

JOHNSON FAMILY RETREAT

February 4-5, 2022 · The Legacy Hotel · Louisville, Kentucky

Proverbs 16:9 · In their hearts humans plan their course, but the LORD establishes their steps.

Ephesians 5:15-16 · Look carefully then how you walk, not as unwise but as wise, making the best use of the time, because the days are evil.

James 4:14 · You do not know what tomorrow will bring. What is your life? For you are a mist that appears for a little time and then vanishes.

Psalms 90:12 · Teach us to number our days, that we may gain a heart of wisdom.

THE PURPOSE OF THIS RETREAT IS TO:

Part 1: Reflect on the Past Year · 2 hours

Part 2: Cast Vision for the Coming Year · 2 hours

Part 3: Establish Expectations · 2 hours

Part 4: Review, Worship, and Pray · 45 Minutes



Step 1 · Copy a photo to your clipboard

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This template has been adapted from the work of two of our mentors, Will and Susan Ferguson. We are immensely grateful for the ways that they shepherded us and led their family with the utmost intentionality. Their instruction on this retreat remains the most impactful Sunday school lesson that we have ever received.

This resource and other similar resources can be found at <https://www.declaringthepraises.com/resources>

PART 1: REFLECT ON THE PAST YEAR • 2 HOURS

2 Corinthians 3:18 · And we all, who with unveiled faces contemplate the Lord's glory, are being transformed into his image with ever-increasing glory, which comes from the Lord, who is the Spirit.

Take 40 minutes to answer individually. Then take 40 minutes for each person to share and discuss.

DIANE, IN THE PAST YEAR:

1. When have you felt closest to God?
2. When have you felt most alive?
3. Where have you struggled with sin?
4. When have you felt most loved?
5. What is your greatest fear?
6. What personal expectation have you met? Failed to meet?
7. What has been your greatest disappointment?
8. What do you love most about your spouse (give specific examples)?
9. What 3 things could you do to be a better spouse?
10. What 3 things could your spouse do to be a better husband/wife?
11. Where have you seen God answer prayers (review prayer list)?
12. What passage of Scripture has meant the most to you?
13. Has a particular sermon/article/blog/podcast/movie/book really challenged/inspired you?
14. Who have been the 3 most influential people in your life?
15. Who are people that you have disciplined/been disciplined by?
16. What are your 5 greatest memories?

JACK, IN THE PAST YEAR:

1. When have you felt closest to God?
2. When have you felt most alive?
3. Where have you struggled with sin?
4. When have you felt most loved?
5. What is your greatest fear?
6. What personal expectation have you met? Failed to meet?
7. What has been your greatest disappointment?
8. What do you love most about your spouse (give specific examples)?
9. What 3 things could you do to be a better spouse?
10. What 3 things could your spouse do to be a better wife?
11. Where have you seen God answer prayers (review prayer list)?
12. What passage of Scripture has meant the most to you?
13. Has a particular sermon/article/blog/podcast/movie/book really challenged/inspired you?
14. Who have been the 3 most influential people in your life?
15. Who are people that you have disciplined/been disciplined by?
16. What are your 5 greatest memories?

PART 2: CAST VISION • 2 HOURS

Philippians 3:12-14 · Not that I have already obtained all this, or have already arrived at my goal, but I press on to take hold of that for which Christ Jesus took hold of me. Brothers and sisters, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.

SECTION 1: PERSONAL • 60M

Take 20 minutes to respond to the following questions individually. Then take 20 minutes for each person to share discuss their responses (1 hour total).

Diane, in the coming year:

1. Where do you need to grow?
2. Write out a brief plan for how you specifically hope to grow as a wife (based on the questions above)?
3. Where do you need to grow as a parent? Write out a brief but specific plan to grow in these areas.
4. What possession/goal/hobby is a distraction at this particular time? Write out a brief but specific plan to alleviate this distraction.
5. Where do you need to say, “I’m sorry”?
6. To whom do you need to say, “I forgive you”?
7. How would you like to spend time together as a family? Time with your spouse?
8. If you could ask God to do 1 thing through me, what would you ask Him to do?
9. Where do you see yourself 5 years from now?

Jack, in the coming year:

1. Where do you need to grow?
2. Write out a brief plan for how you specifically hope to grow as a husband (this should somewhat be based on the questions above).
3. Where do you need to grow as a parent? Write out a brief but specific plan to grow in these areas.
4. What possession/goal/hobby is a distraction at this particular time? Write out a brief but specific plan to alleviate this distraction.
5. Where do you need to say, “I’m sorry”?
6. To whom do you need to say, “I forgive you”?
7. How would you like to spend time together as a family? Time with your spouse?
8. If you could ask God to do 1 thing through you, what would you ask Him to do?
9. Where do you see yourself 5 years from now?

SECTION 2: CHILDREN • 60M

Psalm 127:4 - Like arrows in the hands of a warrior are children born in one’s youth.

Take 15 minutes to answer the following for each child as a couple.

Jack & Diane - Jimmy

1. What makes her happy?
2. What makes her sad?
3. What are her strengths?
4. What one behavior would I change if I could?
5. How is she growing?
6. Where/how do I need to intentionally help her in this process?
7. How can I pray for her?



Jack & Diane - Joe

1. What makes her happy?
2. What makes her sad?
3. What are her strengths?
4. What one behavior would I change if I could?
5. How is she growing?
6. Where/how do I need to intentionally help her in this process?
7. How can I pray for her?



Jack & Diane - Sarah

1. What makes her happy?
2. What makes her sad?
3. What are her strengths?
4. What one behavior would I change if I could?
5. How is she growing?
6. Where/how do I need to intentionally help her in this process?
7. How can I pray for her?



General:

1. How do we need to grow as parents?
2. Are there any marriage or family conferences that we would like to attend?

PART 3: ESTABLISH EXPECTATIONS • 2 HOURS

Luke 14:28 · Suppose one of you wants to build a tower. Won't you first sit down and estimate the cost to see if you have enough money to complete it?

SECTION 1: DAILY/WEEKLY SCHEDULE EXPECTATIONS • 40M

See the next sheet for this schedule. Work out an ideal "typical" day individually and then together (Monday below). After you have coordinated one day, copy it to the other days of the week and modify each day as needed for variations. Collaborate until expectations are clear.

“Keep the pace to finish the race.”

-Tom Schreiner

WEEKLY CALENDAR

SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
Jack	<i>Diane</i>	Jack	<i>Diane</i>	Jack	<i>Diane</i>	Jack	<i>Diane</i>	Jack	<i>Diane</i>	Jack	<i>Diane</i>	Jack	<i>Diane</i>
		6:00 – wake up 6:10 – workout 6:35 – time with the Lord 7:10 – breakfast 7:30 – deepen discipleship 8:15 – start work 12:30 – lunch 1:00 – work 5:30 – schedule tomorrow/ cleanup/ shut down work for the day. 5:45 – dinner 6:25 – cleanup from dinner 6:40 – time with kids. 7:20 – start bedtime routine. 7:40 – story time, knees and elbows. 8:00 – chore/task 8:30 - time with Diane 9:00 – chill/read/movie 10:00 – getting ready for bed 10:15 – lights out.	6:30 <i>make up</i> 6:45 <i>walk</i> 7:30 <i>deepen discipleship</i> 8:00 <i>breakfast and cleanup</i> 9:00 <i>school</i> 12:00 <i>nurse and lunch, cleanup</i> 1:00 <i>homework/reading</i> 3:00 <i>storytime and rest</i> 4:00 <i>dinner prep & chores, nurse</i> 5:45 <i>dinner</i> 6:25 <i>cleanup</i> 6:40 <i>family time</i> 7:20 <i>baths, reading, prayers, nurse</i> 8:00 <i>children's bedtime, chores</i> 8:30 <i>time with Jack</i> 9:00 <i>chill</i> 10:00 <i>get ready for bed</i> 10:15 <i>lights out</i>										

What would we like to incorporate into our schedules:

1. Daily –
2. Weekly –
3. Monthly –
4. Quarterly –
5. Yearly –

SECTION 2: VACATION, HOLIDAY, AND BIRTHDAY SCHEDULE FOR THE YEAR · 30M

Vacation:

Time with Extended Family:

Thanksgiving in:

Christmas in:

Fill out Google calendar for the year (invite friends, family, etc. to events where possible).

SECTION 3: BUDGET REVIEW (PRINT MINT.COM YEARLY REPORT) · 20M

Income / Spending

1. What was our annual income this year?
2. How much did we save?
3. How much did we spend?
4. Where can we save/cut costs?
5. Establish budget per month?

Giving

1. How much did we give to our church?
2. Where else and how much did we give elsewhere?
3. Where and how much would we like to give this year?

SECTION 4: MINISTRY AND RELATIONSHIPS · 20M

1. What ministries are we involved in?
2. What ministries would we like to be involved in?
3. Where do we need to cut back?
4. Who do we enjoy spending time with?
5. Who do we want to have over?
6. Who do we need to be more intentional with?
7. Who do we need to keep in better contact with?

SECTION 5: TO DO LIST · 20M

Jack

1. x

Diane

1. x

Jack and Diane

1. x

PART 4: REVIEW, WORSHIP, AND PRAY • 45 MIN

REVIEW AND IMPLEMENT • 20 MINUTES

Go through the first three sections and highlight action items that you can review regularly (perhaps quarterly). Prioritize this list and put a plan together to implement what has been discussed.

Jack	Diane
Personal Marriage Children Schedule	Personal Marriage Children Schedule

WORSHIP: “BE THOU MY VISION” • 5 MINUTES

Be Thou my Vision
O Lord of my heart,
Naught be all else to me
save that Thou art,
Thou my best Thought
by day or by night,
Waking or sleeping
Thy presence my light.

Riches I heed not
nor man’s empty praise.
Thou mine inheritance
now and always,
Thou and Thou only
first in my heart,
High King of Heaven my
Treasure Thou art.

High King of Heaven
my victory won,
May I reach Heaven’s joys
O bright Heav’n’s Sun,
Heart of my own heart
whate’er befall,
Still be my Vision,
O Ruler of all.

PRAY • 20 MINUTES

Praise God and pray with a sense of anticipation for what the Lord will do in and through us in the coming year.

- 1 • God, we praise you as ...
- 2 • We thank you for ...
- 3 • I ask for your forgiveness for ...
- 4 • We pray that ...
- 5 • God, “Teach us to number our days, that we may gain a heart of wisdom.” (Psalm 90:12)
- 6 • Amen.

PRINT

1. Print this document and place it in a location where it is easy to access.
2. Print the weekly calendar and put it in a place where you and your spouse can see it and review it as needed.
3. Print the “Review and Implement” section and keep it where it will be noticed.

Miscellaneous Thoughts, Ideas, Questions, and Notes

1.