

# Il Shim 2 Day Retreat

## God's Design for Me

### Day 1: Owning the 1st Blessing

#### 8:30 AM Arrivals & Board Games

Have some board games and staff ready to play with the youth as they come in. It's a good idea to choose board games that people can join at any time so no one feels left out. Here are some suggestions: Mad Gab, Taboo, Apples to Apples, etc. This is also a good opportunity to check in with parents as they drop off their kids. Ask them how things are going and answer any questions they may have.

#### 9:00 AM Break the Ice

Play some high energy games to get everyone pumped up for the retreat. Here are two games you can try:

- *Amoeba (good for a large group)*
  - Ask everyone to mingle around in a large space.
  - Randomly call out group sizes and characteristics that the youth must gather in. Here are some examples:
    - "Groups of 4 with at least 1 girl"
    - "Groups of 3 with 2 people wearing blue"
    - "Groups of 6 with 3 people wearing glasses"
  - Whomever is unable to join a group is "out" for this round.
  - When you are left with only 2 people you can either crown them both as winners or use a game of rock, paper, scissors to determine the winner.
- *Jump In, Jump Out*
  - Have everyone join hands in a circle (you probably want no more than 10 people in a circle)
  - Announce to the group that you want them to "Say what I say, and Do what I Say" and then say these directions in a random order
    - Jump In
    - Jump Out
    - Jump Left
    - Jump Right
  - So this would look like:
    - You: "Jump In"
    - Group: "Jump In" (Simultaneously jumping into the circle)
  - Now it gets more challenging, try these rounds and get ready to laugh:
    - Say what I say, Do what I say
    - Say the Opposite, Do the Opposite
    - Say what I do, Do the opposite
    - Say the opposite, Do the opposite

#### 9:30 AM Introductions

Use this time to go over the schedule for this weekend and answer any questions the youth may have. If you need to break into groups this would be a good time to do so.

**10:00 AM Presentation # 1: God's Design for Me; The Three Blessings**

1. Sing songs to prepare the atmosphere.
2. Presentation: The content of this presentation should focus on the Three Blessings and how they relate to the lives of youth. The talk should be about 20 minutes long.
3. Discussion
  - a. What is one way you can work on accomplishing the first blessing?
  - b. What is one way you can prepare for the second blessing?
  - c. What is one way you can see yourself having dominion over creation in the future?

**11:00 AM Presentation #2: Discovering Your Relationship with God**

1. Sing songs to prepare the atmosphere.
2. Presentation: The content of this presentation should focus on practical ways for the youth to discover and develop their relationship with God. The talk should be about 20 minutes long.
3. Discussion:
  - a. What is one way you already know that you connect with God?
  - b. What is one way you would like to try to connect with God?
  - c. Who can help you be accountable to your relationship with God?

**12:00 PM Lunch**

**1:00 PM Service Project**

An important part of the Il Shim Retreat is doing a service project. We want to teach our young people to embrace a lifestyle of living for the sake of others. This of course means more than just doing a service project every now and then, but this project is a great way to kick start that type of mentality. It would be a good idea to give a little blurb before the service project that encourages the youth to serve with the right heart and intention.

*If you're having a hard time finding a service project to participate in, you can also do kind acts of service. Check out some ideas here:*

<https://www.randomactsofkindness.org/kindness-ideas>

**4:00 PM Breaks and Snacks**

Have some free time and put out some snacks so the youth can have some much deserved downtime.

**4:30 PM Church Traditions Stations**

These stations are an opportunity for the youth to practice, understand, and inherit some of our faith's traditions. They will also have the opportunity to go home with their own holy salt, holy candle, and True Parents' picture to use in their own time.

Have the youth rotate through the following three stations. Here are directions for how to make each of these holy items:

- **Holy Salt:** Explain that we use Holy Salt to sanctify a sacred place, the things we buy, and the place we live.

- To make holy salt:
  - Make seven equal piles of new salt in a row. Make one pile of equal size with seed holy salt in a row above the other piles.
  - Mix the seed holy salt evenly with the new salt piles.
  - Gather all piles into one pile and mix well.
  - Offer a prayer: I sanctify this in the name of the Cosmic Parent and the Parents of Heaven and Earth, the True Children's families, and (your name), owner of Cheon Il Guk. May the spirit of God and True Parents dwell within it. By Your holy power, allow this salt to become Holy Salt and be used to sanctify and bless our surroundings.
- To use holy salt: Sprinkle a small amount four times (top, bottom, right, left) and quietly say: "I sanctify this in the name of the Cosmic Parent and the Parents of Heaven and Earth, the True Children's families, and (your name), owner of Cheon Il Guk."
- Holy Candle: Explain that we light a Holy Candle at the beginning of a prayer or meditation. The holy candle creates a good spiritual atmosphere that helps us make a connection with God. We use a special box or book or matches that are set aside for this purpose.
  - Give each youth a box or book of Holy Matches that have been sanctified with Holy Salt.
  - The multiplication ceremony requires 3 new candles and 1 seed Holy Candle. You will have to repeat this process as many times as needed to make enough for all of the youth. The new candle must be of white or a bright ivory color, and must be at least 12 to 15 cm long.
  - Prepare a candle holder or a place on which to put the seed Holy Candle.
  - The seed Holy Candle, placed on the candle holder, must be put in Heavenly Parent's position, and the newly purchased three candles are to be respectively put in Adam, Eve, and child's position in the form of the four-position foundation.
  - Offer a prayer such as: "In the name of the True Parents of Heaven, Earth, and Humankind, I would like to multiply the Holy Candle.."
  - Light the seed Holy Candle with Holy Matches.
  - Hold the seed Holy Candle with both hands (the right hand should go above and the left hand should support the candle from the bottom) and light the Adam, Eve, and Child's candle in respective order. Once that is done, the

seed Holy Candle must be returned to its original position (Heavenly Parents' position)

- Offer the concluding prayer while the candles are still lit such as: "Whenever these candles are burned, may it invite God and good spirit world into our surroundings. I pray that these candles will provide a special environment for us to connect with our Heavenly Parent."
- Extinguish the flame between two of your fingers or a candlelight-extinguishing tool, not by blowing it out with your mouth.
- Pledge:
  - Set up a pledge table with a Holy Candle and picture of True Parents.
  - Light the Holy Candle with Holy Matches.
  - Offer a kyungbae as a group to True Parents.
  - Read the Family Pledge in unison.
  - Offer a representative prayer and then have a 7 minute unison prayer ending with the song "Tongil."
  - Extinguish the flame of the Holy Candle with your two fingers.
  - Hand out pictures of True Parents to each of the youth and express the value of using this picture to create a holy spiritual environment. This picture can serve as a reminder of the people we want to be and a tool to connect with True Parents.

**6:00 PM Dinner**

**7:00 PM Being a Person of Integrity**

Have parents or youth leaders give short talks or testimonies on the following topics. Their talks should either focus on why they personally uphold the Unificationist standard regarding these area's or should focus on the benefits of keeping a standard of integrity regarding these area's.

*If you don't have people in your community who can share on these topics, you can try using a service like skype to feature people from other communities.*

*Drugs & Alcohol*

*Brother/Sister Relationships*

*Internet Safety/Porn*

You can optionally end with a panel made up of the testimony givers and Il Shim leaders. The youth can anonymously submit questions by writing them on a piece of paper and putting them in a container.

**9:30 PM Closing**

End the evening on a high note with some uplifting songs, a group hug, encouraging words about supporting each other as brothers and sisters, and time for prayer.

**Day 2: Preparing for the 2nd Blessing & 3rd Blessing**

- 7:00 AM Morning Exercises**  
Prepare some stretches and exercises to get everyone's blood pumping to start the day. Make sure to make it fun and exciting!
- 7:30 AM Hon Dok Hae**  
Read from the Cheong Seon Gyeong, Book 8, Chapter 1, Section 1: A Life of Faith (starting on page 793).
- 8:00 AM Breakfast**
- 9:00 AM Matching & Blessing Testimonies**
1. Sing songs to prepare the atmosphere.
  2. Prepare 3 couples to offer 10 minute testimonies about their matching and blessing experience. It's a good idea to feature couples with different experiences such as a young couple that was matched by their parents, a young couple that was matched by True Parents and an older experienced couple.
  3. Testimonies should focus on: preparation during middle and high school for the matching and blessing, personal story of the matching and blessing, and insights on the value of the matching and blessing.
  4. After they share their testimonies open up the floor to questions and answers from the youth.
  5. Optional: Share responses to the testimonies in small discussion groups.
- 10:30 AM Personal Mission Statement Building**
1. Have the youth fill out this worksheet:  
<http://familyfed.org/youthministry/mission-statement-building/>
  2. Once they have finished the worksheets, have the youth share their mission statements in small groups. It's ok if they aren't able to completely finish their mission statement, but encourage them to at least share the direction they are heading.
- 12:00 PM Lunch with Parents**  
Invite the parents ahead of time to attend lunch and the final session with their children during the retreat. This is a great opportunity to re-emphasize the importance of the parent and child relationship. You can leave some discussion questions on each table to encourage good communication during lunch as well. Here are some ideas:
- What is your favorite meal?
  - What is the funniest joke you know?
  - If you could change one thing in the world what would it be?
- 1:00 PM Homework: Review & Assign**  
**Review Last Week's Homework:**
1. Share the answers to these questions. Depending on the size of your group you can share as one group, pair share, or share in small groups. You just want to be careful about your time, so choose the format that is best for your group.
    - a. Who are True Parents to you?
    - b. What do you admire most about them?

- c. What did they teach you that changed your perspective on life?
2. Go over the answers to these questions regarding the DP Lecture they watched this week. Keep in mind that the youth may have a variety of answers. It may be a good idea to address these answers in a discussion format with you making the concluding points so everyone is on the same page.
  - a. How come the Messiah came and was killed if that wasn't God's original intention?
  - b. What are the barriers to us recognizing the Messiah?
  - c. What was John the Baptist's role in welcoming Jesus?
3. Check in about the 24-hour fast. You can ask things like:
  - a. What purpose did you choose for your fast?
  - b. How did it go?

***Assign Homework for this Week:***

1. Before Il Shim is completed you will need to complete three hours of service internship work with your local church by graduation. Your homework for this week is to choose your area for internship and make a plan for how and when you will complete three hours of service.
  - a. Invite your Pastor to come and spend time with the youth and explain some options for them to get involved in the local community. Some ideas could be: Sunday School, Youth Ministry, Music Ministry etc. You will need to check in with the youth before graduation to make sure they have completed this work.
2. Think about what aspects of your spiritual life are important to you and make your own holy day or spiritual tradition. Practice your tradition or celebrate your holy day with your family and share with the class next week.
3. Design a display for the family mission statement we are making later today and put it up somewhere in your house.

**3:00 PM      Family Session: Family Mission Statement**

1. Give this list of questions to each family and have them discuss a few of these questions to help them start their family mission statement. The parents/families can choose which questions to use:
  - What is the purpose of our family?
  - What kind of family do we want to be?
  - What kinds of things do we want to do?
  - What kind of feeling do we want to have in our home?
  - What kind of home would you like to invite your friends to?
  - What embarrasses you about our family?
  - What makes you want to come home?
  - What do we want to be remembered by?
  - What kind of relationships do we want to have with one another?
  - How do we want to treat one another and speak to one another?
  - What things are truly important to us as a family?

- What are the unique talents, gifts, and abilities of family members?
- What are our responsibilities as family members?
- What are the principles and guidelines we want our family to follow?
- Who are our heroes? What it is about them that we like and would like to emulate?
- What families inspire us and why do we admire them?
- How can we contribute to society as a family and become more service-oriented?

(These questions are taken from an article written by Brett & Kate McKay called “Creating a Positive Family Culture: How and Why to Create a Family Mission Statement. You can read the article here: <http://www.artofmanliness.com/2013/08/21/creating-a-family-culture-how-and-why-to-create-a-family-mission-statement/>)

2. After discussing for 15-20 minutes, have the families create their mission statement. The families should have freedom to make the mission statement as they please, either a short phrase or a short paragraph. Here’s a quote from Stephen Covey on what a family mission statement is, “A family mission statement is a combined, unified expression from all family members of what your family is all about --- what it is you really want to do and be --- and the principles you choose to govern your family life.”
3. Have each family read their mission statement aloud to the rest of the group.

**4:00 PM Closing & Farewell**

Thank everyone for their participation and offer a closing prayer for the retreat.