

# Speaking Topics

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## **Manage the Battle**

When women take the lead, wanting control, what is the cost on relationships? Through examining The Fall, we examine a woman's natural tendency to fight for independence and control (thanks, Eve) and men's natural tendency for passivity (thanks, Adam). Women will see the correlation between how Adam and Eve acted and how it impacts their own hearts in their relationships as well as their happiness. We will learn how to manage the dueling battle within so that women can live full and experience unity in relationships.

## **Wise Work**

As women, it can feel like we do so much and get little credit. The everyday grind is hard work and easily leaves us feeling in a rut of mundane overwhelm. Here women will discover how to

replace thoughts rooted in working for man into confidence that they work for the Lord. With a focus on 2 Corinthians 9:11-12, women gain perspective on the work they put their hands to and realize that it is all appreciated, noticed, and an opportunity to give thanks to God. This is a much needed refreshment and encouragement!

## **Self Care 101**

With busyness threatening to erode our homes and hearts, women are experiencing high levels of pressure and responsibility to keep it all together. We long for rest and refreshment yet guilt often stops women from enjoying any. In this session we will examine how Jesus was a role model for healthy self care by unpacking the many ways self care propelled and sustained Jesus to do mighty work. Women will experience permission, freedom, and encouragement!

## **Unstuck Your Rut**

Women often feel in the middle - things could be better, or things could be worse. One thing is for certain - few women feel as though they are thriving. Although seasons are inevitable, here women will learn that no matter where we are on the journey, God has more! Through examining the Israelites who had only occupied one tenth of what God had given them and who wandered for 40 years in what was an eleven day journey, women will be reminded of who they are and all that God has given them. They will clearly hear God saying, "This is what I gave you! Go - and enjoy!"

## **Confident Courage**

Doubt. Fear. Anxiety. Stalled. As women we often experience these feelings of unsure as we feel the Lord asking or calling us to something. Whether it's to be fully present in our homes or start something new, women often stay paralyzed in feelings of inadequacy. This session examines the life of Deborah - a wife and mother, who God promoted her because of her confidence in the Lord. Deborah's confidence was contagious, and also brought peace to the land for forty years. Women will be encouraged with hope and spurred on to adopt the mindset of Deborah as she says, "Go! This is the day the Lord has given! Has not the Lord gone ahead of you?" Judges 4:14.