

The Esther Essentials

A Seminar for the Modern Christian Woman



**Penn West Conference
Women's Retreat**
September 19-20, 2015
Living Waters Camp and
Conference Center

*Please join us for the weekend or just
for the day if that is all your time
permits. (Saturday, 9:30 – 6:30, or
Sunday, 9:00 – 1:30)*

*Kristina and Krista Rugh, our Resource Leaders for the weekend, are
sure to welcome you as we dive into the story of Queen Esther and
3 essential principles from her life's story. We will then discuss how
these 3 essentials can help us prepare for God's call in our
own modern lives.*

For more information, please
contact Molly Anthony at
kmamaa@comcast.net or by
phone 724-493-7715

To register, please send or
email the registration form
(also found at
www.pennwest.org) by
September 8, 2015, along with
a check made payable to
Women's Retreat Committee
to: Molly Anthony 13019
Homestead Court
North Huntingdon, PA 15642

Penn West Conference Women's Retreat Registration

Name: _____
Address: _____
Phone : _____
Email: _____
Home Church and city: _____

Cost: \$95 for Sat/Sun Meals/Program/Lodging*
\$70 Sat/Sun Meals/Program only (no lodging)
\$40 Sat Meals/Program
\$30 Sun Meals/Program

**Limited capacity in Lodge – first come, first serve.
Cabins also available*

For those attending the retreat, or if you are unable but would like to participate with us in
spirit, please see the preparation material on the reverse side. This daily preparation for the
week leading into the retreat will take less than 30 min and allow you to reflect on the story
of Esther. This is offered as supporting material and is not required for attendance.

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Esther Essentials – A Week of Preparation and Reflection

Saturday, September 12:

1. Read the Armor of God Prayer

Sunday, September 13:

1. Read Esther Chapters 1 & 2; Read the Armor of God Prayer
2. Choose an outfit to wear that contains a belt. This is to remind you that God expects truthfulness in all you do.
3. Reflection for the day: Am I truthful at all times and to all people or only when it's easy?

Monday, September 14:

1. Read Esther Chapters 3 & 4; Read the Armor of God Prayer
2. In addition to wearing a belt "of truth" again today, wear something on your chest (pin, necklace, scarf, etc.) to remind you that God's will should be your first thought.
3. Reflection for the day: Am I following God's will or my own will when making life decisions?

Tuesday, September 15:

1. Read Esther Chapters 5 & 6; Read the Armor of God Prayer
2. In addition to your belt and chest piece, wear your favorite pair of shoes to remind you that God wants HIS peace to walk with you always.
3. Reflection for the day: Do I bring peace or calmness into my interactions with others?

Wednesday, September 16:

1. Read Esther Chapters 7 & 8; Read the Armor of God Prayer
2. In addition to your belt, chest piece, and favorite shoes, shield yourself from the drying effects of this weather. Use lotion to moisturize your skin paying special attention to any areas in need of extra care.
3. Reflection for the day: Do I shy away from others instead of believing in God's shield and reaching out with His love?

Thursday, September 17:

1. Read Esther Chapters 9 & 10; Read the Armor of God Prayer
2. In addition to your belt, chest piece, favorite shoes, and your lotion, take special care today with your hair. Take time to do a conditioning treatment, try out a new style, or involve family and friends in a "beauty salon session".
3. Reflection for the day: Is my salvation visible to others?

Friday, September 18:

1. Review Esther if your Bible has a synopsis; Read the Armor of God Prayer
2. In addition to belt, chest piece, favorite shoes, lotion, and styling your hair, read your favorite chapter of the Bible
3. Reflection for the day: How does God's word speak through me?

Saturday, September 19:

1. Reflect on your past week and jot down some thoughts to bring with you...
2. Attend the Esther Essentials Retreat...We look forward to seeing you!

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The Armor of God

A Prayer by Kristina A. Rugh; Based on Ephesians 6: 10-20

Dear God,

May I always wear the belt of truth as a reminder to be honest in all my interactions with others. May I put on the breastplate of righteousness and make decisions based on Your will first instead of my own.

May I shod my feet in the gospel of peace, bringing Your gentle spirit and serenity into all my meetings.

May I use the shield of faith wisely...

knowing when I need to defend myself against the arrows and darts of the enemy. Thank You for protecting me while I remember to regroup and refresh my spirit...So that when the time comes that I am called upon to stand, I will stand for You.

May I wear the helmet of salvation as a visible sign that I am Yours in thought, word, and deed. I am a child of God.

May I wield the sword of the spirit, which is the Word of the Lord, with understanding and grace and always within Your blessing.

In Christ's name I pray. Amen.

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