



2019 GEMS CONFERENCE WORKSHOPS

CONFERENCE WORKSHOPS

Workshops are a vital piece of the GEMS Conference experience. With internationally-known presenters, you will be strengthened and equipped to mentor the next generation of girls and encouraged in your personal faith walk. Attendees will attend one workshop from each of the sessions. When registering, please select your top two options from each session. We do our best to put you in your top choice unless a workshop is full. Friday workshops are optional for those who choose to come early and experience more training and encouragement. These workshops are not included in the registration cost and will be charged for during the registration process. The cost is \$15 for one workshop, \$30 for two workshops, or \$40 if you attend three workshops.

CATEGORY OVERVIEW

GEMS Conference workshops are categorized into the following five categories:

GEMS: Topics related to GEMS curriculum and teaching, crafts, large group activities, worship, creative movement, service projects, GEMS initiatives, mentoring, and leadership.

Girls: Topics relating to understanding girls and culture today, behavior, classroom management tips, teaching tips, tough topics, and working alongside girls.

CIT: Workshops and encouragement for CITs (high school-aged Counselors-in-Training).

Theme: Any 2019-20 Annual Theme related topics *LOVED. Period. That is what we are!*

Encouragement: Encouragement for you as a woman which includes personal and spiritual growth topics such as faith, marriage, parenting, singleness, community, and leadership.

PRE-CONFERENCE SESSION 1

Friday, July 26, 10:00am - 11:30am

Pick your top two choices for every session

- 10 Ways to be Real in an Artificial World *by Brenda Yoder*
- Communicating with Confidence *by Cindy Bultema*
- Control Girls in Ministry *by Shannon Popkin*
- Healthy Relationships *by Deborah Bayard*
- A Mind of Life and Peace *by Jeri Howe*
- Raising Heroes: Cultivating Your Family While Leading Others *by Lee Nienhuis*

PRE-CONFERENCE SESSION 2

Friday, July 26, 1:00pm - 2:30pm

Pick your top two choices for every session

- Beauty in a Bathing Suit, Lord, Are You Sure? *by Jennifer Hand*
- Control Girls in Ministry *by Shannon Popkin*
- Fearless: Overcoming Fears and Walking Confidently into God's Purpose *by Bruce Martin*
- I Dare You to Connect! *by Katie Reid*
- The Knot Project: Keeping Your Marriage Knot Tied Tight *by Jennifer Ferguson*
- Making the Bible Come Alive *by Carol Kent*

PRE-CONFERENCE SESSION 3

Friday, July 26, 3:00pm - 4:30pm

Pick your top two choices for every session

- 10 Ways to be Real in an Artificial World *by Brenda Yoder*
- Beauty in a Bathing Suit, Lord, Are You Sure? *by Jennifer Hand*
- Digital Trends 2019—Protecting Kids in an Increasingly Hostile Online World *by Chris McKenna*
- Giving Your GEMS a Confident Heart *by Renee Swope*
- The Knot Project: Keeping Your Marriage Knot Tied Tight *by Jennifer Ferguson*
- Parents Rising *by Arlene Pellicane*
- Setting Limits, Self-Care and Soul Care: Improving Your Capacity to Serve *by Lora Grabow*

SATURDAY, SESSION 1

Saturday, July 27, 10:15am - 11:15am

Pick your top two choices for every session

- Authentic Discipleship, Practicing the Presence of Jesus *by Jen Rozema*
- Coming Alive in Waiting, Wishing, and Wondering (All the Single Ladies) *by Jennifer Hand*
- Confronting Toxicity While Guarding Your Heart *by Darlene Larson*
- Developing Culturally Conscious Leaders *by Deborah Bayard*
- Feasting on God's Word *by Katie Reid*
- Fun-Filled, Budget-Friendly Crafts **\$5 USD Limit of 30** *by Teresa Bierenga*
- The Girl that Changed the World *by Carissa Yoder*
- Girls & Porn: It's Not Just a Man's World Anymore *by Jennifer Ferguson*
- Gospel Appreciation for Girls Who Don't "Need" Jesus *by Lee Nienhuis*
- It is Well with My Phone *by Arlene Pellicane*
- MindShift—Embracing an Eternal Perspective *by Paulette Stamper*
- Ministry and Marriage—How to do Both Well *by Bruce Martin*
- Outreach, Themed Events, & Service Project Share Session
- Sitting with Jesus—for CITs *by Robyn Dykstra*
- That Girl *by Brenda Yoder*
- Walking Well Alongside Sexuality and Gender Questions *by Laurie Krieg*
- What Every NEW Club Coordinator Should Know *by Kim Hofstra*
- Who Am I: The Identity Crisis *by Maggie John*

SATURDAY, SESSION 2

Saturday, July 27, 2:45pm - 3:45pm

Pick your top two choices for every session

- Chasing Contentment: When it Doesn't Feel Like God is Enough *by Robyn Dykstra*
- Comparison Girl *by Shannon Popkin*
- Encouragement for CITs *by Jen Rozema*
- Everyone Belongs! Setting Girls with Special Needs Up For Success *by Sally Brown*
- Girls & Porn: It's Not Just a Man's World Anymore *by Jennifer Ferguson*
- Giving Your GEMS a Confident Heart *by Renee Swope*
- Grades 1-3 (Awareness Level) Counselors *by Heather Putnam*
- Grades 4-6 (Discovery Level) Counselors
- Healthy Mentors *by Carissa Yoder*
- Launching Your Kids Without Losing Your Mind *by Brenda Yoder*
- Leading Worship in Club *by Grace Moes*
- Living and Loving Well When You (or Someone You Know) has Depression *by Bruce Martin*
- LOVED*. Challenge Crafts **\$10 USD Limit of 30** *by Louise Johnston*
- Making the Connection to Christ *by Terri DeBoer*
- Ministry and Life: A Marathon Not a Sprint *by Jennifer Hand*
- Theme Crafts **\$6 USD Limit of 50** *by Trish Dorsman*
- Threading the Theme *by Lenae Bulthuis*
- Who Are The Victims? Can You See The Real Me? *by Jenn Amo*

SATURDAY, SESSION 3

Saturday, July 27, 4:15pm - 5:15pm

Pick your top two choices for every session

- The Atmosphere of Heaven *by Pastor Robert Sims, Jr.*
- Believe it! God Says You are Amazing! *By Pastor Raycheen Sims*
- A Beloved Daughter's Mentality *by Katie Reid*
- Chaos Coordinator: You Can Do It! *by Sally Brown*
- Comparison Girl *by Shannon Popkin*
- Creative Movement in Club *by Jessica Benson*
- Grades 7-8 (Advanced Level) Counselors *by Andrea Mulder*
- The Hangout! Crafts & More **\$10 USD Limit of 40** *by Stacey Locey*
- Holiday Crafts: *LOVED*. In Every Season! **\$4 USD Limit of 40** *by Dana Beerens*
- How to Confront the Truth in Love and Kindness *by Darlene Larson*
- Listening and Sharing Our Stories *by Pam VanPutten*
- MindShift—Embracing an Eternal Perspective *by Paulette Stamper*
- Teen Girls Look at Porn, Too. Why our Silence is Screaming the Wrong Things. *by Chris McKenna*
- Threading the Theme *by Lenae Bulthuis*
- Understanding Implicit Bias *by Deborah Bayard*
- Understanding The Enneagram *by Carrie Roer*
- What in the World? Growing Up in Today's Culture *by Jenn Amo*
- The Woman in the Mirror *by Robyn Dykstra*

SUNDAY, SESSION 4

Sunday, July 28, 8:00am - 9:00am

Pick your top two choices for every session

- Discerning the Voice of God *by Robyn Dykstra*
- Game Changing Scripture Saturation *by Mary Jo Vis*
- Girl Power: How Women Can Change the World *by Carol Bremer-Bennett*
- Gratitude Journaling: How Living a Life a Gratitude Can Change Your Attitude *by Jody VanKoeving*
- Hideaway Worship *by Carrie Roer*
- Prayers for One Another *by Lenae Bulthuis*
- Prayers of Lament *by Amelia Rhodes*
- Praying Bold Prayers About Issues Affecting Girls and Women Around the World *by Dr. Munyiva Kitavi*
- Spiritual Pathways *by Amy Brooks*
- Team Planning & Prayers *on own with your team*
- War Prayers *by Karyn Dekker*
- What Are You Thinking? Taking Rogue Thoughts Captive *by Paulette Stamper*
- Worship through Art **\$3 USD Limit of 40** *by Tina Rooks*

PRE-CONFERENCE SESSION 1

10 WAYS TO BE REAL IN AN ARTIFICIAL WORLD

Brenda Yoder

Teens and young adults will tell you how exhausting it is to maintain an image or relationship in the pressurized world of perfect and fake perpetuated by social media (like Finsta!). In this seminar, counselor, author, and speaker Brenda L. Yoder will talk to both teens and adults about how to equip girls (and women) to be authentic and real in an artificial world.

Category: Pre-Conference, Girls

Session: Friday Pre-Conference 1, Pre-Conference 3

COMMUNICATING WITH CONFIDENCE

Cindy Bultema

Come learn 7 keys to communicate with courage and confidence. Cindy will provide simple communication tools, strategies, and tips that produce immediate results. You will learn to enhance your communication, use your body language to better express ideas, and overcome anxiety. Whether you are a Club Coordinator, Counselor, or GEMS friend, there is something for everyone in this workshop!

Category: Pre-Conference, GEMS Encouragement

Session: Friday Pre-Conference 1

CONTROL GIRLS IN MINISTRY

Shannon Popkin

Control Girls aren't trying to be inflexible or exasperating; they're just trying to make things turn out right. But by clamping onto their own ministry ideals, they work against God, not for Him. Discover God's way to respond, either to your own inner Control Girl, or the Control Girls you minister alongside.

Category: Pre-Conference, Girls, GEMS, Encouragement

Session: Friday Pre-Conference 1, Pre-Conference 2

HEALTHY RELATIONSHIPS

Deborah Bayard

This interactive workshop discusses the importance of creating and maintaining healthy boundaries and relationships. Using biblical principles, participants will explore the power of "no," the effects of being a "people pleaser," and having a circle that celebrates! Participants will take part in the Healthy Relationship Test which provides insight into the types of friendships we are drawn to and why. Come prepared to have FUN!

Category: Pre-Conference, Encouragement

Session: Friday Pre-Conference 1

A MIND OF LIFE AND PEACE

Jeri Howe

Our minds act as filters to help us sift through all that happens to us throughout the day... but what if our filter is damaged by the world we live in? What if our minds are not full of life and peace, but of condemnation, shame, and fear? As Christians we are promised peaceful minds. We are told we have the mind of Christ! But this is not automatic. We have to learn how to take our thoughts prisoner and submit them to the truth of God's Word. In this workshop we will learn practical steps to get our filters in right working order, so that we can have minds that are full of life and peace.

Category: Pre-Conference, Encouragement

Session: Friday Pre-Conference 1

RAISING HEROES: CULTIVATING YOUR FAMILY WHILE LEADING OTHERS

Lee Nienhuis

God has given you a powerful ministry to shepherd, girls to lead, lessons to develop, events to execute, and a family to love. While we know that our families need us and that discipling them is our primary calling, other good things clamor for our attention. Surely ministry is important too, right? Join Lee Nienhuis as she explores practical ways we can nurture our families at home while still leading fervently in ministry.

Category: Pre-Conference, Encouragement, GEMS

Session: Friday Pre-Conference 1

PRE-CONFERENCE SESSION 2

BEAUTY IN A BATHING SUIT, LORD, ARE YOU SURE?

Jennifer Hand

Have you ever looked in the mirror and struggled to believe that you are beautiful? As women it is very easy for us to compare our beauty to culture, our neighbor, our friend, or the person next to us in the gym. Is it possible to find a God-given confidence in the ways we are fearfully and wonderfully made Psalm 139 style? Join us for this workshop as we dive into throwing the lies of the enemy back in the mirror and find inner and outer beauty in our worth in Christ. (PS: no bathing suit wearing required.)

Category: Pre-Conference, Encouragement, Theme

Session: Friday Pre-Conference 2, Pre-Conference 3

CONTROL GIRLS IN MINISTRY

Shannon Popkin

Control Girls aren't trying to be inflexible or exasperating; they're just trying to make things turn out right. But by clamping onto their own ministry ideals, they work against God, not for Him. Discover God's way to respond, either to your own inner Control Girl, or the Control Girls you minister alongside.

Category: Pre-Conference, Girls, GEMS, Encouragement

Session: Friday, Pre-Conference 1, Pre-Conference 2

FEARLESS: OVERCOMING YOUR FEARS AND WALKING CONFIDENTLY INTO GOD'S PURPOSE FOR YOUR LIFE

Bruce Martin

Does fear ever keep you from divine opportunities? In this workshop you'll understand why fear is the worst of human motivations, particularly as it relates to decision-making and relationships. You'll take away practical tools for identifying and acknowledging your fears, anxieties, and insecurities. You'll also come to understand the root causes of those fears, how to take positive steps toward overcoming them, and fulfilling God's purposes for your lives. Don't let fear keep you from God's best!

Category: Pre-Conference, Encouragement

Session: Friday Pre-Conference 2

I DARE YOU TO CONNECT!

Katie Reid

Katie M. Reid and her daughter Brooklyn hosted a 31 Day blog series, called Grounded, where they dared moms and tween girls to connect with God and each other. In this fun session, Katie will give you ideas to creatively connect with girls in a memorable and meaningful way through challenges, like: I Dare You to Wear It, I Dare You to Eat It, and I Dare You to Say It! Each of these dares can be used for GEMS and/or in the home to help foster an atmosphere of connection and belonging.

Category: Pre-Conference, Girls, GEMS, Encouragement

Session: Friday Pre-Conference 2

THE KNOT PROJECT: KEEPING YOUR MARRIAGE KNOT TIED TIGHT

Jennifer Ferguson

The day you stood at the altar, God took two people and tied them together as one. He's committed to helping your relationship grow in amazing ways, but at the same time, we live in a world that threatens to pull us apart. Throughout the lifespan of our marriage, there are times when our knots get a little frayed and we feel disconnected from each other. In this workshop, you will: identify those things in your marriage that loosen your marriage knot, learn practical strategies to keep your knot tight, and find meaningful ways to create space for God in your relationship.

Category: Pre-Conference, Encouragement

Session: Friday Pre-Conference 2, Pre-Conference 3

MAKING THE BIBLE COME ALIVE

Carol Kent

Is it possible for girls to get excited about the Bible? Yes! Come to this session to learn how to study the Bible for yourself in a way that will allow you to make it relevant and exciting for the girls you teach. Learn how to aim at a specific, achievable goal and challenge teens to understand what God's Word says, and then to follow through with action steps that will enrich their own Christian lives and influence their peers in a powerful way.

Category: Pre-Conference, Girls, GEMS, Encouragement

Session: Friday Pre-Conference 2

PRE-CONFERENCE SESSION 3

10 WAYS TO BE REAL IN AN ARTIFICIAL WORLD

Brenda Yoder

Teens and young adults will tell you how exhausting it is to maintain an image or relationship in the pressurized world of perfect and fake perpetuated by social media (like Finsta!). In this seminar, counselor, author, and speaker Brenda L. Yoder will talk to both teens and adults about how to equip girls (and women) to be authentic and real in an artificial world.

Category: Pre-Conference, Girls

Session: Friday Pre-Conference 1, Pre-Conference 3

BEAUTY IN A BATHING SUIT, LORD, ARE YOU SURE?

Jennifer Hand

Have you ever looked in the mirror and struggled to believe that you are beautiful? As women it is very easy for us to compare our beauty to culture, our neighbor, our friend, or the person next to us in the gym. Is it possible to find a God-given confidence in the ways we are fearfully and wonderfully made Psalm 139 style? Join us for this workshop as we dive into throwing the lies of the enemy back in the mirror and find inner and outer beauty in our worth in Christ. (PS: no bathing suit wearing required.)

Category: Pre-Conference, Encouragement, Theme

Session: Friday Pre-Conference 2, Pre-Conference 3

DIGITAL TRENDS 2019 - PROTECTING KIDS IN AN INCREASINGLY HOSTILE ONLINE WORLD

Chris McKenna

Technology is a great thing, if used responsibly. We believe that it is absolutely necessary to learn how to use technology well. But, pornography, predators, sexting, social media, cyberbullying, anxiety, depression and a bevy of other digital issues plague many families. We'll explore nine digital realities facing families today and resolve those realities with nine practical digital strategies families and leaders can implement as soon as they get home.

Category: Girls, Encouragement

Session: Friday Pre-Conference 3

GIVING YOUR GEMS A CONFIDENT HEART

Renee Swope

Everywhere we turn we see images and hear messages that tell us we're not doing enough or that we're not good enough. Our GEMS girls are bombarded by these lies—and more—every day. Based on her best-selling book *A Confident Heart*, Renee shares her personal story and painful struggles growing up with insecurity and fear, the impact they had on her as an adult, and the powerful tools and truths that eventually set her free! You will leave knowing how to identify the most common triggers of self-doubt and how to trade in “against me” thoughts with Scripture-based God “is for me” thoughts so that you and your GEMS can overcome any lack of self-confidence with lasting soul-confidence!

Category: Pre-Conference, Encouragement, Girls

Session: Friday Pre-Conference 3, Saturday Session 2

THE KNOT PROJECT: KEEPING YOUR MARRIAGE KNOT TIED TIGHT

Jennifer Ferguson

The day you stood at the altar, God took two people and tied them together as one. He's committed to helping your relationship grow in amazing ways, but at the same time, we live in a world that threatens to pull us apart. Throughout the lifespan of our marriage, there are times when our knots get a little frayed and we feel disconnected from each other. In this workshop, you will: identify those things in your marriage that loosen your marriage knot, learn practical strategies to keep your knot tight, and find meaningful ways to create space for God in your relationship.

Category: Pre-Conference, Encouragement

Session: Friday Pre-Conference 2, Pre-Conference 3

SETTING LIMITS, SELF-CARE, AND SOUL CARE: IMPROVING YOUR CAPACITY TO SERVE

Lora Grabow

Daughter. Friend. Wife. Mother. Student. Sister. Caregiver. GEMS Leader. Bible study leader. Chauffeur. Employee... How many roles do you currently play? Many of us can certainly say “all of them” and maybe a few more. Whose role is it to take care of your heart, mind, and soul? Too many times we are serving God with tired and worn out hearts, minds, and souls. We have bought into the idea that self-care is selfish and boundaries are bad. This workshop is designed to help you see that setting limits, self-care, and soul-care are not only commanded by Christ but will improve your capacity to serve. Come, and take time for learning to care about the integral part of your ministry: YOU!

Category: Pre-Conference, Encouragement

Session: Friday Pre-Conference 3

PARENTS RISING

Arlene Pellicane

Raising kids in today's world can be daunting. Smartphones replace human interaction, families are fighting, and children aren't maturing as quickly as they used to. How can you reverse these trends in your home and live with more happiness? How can you pass these values along in your church and community? Join Arlene to learn and discuss that: amusement is not the highest priority, parents still call the shots, and routine and boundaries provide security. It will be an engaging discussion!

Category: Pre-Conference, Girls, Encouragement

Session: Friday Pre-Conference 3

SATURDAY WORKSHOPS – SESSION 1

AUTHENTIC DISCIPLESHIP: PRACTICING THE PRESENCE OF JESUS

Jen Rozema

Discipleship happens best in the context of relationship... but how do we move our relationships past friendship into intentional discipleship? As women of God we are called to mirror Jesus in such a way that we bear the presence of the Holy Spirit to those around us in an authentic, purposeful way. By practicing the presence of Jesus, we become women who walk more closely with Him and naturally lead others to do the same. Come, join us for this insightful and heart changing discussion.

Category: GEMS, Encouragement

Session: Saturday Session 1

COMING ALIVE IN WAITING, WISHING, AND WONDERING (ALL THE SINGLE LADIES)

Jennifer Hand

Do you find yourself dateless again this Friday night? If you have been single for a long season, a short minute, or somewhere in between, join us for this session as we refute the lies of the enemy that can come with a season of waiting (or not even being sure what you are waiting for) with the Truth. You will find humor, hope, and healing in this session. We will celebrate how to live fully alive—dateless not dead.

Category: Encouragement

Session: Saturday Session 1

CONFRONTING TOXICITY WHILE GUARDING YOUR HEART

Darlene Larson

Darlene Larson, author, Life Purpose Coach®, speaker, and teacher, grasps the depth of pain from abuse and toxicity. She has taught church leaders in a packed out, standing-room-only workshop the 30 warning signs that a person may be toxic. If toxicity is growing in our churches, it's certainly growing in our families. It's crucial to learn how to guard your heart against toxic people. We will learn the 30 warning signs, be better prepared when toxic people step into your pathway, and learn how to guard your heart.

Category: Encouragement

Session: Saturday Session 1

DEVELOPING CULTURALLY CONSCIOUS LEADERS

Deborah Bayard

Families, communities, churches, schools and GEMS Clubs look different today. We need to understand and communicate the truths of the Gospel in a manner all can identify with. This workshop is designed to equip leaders to extend their reach to diverse populations. Using research, statistics, and the Word of God, participants will leave with strategies to become an effective and culturally conscious leader.

Category: GEMS

Session: Saturday Session 1

FEASTING ON GOD'S WORD

Katie Reid

In a world of shifting morals it is important to know what God's Word says, yet it's easy to feel intimidated when studying the Bible. In this session, you will learn some simple yet exciting methods to help you feast on God's Word and communicate His truth with ease. Katie is a trained Bible study facilitator and she will equip you with key tools to help you savor God's Word, one bite at a time.

Category: Encouragement

Session: Saturday Session 1

FUN-FILLED, BUDGET-FRIENDLY CRAFTS FOR GEMS CRAFT LEADERS

Teressa Bierenga

Discover crafts that are both budget-friendly and fun-filled! In this workshop designed for GEMS craft leaders we will explore steps to become successful craft leaders and learn ways to encourage your GEMS through crafts. We will discuss Teressa's 7 guides for choosing crafts that are adaptable for many ages. You will take away tips, tricks, and tools to keep your budget on track. Space is limited to the first 30 participants. **Cost: \$5 USD** will be charged during the registration process. Supplies provided.

Category: GEMS

Session: Saturday Session 1

THE GIRL THAT CHANGED THE WORLD

Carissa Yoder

GEMS is a global ministry with a global heart and big dreams for our girls. Do we believe our girls can be world changers? Is that too heavy of an expectation for them? What does it even mean to change the world? Explore what you and your GEMS actually possess so we can all be ready to share our power and our possessions with the world. Your girls are powerful!

Category: GEMS, Girls

Session: Saturday Session 1

GIRLS & PORN: IT'S NOT JUST A MAN'S WORLD ANYMORE

Jennifer Ferguson

The sexualization of our culture has long affected how girls view themselves as physical, emotional, and intellectual beings. But with the increased amounts of pornographic images and videos, this hyper-sexualization now has an added unwanted impact—addiction to porn. How do we help girls understand that their sexuality is a healthy part of their creation, while helping them grasp the true intent and meaning of sex and attraction? How do we allow them to engage in social media when these avenues provide direct access to what we don't want them to see? This workshop will address these questions and more.

Category: Girls

Session: Saturday Session 1, Saturday Session 2

GOSPEL APPRECIATION FOR GIRLS WHO DON'T "NEED" JESUS: MORE THAN A SUNDAY SCHOOL ANSWER

Lee Nienhuis

What do we do when we recognize that Jesus has become old news instead of Good News? How do we cultivate a fresh hunger for the Lord inside our girls and help them see Him as relevant in every area of their lives? What we need is an awakening. Join Lee Nienhuis as she explores the antidote for their apathy—and ours.

Category: Girls, GEMS, Encouragement

Session: Saturday Session 1

IT IS WELL WITH MY PHONE

Arlene Pellicane

Many people find themselves mindlessly scrolling through social media or working endlessly. Technology is supposed to make us more efficient, giving us more precious time to spend on what's really important to us. Yet technology use easily creeps into our personal lives. Based on her book *Calm, Cool, and Connected: 5 Digital Habits for a More Balanced Life*, Arlene will share how you can build five new habits to declutter screen time and find more time for relationships and relaxation.

Category: Encouragement

Session: Saturday Session 1

MINDSHIFT—EMBRACING AN ETERNAL PERSPECTIVE

Paulette Stamper

It's no secret, we all know it. It seems as though the world around us has gone completely crazy. But, just because the world is going crazy doesn't mean we have to go with it! As followers of Christ, we are surrounded by the darkness of the world. We are often tempted to focus on the chaos, tragedy, and uncertainty which pulls us further from God and prevents us from shining the light of Christ. How can we think differently about our culture? How can we be women who stand out in a world far from God? In this workshop, we will discover how to shift our focus from the temporal to the eternal and learn how to be women who stand out as beacons of hope in a dark world.

Category: Encouragement

Session: Saturday Session 1, Saturday Session 3

MINISTRY AND MARRIAGE: HOW TO DO BOTH WELL

Bruce Martin

Too often, the demands of ministry creep in and slowly take over our time and energy, leaving our marriage on life support. But is it possible to do both well? Is it possible to achieve and maintain balance in both marriage and ministry, so that our spouses feel loved and cared for, and those we serve in ministry feel the same? It is if we're willing to learn from the way of Jesus and incorporate some essential principles in our daily, weekly, monthly, and yearly routines. You really can succeed at marriage and ministry, and this workshop will put you on the right path for achieving both goals!

Category: Encouragement

Session: Saturday Session 1

OUTREACH, THEMED EVENTS, & SERVICE PROJECT SHARE SESSION

GEMS Clubs shine when it comes to planning special events for girls! Whether it's special themed night events such as GEM/GENT nights, service project group events, or outreach events and activities, your fellow GEMS counselors are your "go-to" gals when it comes to idea sharing. Come! Join and share your events, ask questions, or glean ideas. You're sure to leave inspired and encouraged!

Category: GEMS

Session: Saturday Session 1

SITTING WITH JESUS – FOR CITS

Robyn Dykstra

If you're new(er) to Jesus and the thought of a quiet time makes you shrink with anxiety, or if your quiet time could use some spicing up, you'll want to hear Robyn's tips to bring freshness into your time with Jesus. Join Robyn to discover the essentials of establishing a quiet time and some creative (read fun) ways to invigorate you and fortify your faith.

Category: CIT

Session: Saturday Session 1

THAT GIRL

Brenda Yoder

The saying that "sugar and spice and everything nice is what girls are made of" is a myth. Reality is that girls in elementary, middle school, and high school are trying to figure themselves out. They need lots of grace when they are too often pegged as "difficult" or "hard to love." In this seminar, counselor and girl mom, Brenda Yoder will equip you with compassion and understanding for how to break stereotypes and handle the girl(s) that gets under your skin.

Category: Girls, GEMS, Encouragement

Session: Saturday Session 1

WALKING WELL ALONGSIDE SEXUALITY AND GENDER QUESTIONS

Laurie Krieg

Students at younger and younger ages are coming to mentors they trust with questions about their sexuality and gender. How can leaders answer these the questions and walk well alongside others with unwavering grace, love, and truth? Laurie, someone who has walked this road alongside many people, will help us take the next right step.

Category: Girls, GEMS, Encouragement

Session: Saturday Session 1

SATURDAY WORKSHOPS – SESSION 2

CHASING CONTENTMENT: WHEN IT DOESN'T FEEL LIKE GOD IS ENOUGH

Robyn Dykstra

Contentment feels like a fickle concept in today's society, an ideal we're chasing and never quite reaching. What does it mean that God is more than enough? Do you have inner turmoil when you don't get your way? Are you settling for less than all God has for you? Discover the secrets to find—and keep—contentment, and when to contend for more or better.

Category: Encouragement

Session: Saturday Session 2

WHAT EVERY NEW CLUB COORDINATOR SHOULD KNOW

Kim Hofstra

This session is crucial for all first-time Club Coordinators! We'll walk you through the essentials to lead your club, encourage you as you enfold your counselors, and discuss all the vital checklists, calendars, and tools you need to be successful. This session will include lots of Q&A time so you leave fully prepared for a new year!

Category: GEMS

Session: Saturday Session 1

WHO AM I: THE IDENTITY CRISIS

Maggie John

If you've ever had your identity stolen, you know what a headache it can be to prove who you are to the rest of the world. In this headache-free workshop, we'll talk about what defines you. Is it your kids, job, marriage, or charitable work? Come dig deep and find out who God has called you—His Daughter—to truly be!

Category: Theme, Encouragement

Session: Saturday Session 1

COMPARISON GIRL

Shannon Popkin

"How do I measure up?" a girl intuitively begins to wonder, as her eyes flutter open to differences she never noticed. And that's when Satan pounces—tempting her to compare. Jealousy, pride, inferiority, self-loathing, and mean girl tactics are some of comparison's bitter fruits which can poison a girl's life for decades. Thankfully, King Jesus came offering a cure. With humor, compassion, and passion for God's Word, Shannon will share her own struggles with comparison along with the immense freedom, joy, and connection she's found from living inside Jesus' kingdom—where the last are first, the greats are servants, and measuring up comes from pouring out.

Category: Girls, GEMS, Encouragement

Session: Saturday Session 2, Saturday Session 3

ENCOURAGEMENT FOR CITs

Jen Rozema

In a social media saturated world, it sometimes feels like everyone knows everything about the lives of those around them. The sad reality, though, is that social media actually causes us to be less fully known and changes the way we relate to each other which feeds anxiety, bullying, loneliness, self criticism, and other pain. Together we must learn to see ourselves through the eyes of Jesus, and then commit to leading toward change so that a hurting generation can experience the love and grace of Christ in a way that heals and restores. CITs are encouraged to join Jen for this encouraging discussion!

Category: CIT

Session: Saturday Session 2

EVERYONE BELONGS! SETTING GIRLS WITH SPECIAL NEEDS UP FOR SUCCESS

Sally Brown

During this workshop, Sally will discuss different types of special needs, how to set girls up for success, working with parents, and adapting curriculum. You will gain understanding and practical adaptations to help girls know they belong, can succeed, and most importantly, that they are *LOVED*.

Category: Girls, GEMS

Session: Saturday Session 2

GIRLS & PORN: IT'S NOT JUST A MAN'S WORLD ANYMORE

Jennifer Ferguson

The sexualization of our culture has long affected how girls view themselves as physical, emotional, and intellectual beings. But with the increased amounts of pornographic images and videos, this hyper-sexualization now has an added unwanted impact—addiction to porn. How do we help girls understand that their sexuality is a healthy part of their creation, while helping them grasp the true intent and meaning of sex and attraction? How do we allow them to engage in social media when these avenues provide direct access to what we don't want them to see? This workshop will address these questions and more.

Category: Girls

Session: Saturday Session 1, Saturday Session 2

GIVING YOUR GEMS A CONFIDENT HEART

Renee Swope

Everywhere we turn we see images and hear messages that tell us we're not doing enough or that we're not good enough. Our GEMS girls are bombarded by these lies—and more—every day. Based on her best-selling book *A Confident Heart*, Renee shares her personal story and painful struggles growing up with insecurity and fear, the impact they had on her as an adult, and the powerful tools and truths that eventually set her free! You will leave knowing how to identify the most common triggers of self-doubt and how to trade in “against me” thoughts with Scripture-based God “is for me” thoughts so that you and your GEMS can overcome any lack of self-confidence with lasting soul-confidence!

Category: Pre-Conference, Encouragement, Girls

Session: Friday Pre-Conference 3, Saturday Session 2

GRADES 1-3 (AWARENESS LEVEL) COUNSELORS

Heather Putnam

Your girls in grades 1-3 are eager to be in GEMS! As a new or seasoned counselor, this workshop will guide you through the Awareness Level curriculum choices and badge options, talk about how to incorporate *Sparkle Magazine* in club, and provide fun and interactive ideas with sharing opportunities.

Category: GEMS

Session: Saturday Session 2

GRADES 4-6 (DISCOVERY LEVEL) COUNSELORS

This workshop is for women teaching grades 4-6. Join us as we walk through a typical club night, talk about the **SHINE brightly** Magazine and *Discovery Place Badge Book*, explain ways to incorporate meaningful crafts, share tips for developing relationships, and MUCH more!

Category: GEMS

Session: Saturday Session 2

HEALTHY MENTORS

Carissa Yoder

We give and give because we love our girls and we love the Jesus who calls us. But what happens when we are empty and feel like we have nothing left to give? How do we take care of ourselves so that we have what we need to serve our people? Come on in! We will talk about caring for all the parts of our being and inviting Jesus into the tired—and even unhealthy—places in our souls.

Category: Encouragement

Session: Saturday Session 2

LAUNCHING YOUR KIDS WITHOUT LOSING YOUR MIND

Brenda Yoder

Like arrows in the hands of warriors are children born of one's youth says Psalm 139. God's plan for parenting is to raise independent and autonomous adults. That's definitely a challenge in an age of entitlement and helicopter parenting. In this seminar, Brenda L. Yoder, licensed counselor and author of *Fledge: Launching Your Kids Without Losing Your Mind* equips parents with key principles to successfully let go at appropriate stages across the lifespan of raising kids, teens, and young adults.

Category: Encouragement, Girls

Session: Saturday Session 2

LEADING WORSHIP IN CLUB

Grace Moes

At club, girls have the amazing opportunity to meet the Savior and worship Him in ways that are truly life changing! In this session we'll share how to use a variety of resources to create meaningful large group gatherings and worship experiences.

Category: GEMS

Session: Saturday Session 2

LIVING AND LOVING WELL WHEN YOU (OR SOMEONE YOU KNOW) HAS DEPRESSION

Bruce Martin

It's a painful reality in our world, but very few people are talking about it. Depression and/or anxiety. For some reason, particularly in the church, depression and other forms of mental illness have gained such a stigma that many, or even most people don't talk about it, and as a result never get the help and support they need. As a person who has struggled with depression and anxiety all of his adult life, counselor and pastor Bruce W. Martin will share his own story and how it has affected his family, friendships, and ministry life. In this workshop, he'll share practical tools for dealing with depression and how to love those closest to you in the midst of it. He'll also share specific tools for those who have loved ones struggling with depression, how to love them well, and what to do (and not to do) to support them.

Category: Encouragement

Session: Saturday Session 2

LOVED. CHALLENGE CRAFTS

Louise Johnston

Throughout the theme, girls will be learning what it means to understand God's love and share it with others. *LOVED*. Challenges will be given to girls to encourage them to visibly extend God's love to others. This workshop includes craft ideas that could be incorporated into some of the *LOVED*. Challenges and allow girls to combine service project ideas with crafts that can be gifted as part of the challenge. Space is limited to the first 30 participants. **Cost: \$10 USD** will be charged during the registration process. Supplies provided.

Category: GEMS, Theme

Session: Saturday Session 2

MAKING THE CONNECTION TO CHRIST

Terri DeBoer

WOOD TV8 Meteorologist and host of local TV show eightWest, Terri DeBoer, loves Jesus! But, that wasn't always her story. Terri did not grow up in a Christian home but was introduced to Jesus by a complete stranger. In this session, Terri will share her personal journey of faith and encourage you as walk alongside girls beginning their own faith story. You will be reminded how life changing your call to discipleship is in the lives of girls around the world.

Category: Encouragement, GEMS

Session: Saturday Session 2

MINISTRY AND LIFE: A MARATHON NOT A SPRINT

Jennifer Hand

Have you ever found yourself running life—both your personal life and your ministry life, at a pace that leaves you feeling ready to step out of the race? Do you find yourself comparing to the pace and race of others around you? In this workshop we will dive into Hebrews 12. We will laugh and learn together how to run the race well without being paralyzed by injuries along the way.

Category: Encouragement

Session: Saturday Session 2

THEME CRAFTS

Trish Dorsman

Come get creative craft ideas that compliment the theme, *LOVED. Period. That is what we are!* Step-by-step instructions will be included. You will have fun making several crafts from the *LOVED. Resource Book* as you see practical ways to weave them throughout the season. Space is limited to the first 50 participants. **Cost: \$6 USD** will be charged during the registration process. Supplies provided.

Category: GEMS, Theme

Session: Saturday Session 2

THREADING THE THEME

Lence Bulthuis

Learn how to thread the theme, *LOVED. Period. That is what we are!* throughout the club season and into girls' hearts. It matters! This interactive workshop includes easy and engaging games, icebreakers, a comprehensive understanding of the *LOVED.* resources and the badge experience. You will receive great encouragement and fun and meaningful ways to help girls understand their true identity.

Category: Theme, GEMS

Session: Saturday Session 2, Saturday Session 3

WHO ARE THE VICTIMS? CAN YOU SEE THE REAL ME?

Jenn Amo

Human trafficking is the second fastest growing organized crime in the United States today with about half its victims being minors. That's 300,000-500,000 minors being victimized every year. God has called Jenn to be a missionary fighting this crime and you're invited into the conversation to better educate yourself and the girls in your life. We will discuss what human trafficking is, who can be a victim, how it looks, and offer ways to protect ourselves and others. This interactive setting leaves you better armed to fight this crime. Awareness saves lives!

Category: Girls, Encouragement

Session: Saturday Session 2

SATURDAY WORKSHOPS — SESSION 3

THE ATMOSPHERE OF HEAVEN

Pastor Robert Sims, Jr

Your dreams need the right atmosphere to grow to their potential. Every young lady wants to see the full potential of her dreams come to pass, but there has to be an atmosphere so that your dream can become a reality. *“For I know the plans I have for you,” says the LORD. “They are plans for good and not for disaster, to give you a future and a hope”* Jeremiah 29:11 (NLT). God's plans and His dreams for His daughters are phenomenal, but they must be properly cultivated, nurtured, and protected. Let's unpack God's Word and see how practical His Word is for fulfilling His plan and purpose for your life and how you can set the atmosphere to move further, and faster in your kingdom purpose.

Category: Encouragement

Session: Saturday Session 3

BELIEVE IT! GOD SAYS YOU ARE AMAZING!

Pastor Raycheen Sims

Do you see yourself as the amazing woman that God created you to be? If not, you need to join us in this session to get to know yourself better. You will learn to replace the lies that you've been led to believe with Biblical truth. We will discuss how to listen to God rather than our ever-changing emotions and figure out where you are on life's journey. We will seek God's discernment to discover what you need to fully embrace yourself as the amazing woman God uniquely created.

Category: Encouragement

Session: Saturday Session 3

A BELOVED DAUGHTER'S MENTALITY

Katie Reid

Is it hard for you to receive? Do you feel like the weight of the world is on your shoulders? Whether you are a mother or a mentor or both, it's crucial to understanding that you are a daughter of God—not just a doer for God. Understanding that God's grace is a gift to be received and not a prize to be earned, will free you to serve from a place of settledness instead of striving. There are good works to do, but those works are not what make you worthy. In this dynamic session, you will be encouraged to walk out your identity as a beloved daughter, and serve God from a place of strength and peace. Ephesians 2:8-10 is a key verse for this message. This session is based off key themes from Katie's book, *Made Like Martha: Good News for the Woman Who Gets Things Done.*

Category: Encouragement, Theme

Session: Saturday Session 3

CHAOS COORDINATOR: YOU CAN DO IT!

Sally Brown

You've seen the t-shirts that say “Chaos Coordinator” and sometimes wonder if that title should replace “GEMS Counselor” as your role in club. If you've ever felt that herding cats is simpler than teaching first through eighth graders, you're not alone! Understanding techniques of classroom management, grace-filled discipline, and behavior modification is within your grasp. Come, join Sally as we discuss how to set an environment that is the perfect background for teaching the Gospel.

Category: GEMS, Encouragement

Session: Saturday Session 3

COMPARISON GIRL

Shannon Popkin

“How do I measure up?” a girl intuitively begins to wonder, as her eyes flutter open to differences she never noticed. And that’s when Satan pounces—tempting her to compare. Jealousy, pride, inferiority, self-loathing, and mean girl tactics are some of comparison’s bitter fruits which can poison a girl’s life for decades. Thankfully, King Jesus came offering a cure. With humor, compassion, and passion for God’s Word, Shannon will share her own struggles with comparison along with the immense freedom, joy, and connection she’s found from living inside Jesus’ kingdom—where the last are first, the greats are servants, and measuring up comes from pouring out.

Category: Girls, GEMS, Encouragement

Session: Saturday Session 2, Saturday Session 3

CREATIVE MOVEMENT IN CLUB

Jessica Benson

Your girls are enthusiastic and active in their worship. Come learn how to enhance your worship time and discover new movements and ideas for the songs you love to sing. We will learn the movements for the new theme song and other songs you can teach in club.

Category: GEMS

Session: Saturday Session 3

GRADES 7-8 (ADVANCED LEVEL) COUNSELORS

Andrea Mulder

Seventh and eighth grade girls face intense peer pressure and complex relationship issues. As a counselor, you have the unique privilege of walking beside them as they navigate these challenges! Join us as we look at all the curriculum options and share relationship-building opportunities as you mentor these Advanced Level girls.

Category: GEMS

Session: Saturday Session 3

THE HANGOUT! CRAFTS & MORE

Stacey Locey

The theme venue location this year is The Hangout! Sometimes we can get “hung up” by lies and question who we are and if we matter. In The Hangout! girls will settle in and discover truth: they are *LOVED. Period. That is what we are!* This craft workshop will offer ideas for how girls can create intentional crafts to decorate their own cozy, hangout space. You will leave with ideas for an entirely theme decorated space—from throw pillows to string lights. What better way for girls to remember that they are *LOVED.* than to surround themselves with small reminders? Space is limited to the first 40 participants. **Cost: \$10 USD** will be charged during the registration process. Supplies provided.

Category: GEMS, Theme

Session: Saturday Session 3

HOLIDAY CRAFTS: LOVED. IN EVERY SEASON!

Dana Beerens

In this hands-on workshop, you will be introduced to a variety of ways to incorporate the GEMS theme into this year’s major holidays! You will receive simple instruction and have the opportunity to create three different crafts. You will leave the workshop with a complete set of instructions and samples that you have created. You will also be offered advice on how to make your crafting season a low-stress success! Space is limited to the first 40 participants. **Cost: \$4 USD** will be charged during the registration process. Supplies provided.

Category: GEMS, Theme

Session: Saturday Session 3

HOW TO CONFRONT THE TRUTH IN LOVE AND KINDNESS

Darlene Larson

Darlene Larson is an author, Life Purpose Coach®, speaker, teacher, and she used to have the weakest backbone. Then she had to grow up to face the truth of her story. Like many females, Darlene did not like confrontation. Yet it was necessary for her survival that she learn how to confront. So, she learned God’s way, truth with kindness. You can learn, too. Is it possible to confront without fear? Yes, it is. Is it possible to confront in love? Yes, it is. Is it possible to avoid confrontation all together in life? No, it’s not. Be taught and coached on how to develop healthy confrontation skills. Then live fear-free of confronting people.

Category: Encouragement

Session: Saturday Session 3

LISTENING AND SHARING OUR STORIES

Pam VanPutten

When we have the privilege of mentoring others, we need to remember that it is more about listening than speaking. This workshop will explore ways the Bible encourages us to listen to each other. Listening is a powerful way to humbly learn about one another. As we share our stories of life and faith authentically with others, we find that each person can grow deeper in their walk with Jesus. Mentoring is often an exchange of time and encouragement where both can grow and learn from each other.

Category: CIT

Session: Saturday Session 3

MINDSHIFT—EMBRACING AN ETERNAL PERSPECTIVE

Paulette Stamper

It's no secret, we all know it. It seems as though the world around us has gone completely crazy. But, just because the world is going crazy doesn't mean we have to go with it! As followers of Christ, we are surrounded by the darkness of the world. We are often tempted to focus on the chaos, tragedy, and uncertainty which pulls us further from God and prevents us from shining the light of Christ. How can we think differently about our culture? How can we be women who stand out in a world far from God? In this workshop, we will discover how to shift our focus from the temporal to the eternal and learn how to be women who stand out as beacons of hope in a dark world.

Category: Encouragement

Session: Saturday Session 1, Saturday Session 3

TEEN GIRLS LOOK AT PORN, TOO. WHY OUR SILENCE IS SCREAMING THE WRONG THINGS.

Chris McKenna

According to a 2016 Barna study, The Porn Phenomenon, teenage girls and young women under age 25 were significantly more likely (56% of them) to actively seek out porn than women over age 25 (27%). One-third of the under age 25 female segment sought out online pornography at least monthly. But, churches, youth groups, and families often remain silent. This presentation will encourage leaders and parents to find ways to talk about all of the awkward topics that no one ever talked to them about when they were young. We can no longer remain silent. If we don't talk to our young girls about God's amazing ideas about sex and intimacy, then Dr. Google will.

Category: Girls, Encouragement

Session: Saturday Session 3

THREADING THE THEME

Lenae Bulthuis

Learn how to thread the theme, *LOVED. Period. That is what we are!* throughout the club season and into girls' hearts. It matters! This interactive workshop includes easy and engaging games, icebreakers, a comprehensive understanding of the *LOVED.* resources and the badge experience. You will receive great encouragement and fun and meaningful ways to help girls understand their true identity.

Category: Theme, GEMS

Session: Saturday Session 2, Saturday Session 3

UNDERSTANDING IMPLICIT BIAS

Deborah Bayard

This workshop will help participants acknowledge their own biases and take steps to confront them. Participants will better understand what implicit bias is and how it affects organizations, even our GEMS Clubs! They will also learn ways to confront implicit bias within themselves (and if applicable, assist those whom they serve to do likewise).

Category: GEMS, Encouragement

Session: Saturday Session 3

UNDERSTANDING THE ENNEAGRAM

Carrie Roer

"I'm a 3 wing 2, what are you?" Um, what? If you've heard people discussing their Enneagram types and have been curious (or clueless!) about what this means, join us to learn more. After being used for several decades in Catholic and Christian retreats and seminars, the nine-type personality tool helps you understand more about the way God created you. Each type or number has a distinct way of seeing the world and an underlying motivation that powerfully influences how that type thinks, feels, and behaves.

Category: Encouragement

Session: Saturday Session 3

WHAT IN THE WORLD? GROWING UP IN TODAY'S CULTURE

Jenn Amo

Gain an overview of the social struggles and pressures of growing up. This will give you insight to the everyday attacks and secret battles youth face on a daily basis. Knowing what they are facing is half the battle! Arm yourself with protecting information to help them rise above.

Category: Girls, Encouragement

Session: Saturday Session 3

THE WOMAN IN THE MIRROR

Robyn Dykstra

Too often the woman staring back at you in the mirror doesn't have the most positive things to say. Don't let the mirror dictate your worth or feelings. Discover how to overcome negative self-sabotaging talk with God's truth that you are created in the image of God to be in relationship with Him and His people. Come and join us, and be reminded that you are worthy of deep love!

Category: Encouragement

Session: Saturday Session 3

SUNDAY WORKSHOPS — SESSION 4

DISCERNING THE VOICE OF GOD

Robyn Dykstra

Need answers? Confused about what to do next? Worried about a relationship? If you nodded your head to any of these questions, you need to hear from God. Discerning the Voice of God is an interactive and practical way to hear from God to get the assurance you need, discern his direction, and find the confidence you need to make decisions.

Category: Encouragement

Session: Sunday Session 4

GAME CHANGING SCRIPTURE SATURATION

Mary Jo Vis

If you've been casually reading Scripture but haven't been seeing the full impact of God's Word, this experience is for you! Come immerse yourself in a Scripture reading experience that will be a game changer in your walk of faith. Scripture immersion will allow God to reveal His insights and thoughts as you soak yourself in truth. Bring your Bible.

Category: Encouragement

Session: Sunday Session 4

GIRL POWER: HOW WOMEN CAN CHANGE THE WORLD

Carol Bremer Bennett

It's tempting to think of women who live in developing countries as people "in need." But if we enter our work with women and girls holding this mindset, where will we end up? During this time of reflection on the Truth that can transform lives, we will confront the lies that often set our ministry and our desires to show love onto the wrong path. Ideas about women and girls have consequences—how can we change our mindset and change the world?

In this workshop, you will be inspired by the stories of faithful women who are making a difference in their communities to overcome poverty, disaster, and injustice. Find out how they did it, and how you can make a difference no matter what your circumstance.

Category: Girls, Encouragement

Session: Sunday Session 4

GRATITUDE JOURNALING: HOW LIVING A LIFE OF GRATITUDE CAN CHANGE YOUR ATTITUDE

Jody VanKoevering

Learn how keeping a gratitude journal can affect every aspect of your life, from marriage to parenting, from career to service, and everything in between. Living a life of gratitude has less to do with life's circumstances than with your own attitude and perception.

Category: Encouragement

Session: Sunday Session 4

HIDEAWAY WORSHIP

Carrie Roer

Begin your final morning of Conference with a time of intimate worship. In the beauty of the fresh morning we will spend time worshipping through traditional hymns. More than just being a sentimental journey, we'll take time to meditate on these lyrics and allow their timeless melodies to bring us to a place of personal devotion and thanksgiving.

Category: Encouragement

Session: Sunday Session 4

PRAYERS FOR ONE ANOTHER

Lenae Bulthuis

So many of us carry burdens that we don't feel safe sharing with those in our own communities. In this group prayer session, we will pray about various topics and collectively lift group members before the Lord. The leader will offer group prayers on topics including marital turmoil, anxiety, prodigal children, suicide, depression, and more. Join us and allow the group to pray for you regardless of whether you verbally share personal concerns or participate quietly.

Category: Encouragement

Session: Sunday Session 4

PRAYERS OF LAMENT

Amelia Rhodes

Even in sadness and grief we can worship. Prayers of lament, of pouring out our difficulties before God, can be an act of deep faith. This type of prayer refuses to let go of God—even in the darkest of nights. It's an honest admission that circumstances are hard but God is not absent. Bring your Bible and a pen.

Category: Encouragement

Session: Sunday Session 4

PRAYING BOLD PRAYERS ABOUT ISSUES AFFECTING GIRLS AND WOMEN AROUND THE WORLD

Dr. Munyiva Kitavi

In our comfort (access to good education, good jobs, good health coverage, safety, choice of partner, freedom to choose, clean water, gender equality and others) it is easy to forget the many girls and women around the world who can only dream of such opportunities. This minute there is a girl/woman undergoing great pain for no other reason but that she is female. Join us to empathize with our sisters and boldly lift them before God in prayer. God knows them and sees them all and we get to offer prayers on their behalf!

Category: Encouragement

Session: Sunday Session 4

SPIRITUAL PATHWAYS

Amy Brooks

How do you connect with God? We are each unique masterpieces and we have a particular disposition in how we relate to God and draw near to Him. We'll spend time together uncovering 9 spiritual temperaments. You will discover how to experience spiritual passion and renewal when you pursue and connect with God on the spiritual pathway that you enjoy and find most life-giving. Your relationship with Him will only become more intimate as you worship Him in a way that He uniquely created you to.

Category: Encouragement

Session: Sunday Session 4

TEAM PRAYERS & PLANNING

On Own with Team

Have you attended with a group and need some time to plan and pray for your club? Use this hour to discuss weekend revelations, encouragement you've received, and new dreams for your club. Be intentional in praying for your club, the GEMS ministry, and girls everywhere. As you begin making plans for your year sit quietly in prayer for the girls and women that make this ministry so personal for you.

Category: Encouragement

Session: Sunday Session 4

WAR PRAYERS

Karyn Dekker

We are in a battle so how do we fight? In Ephesians, Paul tells us to put on the full armor of God, stand firm, and pray. In fact, he instructs us to always keep on praying. Together, we'll learn to put into practice specific prayer strategies for those areas in our lives most often attacked by the enemy.

Category: Encouragement

Session: Sunday Session 4

WHAT ARE YOU THINKING? TAKING ROGUE THOUGHTS CAPTIVE

Paulette Stamper

Our thoughts affect every area of our lives. Learning how to have a healthy thought life is vital if we want to be physically, emotionally, and spiritually healthy. In this workshop we will discover the importance of our thought life and learn how our choices determine our reality. We will learn how to choose joy, choose peace, and choose love, thereby choosing to live a purpose-full life.

Category: Encouragement

Session: Sunday Session 4

WORSHIP THROUGH ART

Tina Rooks

Artistic expression offers the opportunity for growth, transformation, confession, and healing. As we study our theme *LOVED. Period. That is what we are!* we will focus this hands-on session on Psalm 139 as we worship our Creator through this art experience. No experience necessary. Immerse yourself in personal prayer with God as you participate in these self-guided art experiences. **Cost:** \$3 USD will be charged during the registration process. Supplies provided.

Category: Encouragement

Session: Sunday Session 4