

**Central Women**  
**The Getaway – Relentless: from Restoration to Revival**  
**Breakout Sessions**

**Coming Up for Air:** Life weighs on us, and we can feel like the current of life is pulling us under... the Apostle Paul knows this full well, and he saw these strong currents in his life, and how they could be comfort to others. In this session we will discover how to struggle well amid our everyday lives.

**More of Less:** We spend so much of our time chasing after careers, people, or possessions that never satisfy us in the end. When is enough, enough? In this session we will examine the biblical concept of contentment and how we can find it in Christ.

**I Believe, but...:** Even in our faith, we still have questions like why would God allow bad things to happen to good people, or how do I know the Bible is true? It's okay to have questions! In this session we will learn how to dig into scripture for an explanation of who God really is.

**Daily Rhythms:** We live in a fast paced world that causes us to survive rather than thrive. What would it look like to live a life full of peace, passion, and purpose? In this session we will introduce you to daily rhythms to help restore and revive you, giving you the foundation for who God created you to be.

**Find Your People:** We live in a world that provides access to constant connection, but we are more isolated than ever before. We were not created to be alone. In this session we will share the importance of community and practical ways to get connected with other people.

**Eat Like Jesus:** All throughout the Gospels' accounts of Jesus' life and ministry, we see Jesus eating and feasting with the most unlikely people. In this session we will explore the ways we can live and minister like Jesus did around tables, meals, and Gospel community.