

FAITHLIFT 2010 WORKSHOPS

a. Finding Your True Self In Marriage:

Studies show that when a woman marries she tends to lose her sense of self. She invests so much of her identity as a wife and mother that she can forget who she was before marriage and may even lose sight of God as her first love and true source of joy. This often leads to unrealistic expectations, placing demands on others to “complete” her. This workshop will explore ways to find greater fulfillment in marriage, not by focusing on others, but by discovering or re-discovering your true self and worth in Christ which leads to growing “beautiful of soul.” Led by a couple who have learned the joy of this kind of marriage.

b. Tales of the Silver Fox:

In this session, we will take a look at practical and spiritual definitions of beauty. Ever contemplate letting your natural silver shine? Sometimes feel that something is missing on the fashion racks between teeny and matronly? Are you using the same color scheme you did in the 80's? What do the lilies in the field know that we don't? This workshop, through stories, breakouts and fun exercises will help you embrace the beauty you've grown to be.

c. First Things First:

This workshop will build on the personal and professional leadership principles introduced by Steven Covey in *First Things First*. These principles will be combined with the spiritual life principles introduced by Paul, to produce an understanding of “Personal Spiritual Strategic Planning” to help us live the focused, intentional lives we desire as women of God. You will leave the workshop with a framework for your own “Personal Spiritual Strategic Plan” that will help you achieve the intentional life that honors God by putting first things first.

d. A “Risk” Worth Taking:

Are you facing what seems to be an insurmountable challenge in your life? Regardless of the specifics of our situation we can learn from others how to make it to the other side. Learn the “risks” our presenter took to move from a life of domestic abuse to ministering to those who walk the same road. The main points to be covered: 1. To seek and wait 2. To become transparent 3. To rely completely on God
Domestic abuse will be defined and further examples will be presented from the speaker's personal story.

e. Bible Study – For Me and Others:

Are you desiring more out of your personal Bible study? Thinking about starting a Bible study? Looking for direction and ideas? Join us for an informative and practical workshop that will equip and encourage you. A variety of Bible studies and Bible study methods will be discussed.

f. A Woman’s Thought Life:

Do your thoughts ever run away with you and sometimes even get the best of you? If so, don’t miss this timely talk about tending to your thought life. Learn for the first time, or be reminded that the enemy’s primary target is our thought life. He loves to undermine and lead us to courses of ruin and defeat. Come and learn how to identify the enemy’s strategies, and triumph over them in truth.

g. One Big “Happy” Family:

Married or unmarried. Children or no children. Everyone is part of a well regulated system of relationships called “the family.” Within these relationships are cycles of behavior that can often be negative. Explore your “family” system and learn how to break those cycles so you can experience God’s wholeness.

h. Sabbath Rest:

Have you become a “prisoner” of your schedule? Do you long to make space for God and drink long from His well of Living Water? Join us as we explore God’s rhythm of Sabbath, and learn how you can experience rest and refreshment in Sabbath rest.

i. From My Heart To Yours:

A transparent conversation between a mom and her teen-age daughter – the power of words, the art of listening and receiving input, and the shaping of a life (both mom and daughter).

j. A Cup Of Tea And Friendship:

Taking tea sets the table for friendships to flourish. Steep yourself in the history, habits, and the heart of the tea table; a time for connection and conversation as we pour ourselves into the lives of one another – a precious commodity in our culture today! Learn also how we keep company with Christ Himself as if over cups of tea.

k. The Home Show:

Has clutter gotten the best of your home? Could your family's "filing" system use some structure? Do you have a room or area just gathering junk? Are you selling your home and want to "stage" your furnishings to appeal to buyers? This workshop is for anyone who would like to get more living space out of their home. Whether you want to regain more space by organizing closets, rooms and other storage areas, turn a spare room into a home office, rearrange your living room, or stage your house for sale – we will focus on three easy steps the professional organizers use to declutter any area of your home. You will learn simple techniques for arranging furnishings to create a more inviting and comfortable living environment.

l. What's Cooking?

Do you struggle with feeding your family delicious, economical, easy-to-prepare meals? Are you tired of spending so much money on fast food? Want to learn some easy, creative, fast, and inexpensive ways to whip up a dessert, snack, or meal for you and/or your family. Come participate in this cooking class – learn about some tools that might make your life easier and leave with some new ideas for meals.

m. Balancing It ALL?

It is difficult to balance it all – parenting, marriage, friendships, time for ourselves, working, and time with the Lord. It is tiring just THINKING about all that we need to do. How do we do it all AND try to have some sort of balance and sanity along the way? This workshop will provide strategies and support for working women with young children (**elementary age and younger**). We will focus on balancing, organizing, and making space to streamline our hectic lives according to biblical principles.