



Lower Mountains Anglican Parish  
Women's Retreat, 2025



# Welcome!

We are so glad you are able to join us today. We hope you are encouraged and uplifted by God's word through Kezia, Tamara and Linda, and as we worship God through music.



We trust you will be refreshed by fellowship over food and craft, and that you may even meet some people you didn't know before.

If you have any questions please reach out to Olivia Bush (our lovely MC), Naomi Noakes, Elizabeth Swan, Elizabeth Moss, Luisa Bromage, Bec Legge or Meagan Coghlan.



# Program



9:30 - Session 1

Talks 1 and 2

11am - Morning Tea

11:30 - Craft activity

12:45 Lunch

2pm Session 2

Talk 3

3:30pm Finish



"The joy of the Lord  
is your strength"

Nehemiah 8:10

# Only a Holy God

Who else commands all the hosts of heaven?  
Who else could make every king bow down?  
Who else can whisper and darkness trembles?  
Only a Holy God

What other beauty demands such praises?  
What other splendor outshines the sun?  
What other majesty rules with justice?  
Only a Holy God

## **CHORUS**

Come and behold Him  
The One and the Only  
Cry out, sing holy  
Forever a Holy God  
Come and worship the Holy God

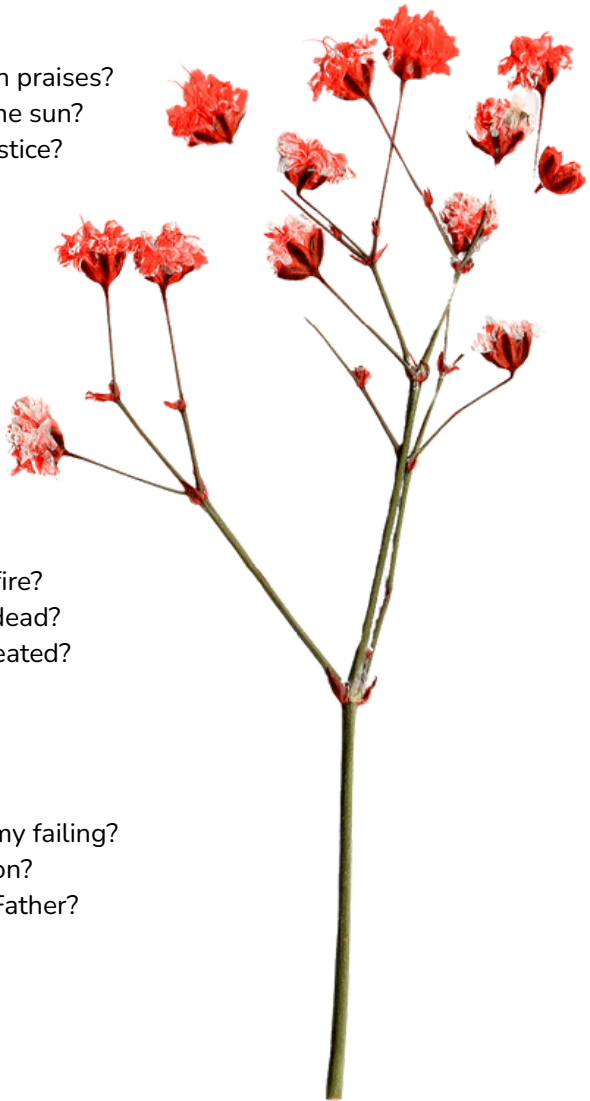
## **CHORUS**

What other glory consumes like fire?  
What other power can raise the dead?  
What other name remains undefeated?  
Only a Holy God

## **CHORUS**

Who else could rescue me from my failing?  
Who else would offer His only Son?  
Who else invites me to call Him Father?  
Only a Holy God  
Only my Holy God

## **CHORUS x 2**



# Joy of the Lord

Though the tears may fall  
My song will rise,  
My song will rise to You

Though my heart may fail  
My song will rise,  
My song will rise to You

While there's breath in my lungs  
I will praise you Lord

In the dead of night I'll lift my eyes,  
I'll lift my eyes to You  
Though the waters rise  
I'll lift my eyes,  
I'll lift my eyes to You  
While there's hope in this heart  
I will praise you Lord

## **CHORUS**

*The Joy of the Lord is my strength  
The Joy of the Lord is my strength  
In the darkness I'll dance,  
In the shadows I'll sing  
The joy of the Lord is my strength*



When I cannot see You with my eyes  
Let faith arise to You  
When I cannot feel Your hand in mine  
Let faith arise to You

God of mercy and love  
I will praise You, Lord

How You shine with glory,  
Lord of light I feel alive with You  
In Your presence now I come alive  
I am alive with You

There is strength when I say  
I will praise You, Lord

## **CHORUS x 2**

## **BRIDGE**

When sorrow comes my way  
You are the shield around me  
Always You remain  
My courage in the fight  
I hear You call my name  
Jesus, I am coming  
Walking on the waves  
Reaching for Your light

## **CHORUS x 2**



# Joy in God's Character



Right answer, wrong time

When “be joyful” feels like an impossible command

We have joy because of who God is

Righteous Creator – 33:4-9:

Unchanging in faithfulness – 33:10-15

Deliverer from death – 33:16-19

What is our joy? – 33:20-22

Question: what is something about God's character that gives you joy? Can you think of a situation when you could share this with a friend?

# Joy in Salvation



1. What Gives You Joy?

2. Anchored Joy – Joy Begins with Salvation

Text: Titus 3:5-7 | John 15:3



### 3. Abiding Joy – Joy Deepens in Relationship

Text: John 15:4-11 | Psalm 51:12 | Psalm 16:11

### 4. Overflowing Joy – Joy That Spreads to Others

Text: 1 Thessalonians 5:16-18 | Psalm 51:13 | John 15:16

### 5. A Joy That Is Complete

# Yet Not I

What gift of grace is Jesus my redeemer  
There is no more for heaven now to give  
He is my joy,  
my righteousness, and freedom  
My steadfast love,  
my deep and boundless peace

To this I hold, my hope is only Jesus  
For my life is wholly bound to His  
Oh how strange and divine,  
I can sing, "All is mine"  
Yet not I, but through Christ in me

The night is dark but I am not forsaken  
For by my side, the Saviour He will stay  
I labour on in weakness and rejoicing  
For in my need, His power is displayed

To this I hold, my Shepherd will defend me  
Through the deepest valley He will lead  
Oh the night has been won,  
and I shall overcome  
Yet not I, but through Christ in me

No fate I dread, I know I am forgiven  
The future sure, the price it has been paid  
For Jesus bled and suffered for my pardon  
And He was raised to overthrow the grave

To this I hold, my sin has been defeated  
Jesus now and ever is my plea  
Oh the chains are released, I can sing,  
"I am free"  
Yet not I, but through Christ in me

With every breath I long to follow Jesus  
For He has said  
that He will bring me home  
And day by day  
I know He will renew me  
Until I stand with joy before the throne

To this I hold, my hope is only Jesus  
All the glory evermore to Him  
When the race is complete,  
still my lips shall repeat  
Yet not I, but through Christ in me

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Yet not I, but through Christ in me  
Yet not I, but through Christ in me



# The Joy of the Lord in Christian Fellowship



## Introduction

- Heavenly Sunshine
- Fellowship - church or small group

For where two or three come together in my name, there I am with them. Matt 18:20

## God's People Rebuild the Walls - an Old Testament event

'Go and enjoy choice food and sweet drinks and send some to those who have nothing prepared. This day is sacred to our Lord. Do not grieve, for the joy of the Lord is your strength.' Nehemiah 8:10

- Reflect on God's Word

But those who hope in the Lord shall renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.

Isaiah 40: 31

# The Apostle Paul describes the fellowship/church as a body

The body is a unit, though it is made up of many parts, and though all its parts are many, they form one body. So it is with Christ. For we were all baptised with one Spirit into one body - whether Jews or Greeks, slave or free - and we were all given the one Spirit ....

1 Corinthians 12:12-20.

- Believers support each other.

Carry each other's burdens and in this way you fulfil the law of Christ.

Galatians 6:2

- Pray together

What a friend we have in Jesus, all our sins and griefs to bear,

What a privilege to carry, everything to God in prayer,

Joseph Scriveners, 1855.

- Prepare for Heaven!
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After this I looked and saw a great multitude that no one could count, from every nation, tribe, people and language, standing before the throne and in front of the Lamb [Christ]... Revelation 7:9.

## Losing the joy of fellowship

- Christ did not please himself.

We who are strong ought to bear with the failings of the weak and not please ourselves. Each of us should please our neighbour for their good to build them up.  
Romans 15:1-2

What is my role in the fellowship?

Those who belong to Christ have crucified the sinful nature with its passions and desires. Since we live by the Spirit, let us keep in step with the Spirit. Let us not become conceited, provoking and envying each other.

Galatians 5:24-26

What is the future of the Christian fellowship/church you belong to?

May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.

Romans 15:13

# All Glory be to Christ

Should nothing of our efforts stand  
No legacy survive  
Unless the Lord does raise the house  
In vain its builders strive

To you who boast tomorrow's gain  
Tell me what is your life  
A mist that vanishes at dawn  
All glory be to Christ

## **CHORUS**

*All glory be to Christ our King  
All glory be to Christ  
His rule and reign will ever sing  
All glory be to Christ*

His will be done  
His kingdom come  
On earth as is above  
Who is Himself our daily bread  
Praise Him the Lord of love

Let living water satisfy  
The thirsty without price  
We'll take a cup of kindness yet  
All glory be to Christ

## **CHORUS**

When on the day the great I Am  
The faithful and the true  
The Lamb who was for sinners slain  
Is making all things new

Behold our God shall live with us  
And be our steadfast light  
And we shall ere his people be  
All glory be to Christ

## **CHORUS x 2**



Thank you to...

Nepean Christian School,  
Our tech helpers, Dan and Toby,  
and our wonderful kitchen team!

Thank you for your servant hearts that help  
make this day possible!



Save the date for our Christmas Event  
Saturday 6<sup>th</sup> December