

# WOMEN'S *retreat*

## WORKSHOP DESCRIPTIONS



### THE TOUCH OF JESUS

SPEAKER: DR. SHELLY SYSUM

Dr. Sysum will walk you through Mark 4, looking at the miracle of Jesus' touch. This session is an exegetical study, so be prepared with pencil in hand. The gems hidden within this passage will speak to your heart as a woman, and breathe a fresh perspective into your mind as to who you are. When someone is willing to be real, there is potential for healing; where there is healing, there is Truth.

### DEVELOPING FRIENDSHIPS THAT ARE SPIRITUALLY SOUND AND EMOTIONALLY SATISFYING

SPEAKER: AMY BROWN

All of us long to have quality, long-lasting friendships. One of the ways to do this is to identify how to be a good friend. From there, you can consider how to overcome the barriers that hinder or derail friendships. In this workshop, we will look at God's design for relationships and consider how to practically implement Biblical friendship principles into our lives.

### DEPRESSION: LIGHT AMID THE FOG

SPEAKER: JILLIAN NASH

When a woman who loves the Lord suffers in depression, pain beyond the condition can abound and hope in our God as Comforter and Healer can be muddled. Come discuss the causes, affects, and effects of depression/anxiety, as well as helpful practices and ideas. Jillian Nash, mother of four and wife to local youth pastor, will share her own experiences on this hard, yet prevalent topic. She desires to dialogue and mutually gain insight on depression and our sanctification through it.

### HOW TO GET YOUR KIDS TO RISE UP AND CALL YOU "BLESSED"

SPEAKER: MICHELLE TRIPLETT

What you say to your children, how you say it, and what you pray over them is more powerful than any other influence in their lives. Join us in this workshop to find out how Michelle Triplett practices this and learn how to take full advantage of the power and influence you have as a mother.