

## **CENTRAL WOMEN GETAWAY: MEET ME IN THE WILDERNESS**

### **Breakout Session Description**

#### **Living with Open Palms: Heather Rodriguez**

How can you truly surrender in humility when you are holding on tightly to things of the past, things that weigh you down? Or when you are grasping for control or comfort? How can you grow when you keep scooping these things back up? In this breakout session, you'll discover the difference between knowledge and wisdom, the importance of relationships, and the practical steps you can take, starting today, to grow spiritually, to live powerfully, and to live with open palms.

#### **Trusting God: Renee Bennett**

Do you sometimes have trouble trusting God? The Bible says to trust Him in all circumstances, but in a world that can be scary, how do you do that? In this session, you'll learn how to grow in your faith and trust Him always. Find the freedom to live in peace and let Jesus take care of the rest.

#### **Is It Possible to Thrive?: Mattie Cummins**

The term "coping with anxiety" seems to be a buzz phrase lately. But is that what God desires for us... to just cope with it? Anxiety is real, and whether it comes in waves, flare-ups, or is chronic, God desires for you to thrive, even through this. Join this breakout session and learn practical action steps you can take, methods to restore calm, and how scripture can help you thrive.

#### **Forgiving When You Can't Forget: Jen Walsh**

Forgiveness is a word filled with hope, however, if we're being honest, it can seem impossible when you can't forget a grievance. In this truth-filled, Bible-focused breakout, you'll learn what the Bible says about forgiveness, the freedom that comes with forgiveness, and how to let go of resentment. It involves empathy, vulnerability, but peace is coming, and it's so worth it!

#### **The Art of Sabbath: Jenniemarie Cisneros**

Are you tired, weary, and desperately in need of rest? Not rest like taking a day off work, going on vacation, or a day of self-care. Are you in need of true *spiritual* rest that refreshes your soul? In this breakout session, explore why "Sabbath" is a required rhythm of your spiritual life, take inventory of how busy your life is, define what "Sabbath" is and what it is not, and learn practical ways to start immediately implementing true rest in your life.

#### **42 Seconds at a Time: Keely Embleton**

The average length of Jesus' conversations as recorded in the Gospels was 42 seconds. Jesus' conversations were simple. Why do we overcomplicate it? Learn from Jesus! Learn how to have a great, yet simple, conversation with people. Let's exchange the system and structure of sharing your faith and begin to talk in a natural and meaningful way like Jesus did. This will not only change your life, but the lives of those around you!

#### **Overcoming Spiritual Warfare: Rachel Dotzler**

Everything that occurs in the visible, physical world is directly connected to the wrestling match being waged in the invisible, spiritual world. This is known as Spiritual Warfare. However, you may recognize it as strained and damaged relationships, emotional instability, mental fatigue, physical exhaustion revealed through anger, unforgiveness, pride, comparisons, insecurity, and fear. In this breakout session, explore the root of Spiritual Warfare, and how you can equip yourself to fight this ongoing battle.