

SESSION TOPIC	SESSION DETAILS
Apologetics	Examine how to easily apply the ultimate proof of creation in dialogues with evolutionists, how to spot fallacies and discover biblical examples of defending the faith.
Boundaries	When to say yes and how to say no, to take control of your life. From the book by Cloud & Townsend. Understand what boundaries are, identify boundary conflicts, and learn how to develop healthy boundaries for the Christian life.
Building A Godly Marriage	Marriage - a lease or a contract? Hear how to build a Godly marriage from someone who has been building one for 66+ years. This session discusses all stages of marriage from first vows to the golden years.
Lies Women Believe	This session spotlights lies commonly believed by Christian women like "I can't help how I respond when my hormones are out of whack" and "if my circumstances were different, I'd be different". See how to counter these lies with truth and overcome deception.
Nutrition	You are what you eat. Learn how to utilize food to make you the best version of yourself through basic information, meal-planning and discussion.

Perfectionism VS. Excellence	<p>Take a quiz to see if you're a classic perfectionist. Perfectionists are performers but they are also prisoners to the opinion of others. Understand how striving for excellence, instead of perfection, frees you from the chains of doubt, fear, worry and stress.</p>
Prayer Journal	<p>Does keeping a prayer journal seem overwhelming? Not anymore! Deepen your relationship with God by keeping an organized record of conversations with Him and answers to prayers. Learn the dos and don'ts from someone who has spent 20+ years enhancing their own prayer journal.</p>
Self-Defense	<p>Master simple methods to protect yourself from an attacker. Hands-on/interactive session.</p>
Starting a Life of Dedicated Prayer	<p>We know that Jesus Christ is our great example for righteous living, and this is especially true regarding His prayer life. Learn how to grow in your prayer life by understanding what prayer is, discussing how to pray and creating a plan to get started.</p>