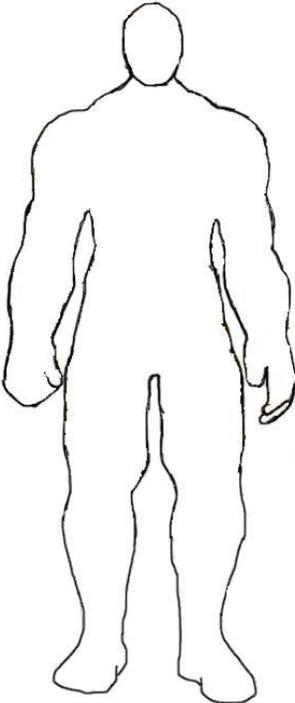
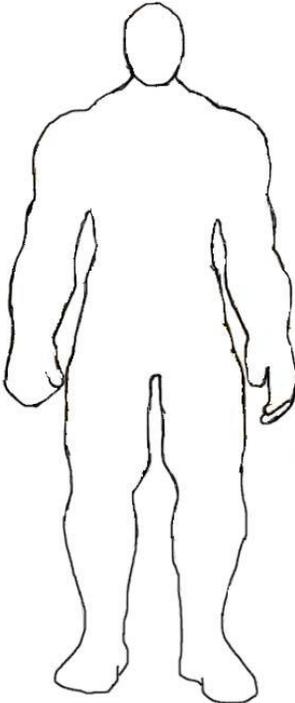
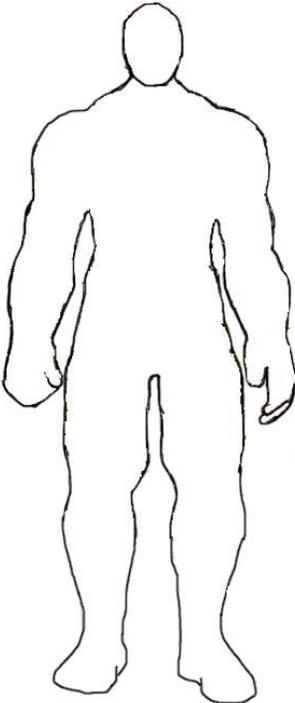
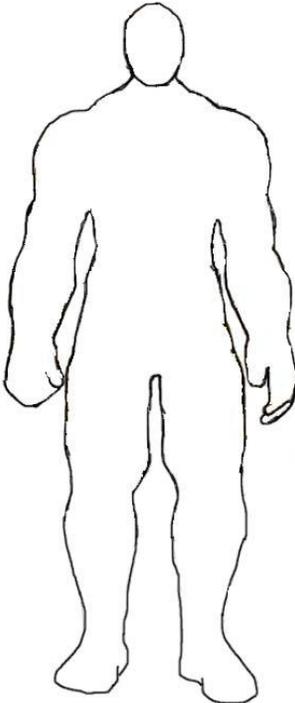
**Stones for Your Sling** – This is a blank outline of stones for recording the bible verses you will study related to your giants. (each binder should have two or three of these)

**Eight Qualities Worksheets** – This is a worksheet for each of the eight qualities. Each binder should be equipped with at least eight copies (one or two extras for the perfectionists who make mistakes.)

**TO LOVE LISTS** – This is a page to copy and use daily as you study and meditate on increasing in love. Each binder should have several copies to start.

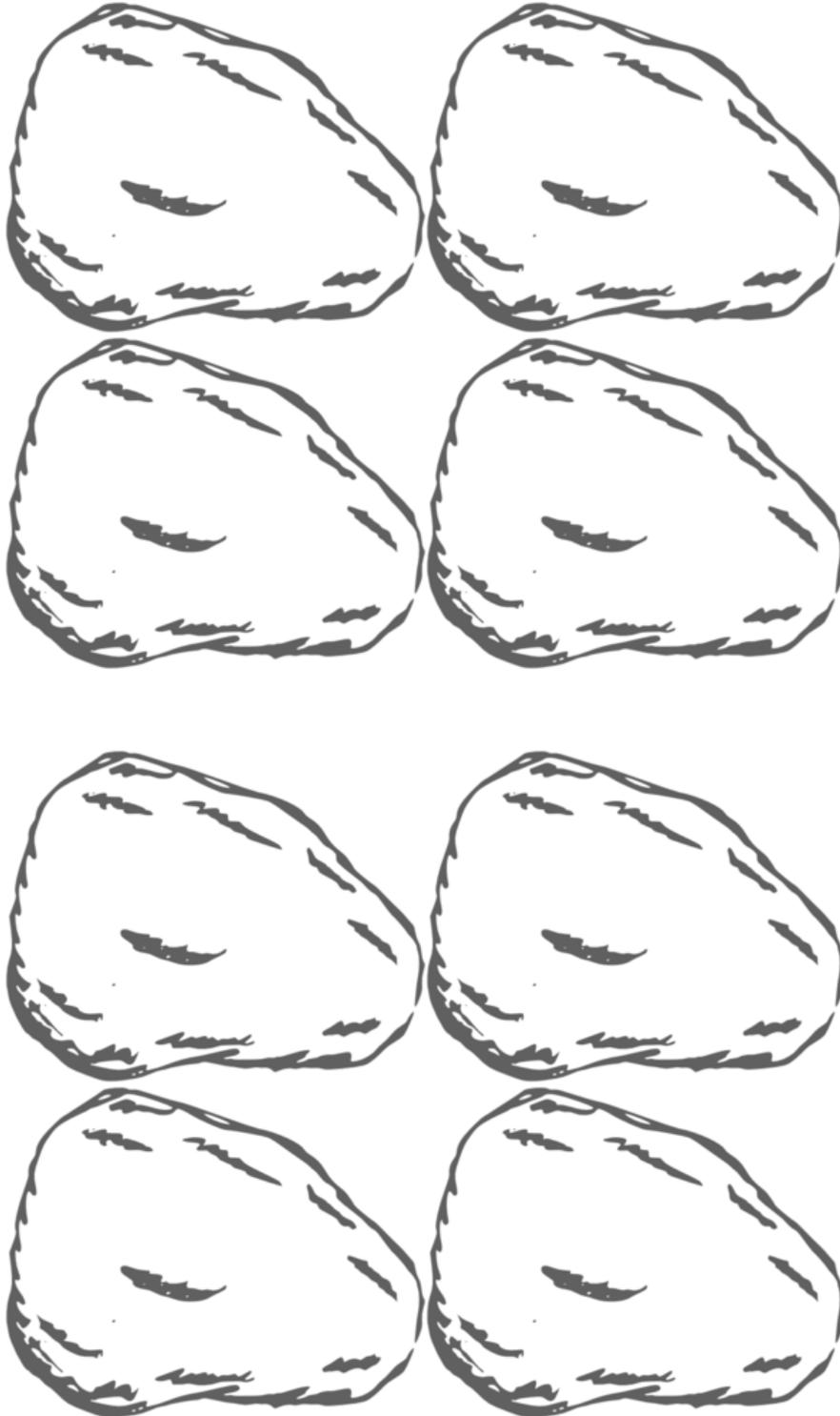
**Personal Giants Worksheet : Beanstalk Binder**

*(Name the giants you're facing and answer each with a Bible verse or passage. Are any of your giants bigger than God?)*



### STONES FOR YOUR SLING

*Choose several Bible verses that address the giant in your life. Study and memorize these verses. Ask God to show you how to apply them to your daily life. Write one reference on each rock.*



## Eight Qualities

(Recommended you complete one page for each of the eight qualities mentioned in the 2 Peter 1:1-10 passage and revisit these pages regularly to update and review growth.)

Quality I'm Studying: \_\_\_\_\_

Bible passages and verses relating to this quality that speak to me:

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Bible passages and verses relating to this quality I'm still trying to understand or apply to my life: -

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People who are role models of this quality for me:

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Things I can do or consider to grow in this quality:

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Ways I can encourage this quality in others:

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Verse that reminds me of God's grace at work in my life:

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## Today's To-Love List

**Ways I'll grow in love for Jesus and express that love for Him:**

**Ways I'll grow in love toward others and demonstrate that love to them:**

**Ways I noticed Jesus or others loving me:**

**Bible verse/passage that inspired me today:**

## Suggested Activities and Resources

### (just a starting place for ideas)

#### **Worship Song Suggestions:**

Walk by Faith, Jeremy Camp

What Faith Can Do, Kutless

Knowing You, Graham Kendrick

Let It Be Said of Us, Steve Fry

In Christ Alone, Stuart Townsend and Keith Getty

Be Thou My Vision, traditional Irish hymn

Come Thou Fount of Every Blessing, Robert Robison

Oceans (Where Feet May Fail), Joel Houston, Matt Crocker, Salomon Lighthelm

How Firm a Foundation, John Rippon

Your Grace is Enough, Chris Tomlin

I Surrender All, Judson W. Van DeVenter

#### **Crafts or Activity Suggestions:**

- 1) Bring pre-made beanbag squares to decorate with sharpies or paints. Everyone gets eight beanbags – one for each quality. Decorate as desired, fill with beans and stitch. There are numerous beanbag games you can play with these listed on the Internet or check out the website for links to games ([www.loriroeleveld.com](http://www.loriroeleveld.com))
- 2) Choose 8 squares from precut squares of cloth and decorate with words and symbols for the eight characteristics. Work individually or in small groups to create baby blanket quilts from the squares or pillows for everyone to take home (or tote bags).
- 3) Use dry beans to make colorful candleholders following these directions:

#### **Directions:**

1. Rub the inside of a paper or foam cup with a little soap.
  2. Fill each cup 3/4 of the way with an assortment of dry beans and lentils.
  3. Cover the beans with white glue.
  4. Stick a candle in the center and gently press down. Don't press down all the way to the bottom.
  5. Let it dry 30 minutes, then peel off the paper cup.
  6. Place candles somewhere safe to dry completely.
- 4) Use assorted dried beans and peas to make mosaic crafts.
  - 5) Google and Pinterest are full of great crafts to do with beans.
  - 6) Rock crafts are another good fit if you have a crafting crowd.

Equipped to Slay Giants Retreat Material (created by Lori Stanley Roeleveld, [www.loriroeleveld.com](http://www.loriroeleveld.com))

- 7) If you have a great nature-loving crowd, planting small herb gardens with a variety of herb starter plants, potting soil, and large clay pots. Each participant can create a mini-herb garden to take home.
- 8) Google and Pinterest are full of great ideas for creating mini-herb gardens and also for getting beans to sprout quickly for a great visual reminder of the power of life inside beans. These can be wonderful decorations to have around in clear glass jars.

Have fun. Be creative. Focus on God's Word and on encouraging an atmosphere conducive to spiritual growth. As you discover activities, songs, crafts, or exercises that work well with this teaching, send them to me and I'll share them on our retreat page (crediting you) on the website, [www.loriroeleveld.com](http://www.loriroeleveld.com)

And remember, I want feedback and I'd like to help/support you in any way I can so reach out!  
[lorisroel@gmail.com](mailto:lorisroel@gmail.com)

Mercy and grace,

*Lori*