



'2x4' Retreat

Jesus: Call for All of Us

Schedule

Time	Session
30 min	Ice breaker group formation
5 min	Break
30 min	Study 1 - Focused on Christ and church
5 min	Break
30 min	Physical activity - interactive team building
5 min	Break
30 min	Study 2 - Focused on Christ' Ministry
30 min	Lunch/meal
30 min	Study 3 - Christ's Call for Believers
5 min	Break
30 min	Physical activity - interactive team building
5 min	Break
30 min	Study 4 - The Call of Christ Lived Out
5 min	Break
30 min	Summary and review/check out

Total time: 5 | Hours



LEADER'S GUIDE

This 2x4 retreat is designed to help small groups and churches have a half-day retreat for men to learn, grow and have some fun along the way. Created in response to a common request from across the country for an all-in-one retreat that could be done locally with little training or resources.

This experience is meant to be done in person and not virtually. The small group interaction and feedback will be essential to the success of the retreat.

The retreat leader(s) will:

- First and foremost, bathe the retreat in prayer! Consider having a volunteer or two to pray for everyone in attendance the day of.
- Guide the retreat and sessions, keeping an eye on the clock and keeping things on schedule.
- Start and stop each session on time.
- The goal is not to answer every question, but the journey of discovery along the way. So, it will be important to give a time signal at least at the 5-minute and 2-minute marks.
- The goal is not to teach the Bible, but to discover as a group what it is sharing.
- Respect is key; so, respect each person and their opinions even if you strongly disagree.
- Keep CONFIDENTIALITY! The group may only break confidentiality if a person is doing or contemplating something dangerous to themselves or others.
- Select one small group member at each table to go first, then have them trade off as the sessions progress.
- Follow the schedule and let the process do its thing.

Next steps:

Have a "next thing"/event scheduled and use this retreat to move guys deeper.

Creative Idea:

Think about utilizing a 2x4 which could be displayed as:

1. A path to encourage registration (by having the guys sign the board signifying they have registered)
2. A piece to encourage others to participate in a '2x4' Retreat by displaying it



ICE BREAKER

Begin with four men at a table (one facilitator per table if you wish, but they are not required.)

Announce that for the remainder of today's gathering: "Each of us is expected to keep anything that is said or done at this retreat in CONFIDENCE. This is a safe place to share and walk the next few hours together. We will learn and grow along the way, as we study, break bread, share, and play."

Distribute to each table (or facilitator) the following:

Go around and introduce yourselves by state, name you prefer to be called and a brief summary of where you are in life.

Once everyone has introduced themselves, and they ask the following ice breakers:

1. What is your earliest memory of church?
2. Who brought or invited you to church?
3. How did you come to faith? Or led you to search for faith?
4. How old were you when you were able to articulate that you were a child of God?
5. Who is your spiritual mentor?

Break: 5 min

Study 1 – Christ and Church

Luke 2: 41-52 (Page 1423 in your Master Builders Bible for Men)

The Boy Jesus at the Temple

⁴¹ Every year Jesus' parents went to Jerusalem for the Festival of the Passover. ⁴² When he was twelve years old, they went up to the festival, according to the custom. ⁴³ After the festival was over, while his parents were returning home, the boy Jesus stayed behind in Jerusalem, but they were unaware of it. ⁴⁴ Thinking he was in their company, they traveled for a day. Then they began looking for him among their relatives and friends. ⁴⁵ When they did not find him, they went back to Jerusalem to look for him. ⁴⁶ After three days they found him in the temple courts, sitting among the teachers, listening to them and asking them questions. ⁴⁷ Everyone who heard him was amazed at his understanding and his answers. ⁴⁸ When his parents saw him, they were astonished. His mother said to him, "Son, why have you treated us like this? Your father and I have been anxiously searching for you."



⁴⁹ “Why were you searching for me?” he asked. “Didn’t you know I had to be in my Father’s house?”⁵⁰
But they did not understand what he was saying to them.

⁵¹ Then he went down to Nazareth with them and was obedient to them. But his mother treasured all these things in her heart. ⁵² And Jesus grew in wisdom and stature, and in favor with God and man.

Introduction: This is a story we all know or have heard, and it is the only one in the Bible that talks about Jesus as a boy. It takes place during Passover when his family had taken a pilgrimage to Jerusalem. In those days families would travel in large caravans for both safety and for companionship. During such trips it was customary for the women and children to walk in front setting the pace and the men and older boys would walk in the rear. This is one reason Mary and Joseph had not realized that Jesus was not with them.

Opening question: Have you even been separated from or lost your children or family? Where is the first place you would look for them?

Discussion questions:

1. If you had been one of Jesus’ parents, how would you have reacted when you discovered him missing?
2. What does the passage tell us about young Jesus?
3. Have you ever yearned to be in church?
4. What makes you want to be in/go to a church?
5. What lessons from this passage are relevant to you?
6. What would drive you to spend more time in church?

Break: 5 min

Interactive Team Building: The Grand Prize Game

You will need:

- 6 buckets/coffee cans/beach pails for each table. (You can also share pails between 2 or 3 tables.) Label buckets 1-6. *Tip: putting some sand/rocks or water in each bucket will make the game easier.*
- 7 ping pong balls per bucket line (you may want to have more in case of wild throws and misses.)
- Tape to mark throw line



Get Started:

Place buckets in order 1-6 at 2 feet intervals. (For example, bucket 1 at 2 feet, bucket 2 at 4 feet, bucket 6 at 12 feet)

Have each team line up in front of their buckets.

Each player has 7 chances to toss 1 ping pong ball in each bucket going in order, 1-6. Each successful bucket counts as 1 point.

After each table member has had a turn add up the team points.

The team with the highest points are the winners. In case of a tie, the winning teams will face each other in sudden death. Each team will both go again, alternating players until a team is triumphant and has the lead.

Prize: Winning team gets to be first in line for lunch! (Don't announce them until a winner has been chosen!)

Study 2 – Christ's Ministry

Matthew 13: 1-23 (pages 1344-46 in your Master Builders Bible for Men)

The Parable of the Sower

¹³ That same day Jesus went out of the house and sat by the lake. ² Such large crowds gathered around him that he got into a boat and sat in it, while all the people stood on the shore. ³ Then he told them many things in parables, saying: "A farmer went out to sow his seed. ⁴ As he was scattering the seed, some fell along the path, and the birds came and ate it up. ⁵ Some fell on rocky places, where it did not have much soil. It sprang up quickly, because the soil was shallow. ⁶ But when the sun came up, the plants were scorched, and they withered because they had no root. ⁷ Other seed fell among thorns, which grew up and choked the plants. ⁸ Still other seed fell on good soil, where it produced a crop—a hundred, sixty or thirty times what was sown. ⁹ Whoever has ears, let them hear."

¹⁰ The disciples came to him and asked, "Why do you speak to the people in parables?"

¹¹ He replied, "Because the knowledge of the secrets of the kingdom of heaven has been given to you, but not to them. ¹² Whoever has will be given more, and they will have an abundance. Whoever does not have, even what they have will be taken from them. ¹³ This is why I speak to them in parables:

"Though seeing, they do not see;
though hearing, they do not hear or understand.

¹⁴ In them is fulfilled the prophecy of Isaiah:

“You will be ever hearing but never understanding;
you will be ever seeing but never perceiving.

¹⁵ For this people’s heart has become calloused;
they hardly hear with their ears,
and they have closed their eyes.

Otherwise they might see with their eyes,
hear with their ears,
understand with their hearts

and turn, and I would heal them.”^[a]

¹⁶ But blessed are your eyes because they see, and your ears because they hear. ¹⁷ For truly I tell you, many prophets and righteous people longed to see what you see but did not see it, and to hear what you hear but did not hear it.

¹⁸ “Listen then to what the parable of the sower means: ¹⁹ When anyone hears the message about the kingdom and does not understand it, the evil one comes and snatches away what was sown in their heart. This is the seed sown along the path. ²⁰ The seed falling on rocky ground refers to someone who hears the word and at once receives it with joy. ²¹ But since they have no root, they last only a short time. When trouble or persecution comes because of the word, they quickly fall away. ²² The seed falling among the thorns refers to someone who hears the word, but the worries of this life and the deceitfulness of wealth choke the word, making it unfruitful. ²³ But the seed falling on good soil refers to someone who hears the word and understands it. This is the one who produces a crop, yielding a hundred, sixty or thirty times what was sown.”

Introduction:

We know that Jesus liked using parables to teach. Here he is using this parable to explain why some people show the results of a healthy, balanced spiritual life and some do not. He also explains why he utilizes parables to teach the crowds.

The chapter opens with Jesus sitting by the Sea of Galilee, surrounded by great crowds eager to hear His words. Here He shares the Parable of the Sower, which serves as a profound illustration of how different people receive the message of the Kingdom of Heaven.

The parable describes a sower who scatters seeds on various types of soil, each representing different responses to God's word. Some seeds fall on the path, some on rocky ground, some among thorns, and some on good soil. Each scenario highlights the challenges and obstacles that can hinder spiritual growth and understanding.



Jesus explains that the purpose of His parables is to reveal the mysteries of the Kingdom to those who are open to hearing and understanding, while simultaneously acknowledging that many will not comprehend His message. This duality emphasizes the importance of being receptive to God's word and the transformative power it holds.

Opening question:

Do you have a project (or projects) which you have started but not finished yet?

Discussion questions:

1. Think of the first time you heard the Gospel message; which of the four soils describe you best? (hard, rocky, thorny or good.)
2. Can you identify the “thorns” and “rock” which tend to choke your spiritual growth?
3. Where is your spiritual life anchored today?
4. Do you make God’s Word a priority? If so, how are you making it a priority?
5. What steps could you take to improve the soil where your faith grows?

LUNCH

30 min



Study 3 – Christ's Call for Believers

Matthew 28: 16-20 (Page 1377 in your Master Builders Bible for Men)

The Great Commission

¹⁶ Then the eleven disciples went to Galilee, to the mountain where Jesus had told them to go. ¹⁷ When they saw him, they worshiped him; but some doubted. ¹⁸ Then Jesus came to them and said, "All authority in heaven and on earth has been given to me. ¹⁹ 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, ²⁰ and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age."

Introduction: This is the final scene and final words of Christ in the Gospel of Matthew. Jesus appears after his resurrection one last time. His disciples are gathered around him on a mountain top. The disciples likely had a mixture of emotions; fear, confusion, doubt, awe and hope after witnessing the risen Lord. Jesus reassures them of his absolute authority and commissions them to go and make disciples of all nations! In this pivotal moment Jesus gave the disciples (then and now) our marching orders to go into the world, to all nations, and do everything that Christ commanded of us.

Opening question: Have you ever tried to assemble something (a bookshelf, child's toy, etc.) without using the directions? How did it go?

Discussion questions:

1. How good are you at following directions?
2. What prevents you from following directions that are meant for your benefit?
3. Do you believe God has a plan for you and your life?
4. As you reflect on the "Great Commission", what holds you back from actively living into it?
5. What do you think would happen if everyone who claims to be a disciple of Jesus followed the "Great Commission"?
6. What would you need to experience to follow the directions found here in Matthew 28: 16-20?

Break: 5 min



Interactive Team Building: Spoon Relay Race

You will need:

Spoons (one per player)

Ping Pong balls (one per team)

A designated start line and turnaround point (can be marked with cones or tape).

Get Started:

Line each table up in a line behind the starting line. The 1st player should hold a spoon with an egg balanced on it.

Starting the Race:

At the signal (like a whistle or a countdown), the first player from each team must carefully walk to the turnaround point while balancing the egg on their spoon.

Passing the Egg:

Once the player reaches the turnaround point, they must return to the starting line and pass the egg and spoon to the next teammate. This continues until all players have completed their turn.

Dropping the Egg:

If an egg falls off the spoon at any point, the player must stop, pick up the egg, and either place it back on the spoon before continuing or return to the starting line and try again until they succeed. Leaders' choice!

Prize: Winning team will help lead the clean up! (Don't announce until the end of the retreat.)

Break: 5 min

Study 4 – The Call of Christ lived Out

Acts 4: 1-31 (pages 1522-1524 in your Master Builders Bible for Men)

Peter and John Before the Sanhedrin

⁴ The priests and the captain of the temple guard and the Sadducees came up to Peter and John while they were speaking to the people. ² They were greatly disturbed because the apostles were teaching the people, proclaiming in Jesus the resurrection of the dead. ³ They seized Peter and John and, because it was evening, they put them in jail until the next day. ⁴ But many who heard the message believed; so, the number of men who believed grew to about five thousand.

⁵ The next day the rulers, the elders and the teachers of the law met in Jerusalem. ⁶ Annas the high priest was there, and so were Caiaphas, John, Alexander and others of the high priest's family. ⁷ They had Peter and John brought before them and began to question them: "By what power or what name did you do this?"

⁸ Then Peter, filled with the Holy Spirit, said to them: "Rulers and elders of the people! ⁹ If we are being called to account today for an act of kindness shown to a man who was lame and are being asked how he was healed, ¹⁰ then know this, you and all the people of Israel: It is by the name of Jesus Christ of Nazareth, whom you crucified but whom God raised from the dead, that this man stands before you healed. ¹¹ Jesus is the stone you builders rejected, which has become the cornerstone.

¹² Salvation is found in no one else, for there is no other name under heaven given to mankind by which we must be saved."

¹³ When they saw the courage of Peter and John and realized that they were unschooled, ordinary men, they were astonished and they took note that these men had been with Jesus. ¹⁴ But since they could see the man who had been healed standing there with them, there was nothing they could say. ¹⁵ So they ordered them to withdraw from the Sanhedrin and then conferred together. ¹⁶ "What are we going to do with these men?" they asked. "Everyone living in Jerusalem knows they have performed a notable sign, and we cannot deny it. ¹⁷ But to stop this thing from spreading any further among the people, we must warn them to speak no longer to anyone in this name."

¹⁸ Then they called them in again and commanded them not to speak or teach at all in the name of Jesus. ¹⁹ But Peter and John replied, "Which is right in God's eyes: to listen to you, or



to him? You be the judges! ²⁰ As for us, we cannot help speaking about what we have seen and heard.”

²¹ After further threats they let them go. They could not decide how to punish them, because all the people were praising God for what had happened. ²² For the man who was miraculously healed was over forty years old.

The Believers Pray

²³ On their release, Peter and John went back to their own people and reported all that the chief priests and the elders had said to them. ²⁴ When they heard this, they raised their voices together in prayer to God. “Sovereign Lord,” they said, “you made the heavens and the earth and the sea, and everything in them. ²⁵ You spoke by the Holy Spirit through the mouth of your servant, our father David:

“Why do the nations rage
and the peoples plot in vain?
²⁶ The kings of the earth rise up
and the rulers band together
against the Lord
and against his anointed one.

²⁷ Indeed Herod and Pontius Pilate met together with the Gentiles and the people of Israel in this city to conspire against your holy servant Jesus, whom you anointed. ²⁸ They did what your power and will had decided beforehand should happen. ²⁹ Now, Lord, consider their threats and enable your servants to speak your word with great boldness. ³⁰ Stretch out your hand to heal and perform signs and wonders through the name of your holy servant Jesus.”

³¹ After they prayed, the place where they were meeting was shaken. And they were all filled with the Holy Spirit and spoke the word of God boldly.



Introduction:

Following the call of Jesus to go and make disciples, teaching all that Jesus commanded them to do, Peter and John found themselves in trouble. On their way to the temple, Peter had healed a man who had been crippled since birth. While this provided them an opportunity to proclaim the gospel, it also raised the ire of the Sanhedrin. So, Peter and John found themselves arrested and in jail. This text shares what happened next.

Opening question:

Have you ever prejudged someone and been surprised by something they did?

Discussion questions:

1. Why did the religious leaders object to the preaching of Peter and John?
2. Was it fair to throw Peter and John into jail?
3. What about this story stood out to you?
4. From this passage, what struck you about the Holy Spirit?
5. Have you ever been persecuted for your faith in Jesus? If not, what is the closest you have been to being persecuted?

Break: 5 min

Summary, Review and Check Out

Name one thing you learned about someone else today

Name one thing you learned today

What is Jesus calling you to do next

Check out:

Comparing your spiritual life to a gas tank, what is your current reading?

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