

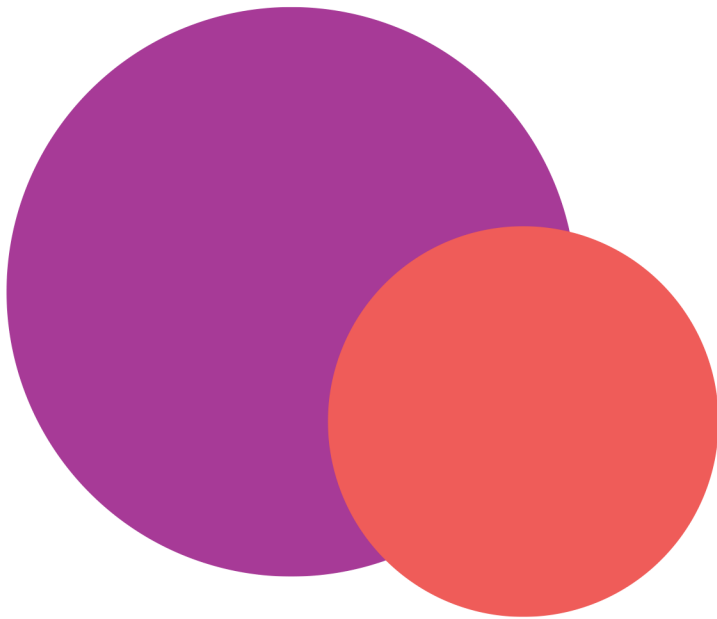
BREAKOUT SESSION NOTES

IGNITE CONFERENCE

IGNITE

IGNITE

a note from the Ignite Team



We hope you had a wonderful time at the conference. We are still in awe of what the Lord has done and will do.

We have some great news!
Our breakout session instructors provided their notes knowing not everyone could attend their session.
So if there was a breakout you hoped you could sit in, we have you covered.
Here are the notes. We hope you will find them helpful.

The Ignite Team

2 Timothy 1:6

This is why I remind you to fan into flames the spiritual gift God gave you when I laid my hand on you

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Break out Session 1.

The Bible at Its Best:

How to read and study scripture

Leah Stanley
Nya Kenchen

Session Objectives

We hope everyone will understand and be reminded of how important and life-changing scripture is.

We hope everyone will feel equipped to approach and apply the Bible effectively.

We hope each person will regain the joy of relating to God through the Bible.

**All scriptures are NIV unless otherwise noted.

INTRODUCTION

Psalm 1:2

But his delight is in the law of the Lord, And in His law he meditates day and night.

We will consider the ways that God has made us and how we can relate to Him using a variety of approaches to scripture, intellectually, emotionally, spiritually, and even with our creativity. We will provide a practical understanding of how to utilize these approaches and ignite a passion for scripture through its relevance and transformative power.

The Importance of Biblical Literacy

Hebrews 4:12

For the word of God is alive and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart.

The Bible is the account of God's interactions with humans throughout history. It is the message of His love and redemption from Creation to Christ and His plan throughout eternity. Biblical Literacy is understanding this message in its fullest form, grasping the overarching picture of God, Jesus Christ, and the Holy Spirit, and being able to live out these truths by the grace of God.

Repeated exposure to the Word of God gives us a screen to filter the messages and influences of our culture, from social media and entertainment to prophetic words and religious traditions. God desires to shield and protect His people, rather than have them exposed or deceived. This does not mean memorizing scripture in its entirety. It means knowing the truth found in scripture so that anything counterfeit is glaringly obvious.

There is no set formula for how to approach scripture. We encourage everyone to use multiple means of engaging God through scripture. The Bible is another way for believers to build relationship with God, to enjoy Him, and to learn about Him. Just like when you spend time with loved ones doing different activities, we can utilize different activities to enjoy with God. When we feel that our relationship with God has been dry or has felt distant, trying a new approach may turn on the faucet of living water in our lives. It can bring refreshing that makes quality time with God in the Word a joy, rather than a duty.

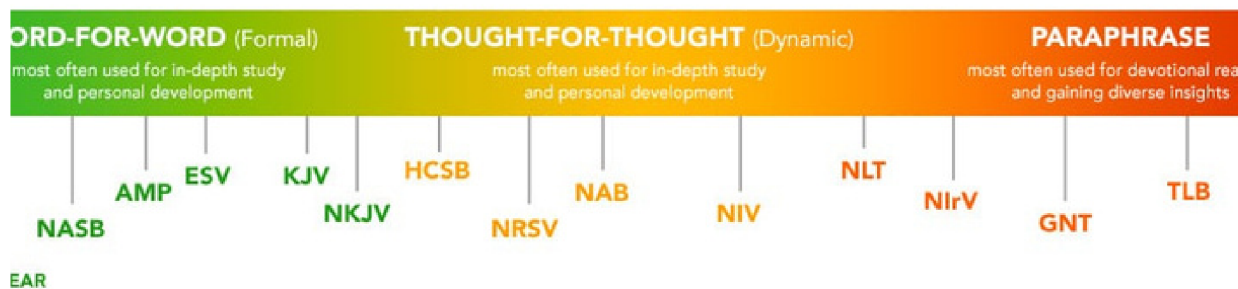
#1. INTELLECTUAL APPROACHES TO SCRIPTURE AND BIBLICAL TRANSLATIONS

Matthew 22:37

You must love the Lord your God with all your heart, all your soul, and all your mind.

- The Bible was written to an ancient people group in an ancient culture.
 - Not everything we read will make perfect sense to us right away, nor will we be able to make all the many connections between scripture passages by ourselves. Using other outside resources to help us make those connections and learn more about the historical time and culture, such as the date the scripture was written the author, and the historical events of the time, will help us better understand the Bible.
 - The Bible was also written in Hebrew (most of the Old Testament), Greek (the New Testament), and Aramaic (the books of Daniel and Ezra). It is important to recognize that most English speakers rely on translations of the original.

Bible Translation Comparison

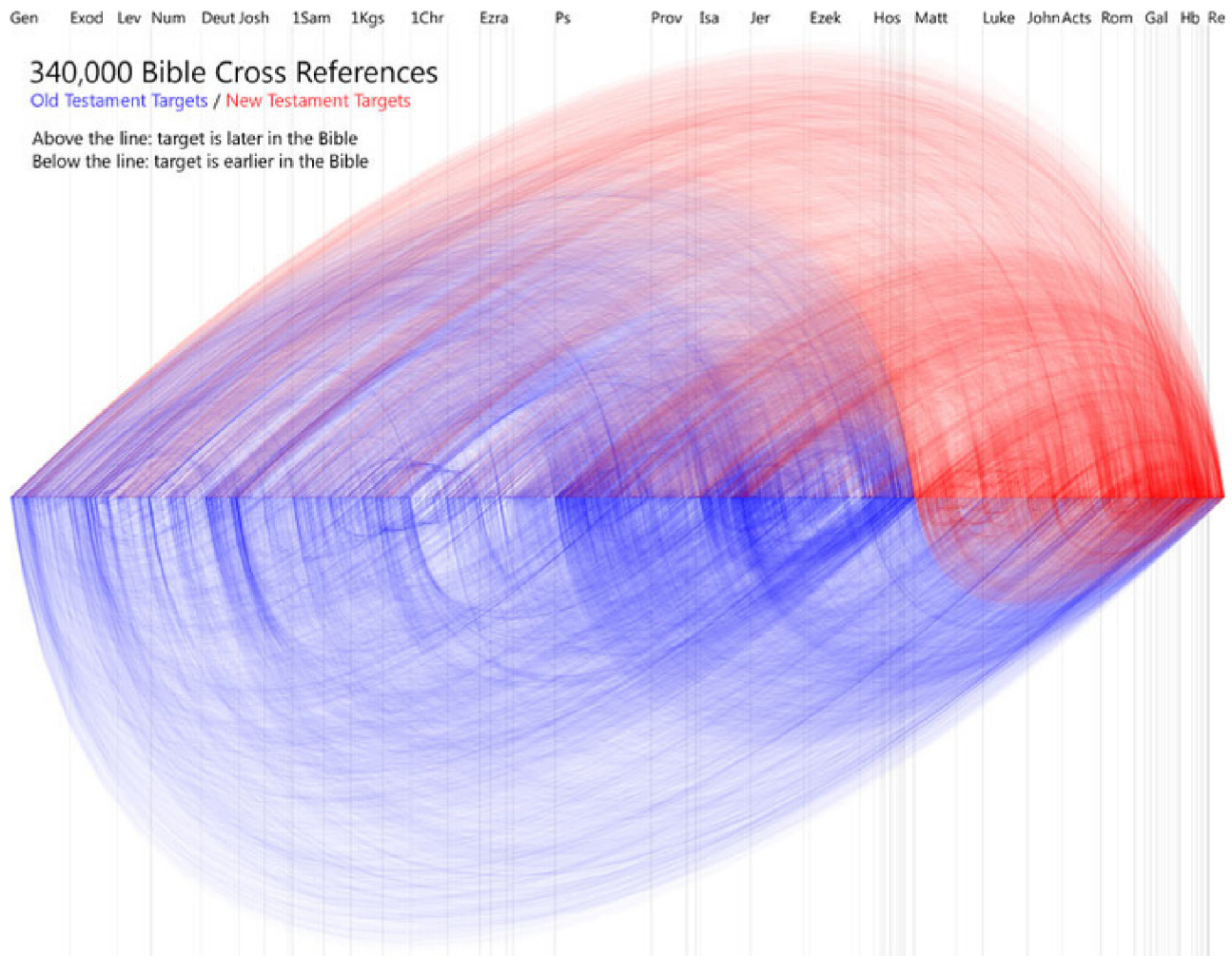


**Image sourced from: Bible Reviewer, Bible Translation Comparison

#1. INTELLECTUAL APPROACHES TO SCRIPTURE AND BIBLICAL TRANSLATIONS

- Study Bibles, Commentaries, & Bible Dictionaries
 - The Blue Letter Bible website and app give free access to a dictionary, concordance, and cross reference material.
 - Commentaries and study bibles that King's Park recommends are listed on the resources page.
 - King's Park would not typically recommend the Baker or Worlds commentaries.
- Inductive Study Method: Who, What, When, Where, Why, How?
 - Look for things like repeated words, cause & effect, and themes.
- Compare Translations
 - Get two or more translations from across the translation spectrum and read the same section of scripture in them. Different translations might use different word choices and/or arrange sentences differently. This can help us to better understand what the Scripture is saying.
- Cross References
 - Cross references link one section of Scripture to another. Many physical Bibles have hundreds of cross references in them. To study Scripture this way, we look for a cross reference connected to the verse/passage we are reading. After going to the next verse, we see if there are any cross references linking that. This process can go on for a while, and gives a broad picture of the many ways the Bible connects across books and Testaments.

#1. INTELLECTUAL APPROACHES TO SCRIPTURE AND BIBLICAL TRANSLATIONS



Above is a visual displaying how many times the Bible references itself.

**Image sourced from: Bible Cross References, Static Visualization of the Cross References

#2 EMOTION-BASED APPROACHES TO SCRIPTURE

Proverbs 4:23

Keep your heart with all vigilance, for from it flow the springs of life.

- God designed us with emotions and He chooses to engage with us on an emotional level at times.

1 Timothy 4:8

For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come.

- In the same way, we steward our physical bodies and spiritual lives, we also need to be mindful of our emotional well-being.
- Many people find themselves living based on their emotional state rather than living based on God's truth. Our spirit should lead our mind, body, and emotions, not the other way around. Our feelings are signals or indicators of how we respond to our surroundings.
- As our Creator, God is the best resource for learning how to process emotions and realign ourselves with the truths found in Scripture. He is the lifter of our burdens and the opener of our eyes. When our emotions are heavy and our judgment is clouded by what we feel, He will help us if we turn to Him. It takes intentionality and hard work to pause amid an emotional storm and ask God for His truth or perspective on a certain situation.
- Other than just having a conversation with God, there are several ways outlined below that will help us to set ourselves up for handling emotions successfully.

Speaking the Scriptures

- Hebrews 4:12 For the word of God is alive and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart.

#2 EMOTION-BASED APPROACHES TO SCRIPTURE

- When we feel intense emotions, we need to handle them rightly, rather than letting them rule us. Speaking Scripture engages the power of life and death that is in the tongue and calls our emotions back into alignment with God's truth. This is not denying the existence of these emotions, it is acknowledging them while also recognizing their rightful place, that is being submitted to God's word.
- It is helpful to approach Scripture with a humble heart, allowing it to judge our thoughts and attitudes. This pleases God and sanctifies us. Having 2-3 scriptures memorized, written down, or saved in our phones can be useful when emotions suddenly arise.
- In general, it is advisable to set aside time regularly to process our emotions with God several times a week. The sooner things are dealt with the less likely they are to turn into bigger problems requiring repentance from sin or reconciliation with others. We should talk to God about what we are feeling, pour out our emotions to Him by venting, trust me, He can handle it. After we have done this, it is important to always follow these moments with time to re-submit ourselves to His leading and guidance, giving Him space to speak and respond to us, followed by us repenting as needed for any of our contrary or rebellious ways.

Engaging God with Your Imagination

Psalm 100:4

Enter His gates with thanksgiving, and His courts with praise.

- Practically, we can picture what it might look like to come into God's throne room through thanksgiving and praise. Especially, if we feel that we have had a challenging time hearing God's voice, this is a practice that may help us focus and engage with what God is doing and saying to us personally.

#2 EMOTION-BASED APPROACHES TO SCRIPTURE

- A way that we can utilize this methodology is to go to a quiet space where we can focus, use the authority Jesus has given us to take captive all distracting thoughts. Then, picture what God's kingdom might look like, maybe it is medieval looking, maybe it is the glimmering gemstone gates described in Revelation, whatever it is, we can see ourselves walking up to the gates. Offer thanksgiving to God and see the gates open. We can walk into the interior and offer God praise as we enter the courts of our King, His throne room. Next we can enjoy the time we have there before Him, sitting at His feet or in His lap, we can rest and converse with Him

Engaging God to Transform Your Emotions through Giving

2 Corinthians 9:6-8

Each of you should give what you have decided in your heart to give, not reluctantly or under compulsion, for God loves a cheerful giver. And God is able to bless you abundantly, so that in all things at all times, having all that you need, you will abound in every good work.

- Often we as humans drift toward self-centered living. In order to break this tendency it can be helpful to readjust our priorities and focus on giving to God and to others. This does not have to be monetary giving. It may be even more beneficial to give in creative ways, in addition to giving tithes and offerings.
- This could mean creating art, or doing crafts, or compiling gifts for veterans, police officers, firefighters, service industry workers, or the homeless. Showing gratitude and appreciation for others turns our eyes away from ourselves and our own problems and helps us to remember that life is about more than our personal comfort. Our emotions can be transformed by God's grace as we entrust our own situations to God and focus instead on serving and blessing others.

#3 SPIRITUAL APPROACHES TO SCRIPTURE

John 14:26

But the Helper, the Holy Spirit, whom the Father will send in my name, he will teach you all things and bring to your remembrance all that I have said to you.

- The Holy Spirit will guide you and interact with you while you read the Bible
- Speaking in tongues as we read the scripture
 - “Praying in tongues downloads mysteries from the mind of Christ and imparts them into the hard drive of our spirits. Praying with our spirit language uploads to God our deepest longings, desires, worship, and praise.” – Bill Hamon, *70 Reasons for Speaking in Tongues*

1 John 2:27

As for you, the anointing you received from Him remains in you, and you do not need anyone to teach you. But as his anointing teaches you about all things and as that anointing is real, not counterfeit—just as it has taught you, remain in him

- Ask for the Holy Spirit to highlight scriptures and emphasize His Word
- Wait on God to hear His voice

Jeremiah 33:3

Call to me and I will answer you, and will tell you great and hidden things that you have not known.

John 10:27

My sheep hear my voice, and I know them, and they follow me.

#4 CREATIVE APPROACHES TO SCRIPTURE

Exodus 35:35

He has filled them with skill to do every sort of work done by an engraver or by a designer or by an embroiderer in blue and purple and scarlet yarns and fine twined linen or by a weaver – by any sort of workman or skilled designer.

- **God designed us in His image as creators**

- Whether using our hands or imaginations, God has enabled us to dream and create in special ways.

- **Sacred Space**

- Pastor Jim Laffoon has passionately pursued the ways that God has designed our brains to respond to the presence and power of God. The chemical levels in our bodies are affected deeply by worship, our body posture, God's Word, and our words. Additionally, our brains have specific habits and patterns that can be rewritten, removing the culture's influence and creating Godly neural patterns.
- Studies have shown that our brains function in particular ways and it can be helpful to do certain activities to engage different parts of our brain. In doing this we are using all that God has given us to relate to Him and His Word.
- See the "What Next?" section for how to do Pastor Jim Laffoon's Sacred Space activity where you will slow down and utilize both sides of your brain.

- **Engaging God through Nature**

- God's creation is beautiful and majestic, often we rush past it or focus on the negative aspects of it. However, there is much that can be learned and experienced through involving nature in our devotional lives. General Revelation is the theological term for what nature speaks about our God. It is important to let God speak to us in every way that He desires, including through nature.
- Reading Scripture or poetry about God and how He is revealed through nature while experiencing the outdoors can help us to actively engage with the General Revelation of God. Try reading Psalm 19 or Psalm 29 while observing the outdoors.

#4 CREATIVE APPROACHES TO SCRIPTURE

- **Engaging God through Artistic Expression**

- Often, culture tries to dictate what art 'should be' or what is trending. However, there is a redemptive purpose for art as we engage God through our artistic expressions.
- We can use our artistic or musical abilities to honor God and His Word by intentionally inviting Him to participate with us and dialoguing with Him through the process. In the music world, some call this prophetic worship, where God inspires the music that we play as we are playing, in a similar way that we say what God tells us to say when we are prophesying. This type of expression can have a powerful impact on our souls and on the environment that we are in.

WHAT NEXT?

Begin spending more time in more ways with God. Enjoy the following activities regularly!

Pastor Jim Laffoon's Sacred Space Activity

**As demonstrated at the School of Empowerment. More details can be found in his textbook and teaching.

Step 1: Find a quiet place to be free of distractions.

Step 2: Still your mind. Take several very deep breaths. Slowly repeat the Jesus prayer: "Jesus, Son of God, have mercy on me."

Step 3: Then slowly transition to praying: Holy Spirit, lead me to a Scripture that relates to what you desire to speak to my heart.

Step 4: Slowly read that Scripture aloud several times. Read the Scripture slowly and deliberately, with varying levels of feeling, intonation, rhythm, and emphasis.

Step 5: Next, write out the Scripture using your non-dominant hand and using different-colored markers, pens, or crayons.

Step 6: Then draw a picture around the Scripture, pictorially depicting what the Holy Spirit seems to be speaking to you.

Step 7: Spend 10 minutes prayerfully journaling about what the Holy Spirit is speaking to you.

Step 8: Discuss this experience with a Christian family member, friend, or leader.

Step 9: Repeat this exercise with the same Scripture or with similar Scriptures.

WHAT NEXT?

- Try out different Bible Study activity types throughout your week, use the Bible Activity Sticks to help you decide where to begin, if needed.

“No shortcut exists... It is well that we accept the hard truth now: The man who would know God must give time to Him.” -A.W. Tozer

Activity Ideas:

- Intellectual Approach
 - Inductive Method
 - Word Study
 - Scripture Memorization flashcards or other methods
- Emotional Approach
 - Reading/Declaring Scripture out loud
 - Engaging God with your imagination
 - Engaging God to transform your emotions through giving
- Spiritual Approach
 - Reading Scripture while praying in the Spirit
 - Listening to Scripture
 - Worshiping with Scripture, singing the Scriptures
- Creative Approach
 - Sacred Space Activity
 - Engaging God through nature
 - Engaging God through artistic expressions

RECOMMENDED BOOKS

Recommended Books;

- The IVP Bible Background Commentary Old Testament
- The IVP Bible Background Commentary New Testament
- New International Commentary
- The Word Biblical Commentary
- Zondervan Exegetical Commentary
- Archeological Study Bible
- Chronological Study Bible
- *Switch on Your Brain* – Dr. Caroline Leaf

Break out Session 2.

Warrior Parents:
Power of praying for
your children

Anitra Elmore

Session Objectives

Gain a deeper understanding of spiritual warfare and your role as a warrior in your child's life.

Discover how to war in prayer during challenging times with your child.

Learn to maximize difficult seasons to grow as a mother and a believer.

INTRODUCTION AND MAIN POINT

Psalm 90:15-16

Give us gladness in proportion to our former misery! Replace the evil years with good. Let us, Your servants, see Your work again; let our children see Your glory.

If you're going through a difficult time with your child, there's power in praying through what you're going through. You are in a battle for your child's life, and prayer is a pivotal weapon as you fight.

THIS IS WAR

Ephesians 6:10-12 NLT

A final word: Be strong in the Lord and in his mighty power. Put on all of God's armor so that you will be able to stand firm against all strategies of the devil. For we are not fighting against flesh-and-blood enemies, but against evil rulers and authorities of the unseen world, against mighty powers in this dark world, and against evil spirits in the heavenly places.

- The enemy wants your children and hates the idea of the Christian family.
- Because of the work Jesus has already done, we do not war *for* victory. We war *from* a position of victory.
- God has equipped us to war on behalf of our children during difficult times.

How have you viewed this season of trouble? Have you seen yourself as a warrior in your child's life?

WARRING WISELY

Proverbs 24:5-6 NLT

The wise are mightier than the strong, and those with knowledge grow stronger and stronger. So don't go to war without wise guidance; victory depends on having many advisers.

- Wisdom is the divine ability to do the best possible thing with the knowledge we have, and it's essential as we war.
- Wisdom is critical during difficult times if we are to make good choices and avoid harmful parenting behaviors (i.e., controlling, enabling, reacting impulsively, overreacting).

How would more wisdom change this season for your family?

WARRING WITHOUT WORRY

1 Peter 5:7-9 NLT

Give all your worries and cares to God, for he cares about you. Stay alert! Watch out for your great enemy, the devil. He prowls around like a roaring lion, looking for someone to devour. Stand firm against him, and be strong in your faith. Remember that your family of believers all over the world is going through the same kind of suffering you are.

- Worry clouds clarity. And if there is anything we need as we war for our children, it's clarity.
- If the enemy can convince us to remain anxious, he gains a foothold from which he can continue to torment our families.
- Combat worry with confident prayer, believing that the Lord cares for you.

Has worry clouded your clarity during this season?

WARRING WITH THE WORD

2 Timothy 3:16-17 NLT

All Scripture is inspired by God and is useful to teach us what is true and to make us realize what is wrong in our lives. It corrects us when we are wrong and teaches what is right. God uses it to prepare and equip His people to do every good work.

- *There is power in God's Word, and there is no better foundation for praying through difficult times.*
- *As we pray the Word, we come into agreement with the Lord's promises. We don't need to guess about what's possible or what He's capable of doing.*
- *As we pray the Word, we grow in our knowledge of it. And, in the process, we're being prepared and equipped to do the good work of warring for our children.*

Have you experienced the power of praying the Word during this season?

CONCLUSION: DON'T WASTE THE WAR

James 1:2-4 NLT

Dear brothers and sisters, when troubles of any kind come your way, consider it an opportunity for great joy. For you know that when your faith is tested, your endurance has a chance to grow. So let it grow, for when your endurance is fully developed, you will be perfect and complete, needing nothing.

- *Make the choice to grow through what you're going through.*
- *Allow God to use this season of trouble to shape you and to transform your family.*
- *Remember that God is with you, He is for you, and He never fails.*

Are you seeing specific ways you're growing through what you're going through?

WHAT NEXT?

- Ask the Holy Spirit for specific requests and promises to pray for your child.
- Develop a regular rhythm for praying for your child.
- Find one or two other people to join you in interceding for your child.

SESSION RESOURCES

Access additional session resources, including a worship playlist, a prayer of protection for your children, and a daily declaration at bit.ly/aewpres. Connect with me at anitraelmore.com, and purchase the Warrior Parents Small Group Guide on [Amazon](#).

Break out Session 3.

Your Faith at Work: Integrating Faith and Business

Stephanie Iraggi

Session Objectives

Gain a deeper understanding of spiritual warfare and your role as a warrior in your child's life.

Discover how to war in prayer during challenging times with your child.

Learn to maximize difficult seasons to grow as a mother and a believer.

SESSION OBJECTIVES

As followers of Jesus, our faith should inform every aspect of our lives, including our professional endeavors. In this session, we will explore how the "Christian" part fits into our businesses and what it looks like to have Jesus and our business world meshed together.

Based on 2 Timothy 1:5-14, we will explore three objectives for attendees:

- **By faith, receive value, grace, and inheritance:** As Christian women, we have a unique perspective on our own value and the value of our work because of the grace that has been extended to us through Christ. We will explore how to receive these gifts by faith and how they can transform our approach to business, remembering that our inheritance is an eternal inheritance that will last beyond our time on earth.
- **By faith, walk in the Spirit in power, love, and self-discipline:** Walking in the Spirit means relying on God's strength and guidance in our professional lives as well as in our personal lives. We will discuss how to cultivate a life of faith that is characterized by the Holy Spirit's power, love, and self-discipline, and explore how these qualities can impact our businesses.
- **By faith, create opportunities for interaction, demonstration, and communication of the message of God:** Our businesses can be powerful tools for sharing the message of the Gospel with the world. We will explore practical ways to create these opportunities for interaction, demonstration, and communication of the message of God through our work. By doing so, we can be intentional about using our businesses to glorify God and make a positive impact in the lives of those around us.

Join us as we dive deeper into 2 Timothy 1:5-14 and explore what it means to integrate our faith and our work as Christian women. By doing so, we can fan into flame the gift of God that is within us and use our businesses as a platform to spread the love and message of Christ.

INTRODUCTION AND MAIN POINT

How should our faith influence our businesses as Christian women? How does the “Christian” part fit in? What should it look like to have Jesus and our business world meshed together?

Main Point: To integrate our faith and our work, we must be filled with faith, walking by faith, and sharing the faith.

Foundational Scripture: 2 Timothy 1:5-14

#1: TO INTEGRATE OUR FAITH AND WORK, WE MUST FIRST BE FILLED WITH FAITH IN THE GOSPEL OF GOD.

Introduction

2 Timothy 1:5

"I remember your genuine faith, for you share the faith that first filled your grandmother Lois and your mother, Eunice. And I know that same faith continues strong in you."

Explanation

- Being filled with faith means believing the value God has given you.
- Being filled with faith means receiving His grace for your limitations and mistakes.
- Being filled with faith means knowing your inheritance.

Application

Discuss: If we believe all of this, how should that affect how we do business?

#2: TO INTEGRATE OUR FAITH AND WORK, WE MUST WALK BY FAITH WITH THE SPIRIT OF GOD.

Introduction

2 Timothy 1: 5-7

"And I know that same faith continues strong in you. This is why I remind you to fan into flames the spiritual gift God gave you when I laid my hands on you. For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline."

Explanation

- Walking by faith means walking in the power of the Holy Spirit.
- Walking by faith means walking in the love of the Holy Spirit.
- Walking by faith means walking in the self-discipline of the Holy Spirit.

Application

Discuss: What would it look like to work at our businesses in faith instead of fear?

#3: TO INTEGRATE OUR FAITH AND WORK, WE MUST SHARE OUR FAITH THROUGH THE MESSAGE OF GOD.

Introduction

2 Timothy 1:8-15

"So never be ashamed to tell others about our Lord. And don't be ashamed of me, either, even though I'm in prison for him. With the strength God gives you, be ready to suffer with me for the sake of the Good News. For God saved us and called us to live a holy life. He did this, not because we deserved it, but because that was his plan from before the beginning of time—to show us his grace through Christ Jesus. And now he has made all of this plain to us by the appearing of Christ Jesus, our Savior. He broke the power of death and illuminated the way to life and immortality through the Good News. And God chose me to be a preacher, an apostle, and a teacher of this Good News. That is why I am suffering here in prison. But I am not ashamed of it, for I know the one in whom I trust, and I am sure that he is able to guard what I have entrusted to him until the day of his return."

Explanation

- Sharing our faith means creating opportunities for interaction with the people of God.
- Sharing our faith means demonstrating the character of God.
- Sharing our faith means communicating the message of God.

Application

Discuss: How might your perspective on your business change if you saw it as a way to share your faith? How might it change your day to day?

WHAT NEXT?

Ideas to help move forward in integrating your faith and work.

- Write an affirmation about who you are in God's eyes and post it or write it on your mirror.
- Do a word study on the word "inheritance" in the Scriptures. Look up every time inheritance (or a synonym) is used and make notes about what you learn.
- Create a journal entry about a time you felt unsure or stressed about something in your business. Did you respond in fear or in faith? What would it have looked like if you responded with the opposite?
- In what area do you need to seek the Holy Spirit for more self-discipline? Ask a friend to hold you accountable to both seeking the Spirit and doing what it takes to develop this gift.
- Chat with another believer (maybe from this workshop!) about how you can use your business/job as a platform to interact with others, mirror the character of God, and begin having gospel conversations.

SESSION RESOURCES

Contact info for Stephanie Iraggi:

stephanie@mamashark.blog

Website: www.MamaShark.blog

Free Gift for Ignite Attendees!

From chores to meal planning, upcoming events to weekly to-do lists, this quick and easy course will walk you through creating a simple system to organize your mom life using the free and easy digital tool, Trello. You'll breathe a sigh of relief when you get all the things on your mind finally in a format that you can see and use to make your mom life so much simpler with **Organize Your Mom Life with Trello!** Scan the QR below to get this \$17 course for FREE.



Break out Session 4.

Navigating the Grief Journey

Dr. Sharon Siler

Session Objectives

Understand the (Expanded)
Definitions of Loss & Grief

Become Aware of the Six Variables
that Influence the Grief Journey and
Unique Loss Stories

Recognize the Impact of
Unattended Sorrows and Next Steps
for Handling Loss

INTRODUCTION AND MAIN POINT

Foundational Scripture

Isaiah 53:3-4

He is despised and rejected of men; a man of sorrows and acquainted with grief: and we hid as it were our faces from him; he was despised and we esteemed him not. Surely, he hath borne our griefs and carried our sorrows: yet we did esteem him stricken, smitten of God and afflicted.

KEY LESSON/ POINT ONE

- To understand the Grief Journey (your own and others), it is important to understand the definitions of loss and grief. Both are bigger than we may have thought.
 - What is loss? (Corr, Corr and Doka, 2019 and Boss, 1999) Loss is more than death. It includes death losses, non-death losses, and ambiguous losses. Although we are familiar with death losses we may be less familiar with non-death losses such as divorces, loss of health, job termination, retirement, and ambiguous losses such as brain injuries or advanced dementia.
- - What is grief? (Corr, Corr, and Doka, 2019) Grief is more than sad feelings. It is actually a person's reaction to loss. These reactions are multi-faceted and include:
 - Physical – Lack of energy, lumps in the throat, tightness in the chest
 - Emotional– Feelings of sadness, anger, shock, guilt, relief, shame
 - Cognitive– disbelief, confusion, preoccupation, absentmindedness
 - Behavioral– sleep or appetite disturbances, loss of interest
 - Social – interpersonal challenges in relationships, groups, organizations
 - Spiritual – faith crisis, anger towards God, searching for meaning
- Practical applications to ponder
 - Could it be that the “loss load” is more than you realized for yourself and others you serve?
 - Is it possible that what is happening in the way you feel, think, and interact with others right now is about grief?

KEY LESSON/ POINT TWO

- Everyone's grief journey is unique. These six variables influence the experience. (Corr, Corr and Doka, 2019)
 - The attachment
 - The way the loss occurred
 - Concurrent stressors
 - Coping strategy used to manage prior losses
 - Age of the bereaved person
 - Available support
- Practical applications to ponder
 - Touching your own loss – the Loss Load activity

KEY LESSON/ POINT THREE

- As a society (and as communities of faith), we have made some commitments around handling loss that give rise to unfair expectations of ourselves and others. (Weller, 2015)
 - Handling our losses – somehow we agreed to:
 - Suck it up and not express our feelings
 - Act strong and stoic
 - See ourselves as a burden
 - Deal with pain privately
 - Unattended sorrows may show up as
 - Addictions
 - Anger towards self and others
 - Physical complaints
 - Self-hate
 - Shame
 - If you are hurting, you have permission:
 - Be honest about your journey
 - Feeling what you feel
 - Show yourself compassion
 - Get support – which may include...

WHAT NEXT?

During this workshop you may understand your own grief journey and be open to taking a deeper look at your own losses. Perhaps your losses were ungrieved, dismissed, or buried.

Here are some next steps that may be helpful:

- Sharing your story with someone who cares
- Telling the story and listening to the story of others allows the feeling side of the brain (right hemisphere) and the reasoning side of the brain (left hemisphere) to work together or integrate. This integration is necessary for transformation. Curt Thompson (2010) *Anatomy of the Soul*

Storytelling is the unconscious speaking. Feelings, details, and insights buried deep within may be discovered. Telling the story of loss in detail to a caring other amount to sharing the burden. John Savage (1996) *Listening and Caring Skills*

- Seeking out a safe place for grief support
- The Healing Place Center for Counseling and Spiritual Formation
- Mechanicsville, Virginia
- Website: thehealingplaceva.org Email: thehealingplaceva@gmail.com
- Tel. (804) 277-3831
 - Services (Virtual and Onsite)
 - Individual Counseling
 - Small Groups
 - Grief Support and Groups
 - Marriage and Pre-marriage Counseling
 - Spiritual Direction (Individual and Groups)
 - Supervision for Spiritual Direction
 - Seminars and Workshops
 - Retreats
 - Consultation

Break out Session 5.

Money Matters: Biblical Financial Freedom

Sonyia Turner

Session Objectives

Identify core beliefs about money.

Learn how to view money, wealth,
and possessions in view of God's
word.

Identify where you would like to see
yourself in your financial journey
three years from now.

Receive practical next steps to help
you achieve your financial goals.

INTRODUCTION AND THE MAIN POINT

The Bible has a lot to say about money. There are over 2,300 verses in scripture that discuss money, wealth, possessions, or some combination of the three!

The Bible offers us foundational truths that should guide how we view and interact with money in our everyday lives. However, our experiences with money, including how our parents or guardians handled money, influence our beliefs about money. If not aligned with God's word, these beliefs can hinder us from fully walking in the financial freedom God desires for us.

"Watch your thoughts, they become words; watch your words, they become actions; watch your actions, they become habits; watch your habits, they become character; watch your character, for it becomes your destiny." - Frank Outlaw

What we believe about money - and God's purpose for it in our lives - is important. To achieve biblical financial freedom, we must allow God's word to transform our thoughts about money.

Main Point:

We achieve biblical financial freedom when we recognize that:

- Money, wealth, and possessions is not the end goal, God is.
- Everything belongs to God, including our money.
- God cares about how we handle our money, and,
- God gives us money, wealth, and possessions so that we can be generous.

EXERCISE

Exercise: What are Your Financial Goals?

Please answer the questions below honestly.

1. What does financial freedom look like for you?
2. Where would you like to see yourself on your financial journey three years from now?

Exercise: Unpacking Your Beliefs About Money

Please answer the questions below honestly.

1. What is your first memory of money?
2. What phrases did you hear about money in your childhood home?
3. Was money an anxious topic, peaceful topic, angry topic (or other) in your household?
4. What were your parents / guardians money habits?
 - a. Did they live according to a budget?
 - b. Did they discuss money openly?
 - c. Did they pray about money?
 - d. Was your household generous or frugal?
5. Based on your childhood, are there any vows or phrases you live by today regarding money? (Examples: "I will never handle money like my parents..." or "More money, more problems..." etc.)

POINT #1: MONEY, WEALTH AND POSSESSIONS, ARE NOT THE END GOAL, GOD IS.

Point One: Money, wealth, and possessions are not the end goal, God is.

Scriptures: Matthew 6:25-33 and Proverbs 23:4-5

Explanation of Point

We should not focus our attention on going after things that are temporary. Instead, we should focus our attention on going after God, who is everlasting, and He in turn will provide what we need.

Practical application: Practice a weekly sabbath

Scriptures: Genesis 2:2; Exodus 20:8-11; Exodus 31:16-17

The sabbath is one full day out of the week where you cease from your regular work to spend time enjoying God and the people and things He has given you.

The Sabbath is a command from God, and an act of faith. When you take a Sabbath, you say "God I trust that You are my provider and that by taking this one day to rest and worship, You will bless my entire week!"

POINT #2: EVERYTHING BELONGS TO GOD, INCLUDING OUR MONEY

Scripture: 1 Chronicles 29:11-16

Everything in Heaven and on earth belongs to God. This includes our money, wealth, and possessions. If God is the owner, then that means we are the stewards of our resources.

Practical application:

Pray before making every financial decision.

Since all of our money belongs to God, we should ask God for His will concerning our finances. We should invite God into EVERY financial decision, from the small purchase at the grocery store to the larger ticket items, and everything in between.

POINT #3: GOD CARES ABOUT HOW WE HANDLE MONEY

Scripture: Luke 16:1-13

(Luke 16: 10-12) God is watching how we handle the resources He has given us. These scriptures show us that God sees a correlation between how trustworthy we are to steward our earthly possessions, with how trustworthy we will be to manage true riches. We must ask ourselves - are we being good stewards of what's in our hands today?

Practical application:

Make a budget every month and follow it.

A budget is you telling your money where to go each month. Otherwise, your money will tell you where it went! A budget helps you be a good steward of your money and reach your financial goals.

POINT #4: GOD GIVES US MONEY, WEALTH, AND POSSESSIONS SO THAT WE CAN BE GENEROUS.

Scriptures: 2 Corinthians 9:10-11 and 1 Timothy 6:17-19

When we are generous with our money, we find God's grace and blessing, and we are able to partner with Him to see His purposes fulfilled in the earth. When we are frugal or tight-fisted with our money, scripture warns us that only poverty awaits us (Proverbs 11:24).

Practical application. Set aside money every month to give.

Scriptures: Genesis 14:17-20; 2 Corinthians 9:6-8

Giving a tithe, or 10% of your gross income, is a great place to start with your giving.

Giving a tithe is an act of faith. It's you trusting that when you give 10% to God, He will bless the remaining 90% to be more than enough.

Offerings and alms are financial gifts typically given in addition to your tithe. These can include gifts to support missionaries, the poor, and other causes that are important to you.

WHAT NEXT?

Now that we have a biblical perspective about money, let's revisit our exercise questions.

There are practical things we can do to better align our finances to the visions and desires God has given us. Remember, God cares about how we handle our money, so we must learn how to be good stewards of the resources we have so that we can be conduits of God's blessing on the earth. Below are practical next steps, listed in order, that can help you move towards biblical financial freedom.

Journey to Biblical Financial Freedom

- Master your budget
- Create a starter emergency fund (\$500 or \$1000 depending on your income)
- Get out of (consumer) debt
- Fully fund your emergency fund (Three-Six months of expenses)
- Get credit savvy: build your credit score
- Invest for the future
 - Retirement
 - Real estate (i.e. buying a house)
 - Children's education
- Give generously

SESSION RESOURCES

Scriptures about money

<https://encour.nl/wp-content/uploads/2015/08/2350-verses-on-money.pdf>

Resource list

These are all a few books, programs, and tools that I have used in my own journey towards biblical financial freedom. This list is NOT exhaustive, but it should help you get started.

Books

- Total Money Makeover by Dave Ramsey
- Rich Dad; Poor Dad by Robert Kyosaki

Programs

- Crown Financial Ministries
- You Need a Budget (YNAB)
- Financial Peace University

Budgeting Apps

- Every Dollar
- YNAB (You Need A Budget)
- Mint

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Break out Session 6.

The Power of Authentic Friendships

Dana Williams
Tara Kenchen

Session Objectives

Understand a Biblical view of relationships

Understand the role of covenant in Biblical relationships

Compare our cultural definition of friendship to the Biblical understanding of covenant relationships

Participants personally assess their needs related to friendship

INTRODUCTION AND MAIN POINT

Gen 1:26-28; John 17:20-21; 1 John 4:7-21

Before we existed, before the universe existed, there were relationships within God. Now we find ourselves as part of God's universe, bearing His image. Image bearers form relationships and those relationships have a purpose. In the Bible, we observe that relationships are defined through covenants between individuals. In those covenants the individuals share power, purpose and place. We can apply these relationship building blocks to our friendships as well. Friends who build with these blocks will reflect the love of God to one another and to those around them.

POINT #1: RELATIONSHIPS HAVE ALWAYS BEEN AND WILL ALWAYS BE.

- Understanding our one God as three unified persons and His desire to join His followers, also persons, to Him communicates the importance of relationships. In addition, the Biblical narrative and classic Christian doctrine teaches us, “God minus the world is God, the world minus God is nothing (Oden, 40).” Knowing that God exists without the world in relationship as three persons informs us that relationships exist without us. Relationships have always been and always will be. In the first chapter of Genesis we are taught that mankind, man and woman, were made in the image of the relational God. Not only have relationships always been and will always be, but all men and women are designed for relationships. Relationships are in the fabric of eternity and they are in the fabric of humanity. To be human, to be one made in God’s image, an image-bearer, is to be relational.

Below is a common pictorial description of the Trinity

- Take time to contemplate these truths. Do they change your perspective on relationships? How do you prioritize relationships in your life?

POINT #2: FRIENDSHIP IS FAMILY FOR IMAGE BEARERS

- Although there are some references to friendship in the Bible (1 Sam 20; Prov 17:17; John 15:14-15), the primary relationships throughout the Bible are familial. A few examples are: the first image-bearers were husband and wife (Gen 2:18, 21-25), Adam is likened to a son of God (Gen 5:1-3; Luke 3:38) and the Biblical narrative is formed around family lineage, not to mention Jesus' sonship within the Trinity. Jesus also called those who "hear God's word and put it into practice" his "mother and brothers" (Luke 8:21). Throughout the New Testament multiple writers describe image bearers as siblings and instruct them to live shared communal lives, as a family of God's children (John 1:12-13; Ro 8:14-17; Gal 3:26-29; 1 John 4:21b). Present-day, New Testament scholar NT Wright wrote,

*"The church is to be seen as a community of God's warrior children, engaged in a struggle against the 'world', armed with love and the example of Jesus. Faith is what makes them children of God; faith is, simultaneously, their victor against the world
(Wright and Bird 806-7)."*

- What does friendship mean to you? Do you see your friendships with those who share your faith different from friendships with those who do not share your faith? Why or why not?

POINT #3: THE BUILDING BLOCKS FOR INDIVIDUALS IN IMAGE BEARING FRIENDSHIPS ARE MUTUAL RESPECT, INTENTIONALITY, AND THE SHARED GOAL OF DISPLAYING GOD'S LOVE.

- Covenant is the basis of Biblical relationships from the Garden of Eden (Richter 103-4). In the original covenant image bearers, individuals with creative power, were given a place (Gen 2:8-14) and purposes by God (Gen 1:28; 2:15). This model of covenant is repeated throughout the Bible. God makes covenants with image bearers and therefore image bearers make covenants with one another. Covenant friendship is a relationship established between individual image bearers and requires self-giving. Self-giving involves sharing power, purpose and place. This intentional relationship between individuals who show mutual respect displays God's love to each one in the relationship and to those who witness the relationship.
- How would you describe the building blocks of friendship in your broader culture? Compare and contrast those to these building blocks.

WHAT NEXT?

- Take time to read and reflect on all of the scripture passages shared in above. Make notes of your observations and of your connections to other Biblical passages and other writings.
- Consider your approach to friendship or your expectation of friendships. How do they compare and contrast to what you have read here and/or what we discussed in our time together?
- Take time to reflect on your sense of self. Do you feel like an individual with boundaries, an identity? Or do you feel melded into all the relationships you have to the point of not knowing yourself? Or, do you feel rigid that you do not give/share yourself to/with your friends?
- Pose these questions to a friend or a close group of friends, "Do I display God's love to you? If so, how? If not, what could I do to grow in displaying God's love to you?" and "Does our friendship display God's love to others? If so, how? If not, what could we do to grow in displaying God's love to others?"

SESSION RESOURCES

Oden, Thomas C. *Classic Christianity: A Systematic Theology*. New York, NY: Harper Collins, 1992.

Richter, Sandra L. *The Epic of Eden: A Christian Entry into the Old Testament*. Downers Grove, IL: InterVarsity Press, 2006.

Seamands, Stephen. *Ministry in the Image of God: The Trinitarian Shape of Christian Service*. Downers Grove, IL: InterVarsity Press, 2005.

Silk, Danny. *Keep Your Love On! Connection, Communication & Boundaries*.

Loving on Purpose. lovingonpurpose.com, 2015.

Wright, N.T. and Michael F. Bird. *The New Testament in Its World: An Introduction to the History, Literature, and Theology of the First Christians*. Grand Rapids, MI: Zondervan, 2019.

Break out Session 7.

Moms in the Workplace

Dr. Pamela
Rowsey

Session Objectives

Understanding your role as a mom
in the workplace and
communicating it effectively to all
who are involved (boss, husband,
children)

The power of communication and its
impact on a successful career
outside the home

INTRODUCTION

Foundational Scripture: Proverbs 31: 10-31

Working outside the home is not for the faint of heart. You have a responsibility to God, your husband, children, and to your workplace boss. As you see, there are a lot of people involved in maintaining a successful career outside the home and communication is key.

KEY LESSON – POINT ONE

Understanding your role as a mom in the workplace and communicating it effectively to all who are involved (boss, husband, children)

- Grounding/ Basis of Point: Ephesians 4:25, “Put away lying.....speaking every man truth with his neighbor” and Ephesians 4:15, “Speaking the truth in love...”
- Explanation of Point: Understanding your role working outside the home is key to your success.
- Practical application: Keep God first in all your decisions, both at work and at home. Be open and honest with those involved in your life.

KEY LESSON – POINT TWO

The power of communication and its impact on a successful career outside the home

- Grounding/ Basis of Point (Framework scripture, quote, statistic, anecdote, etc.)
Proverbs 25: 11 “A word fitly spoken is like apples of gold in pictures of silver”;
Colossians 4:6 “Let your speech be always with grace, seasoned with salt, that you may know how to answer every man”
- Explanation of Point: Effective listening is one of the most important components of communication. Through active listening, you communicate respect, honor, and love to those around you, both in the workplace and at home.
- Practical application: Keep in mind that your words have the power to build up and bless or tear down and hurt.

SESSION RESOURCE

Session Resources

Dr. Pamela Rowsey

Email: pjrowsey@uncg.edu