thrive
WOMENS
CONFERENCE
MARCH 11, 2022
BAYSIDE CHURCH | GRANITE BAY, CA

WELCOME *FRIEND!*

We have been praying for you, and we believe God has something specific and personal for you. Everyone comes to a conference expecting to learn and grow, but we're expecting something even greater - that you will hear from God and experience His Presence in a new and deeply personal way. We want to not just be informational, but above all, transformational. No matter your age or stage, what you've experienced in life or difficult circumstances you find yourself in, God is ready to show you that you have an important part to play in the grand narrative of His story. We pray that through worship and the messages, in the workshops and throughout conversations with others around you, you will open your mind and heart to what God wants you to see. More than anything, we hope you recognize His deep love for you and His presence with you through it all.

> ***"Now there are also many other things that Jesus did. Were every one of them to be written, I suppose that the world itself could not contain the books that would be written."*** **JOHN 21:25**

We see God's story recorded in Scripture, but we know
He is continuing His story through each and every one of us,
and we hope you'll see that story unfolding in your life at Thrive Women!

CONFERENCE SCHEDULE

Friday, March 11

1:00 PM
Check-In

2:00 PM
Workshop A

3:30 PM
Workshop B

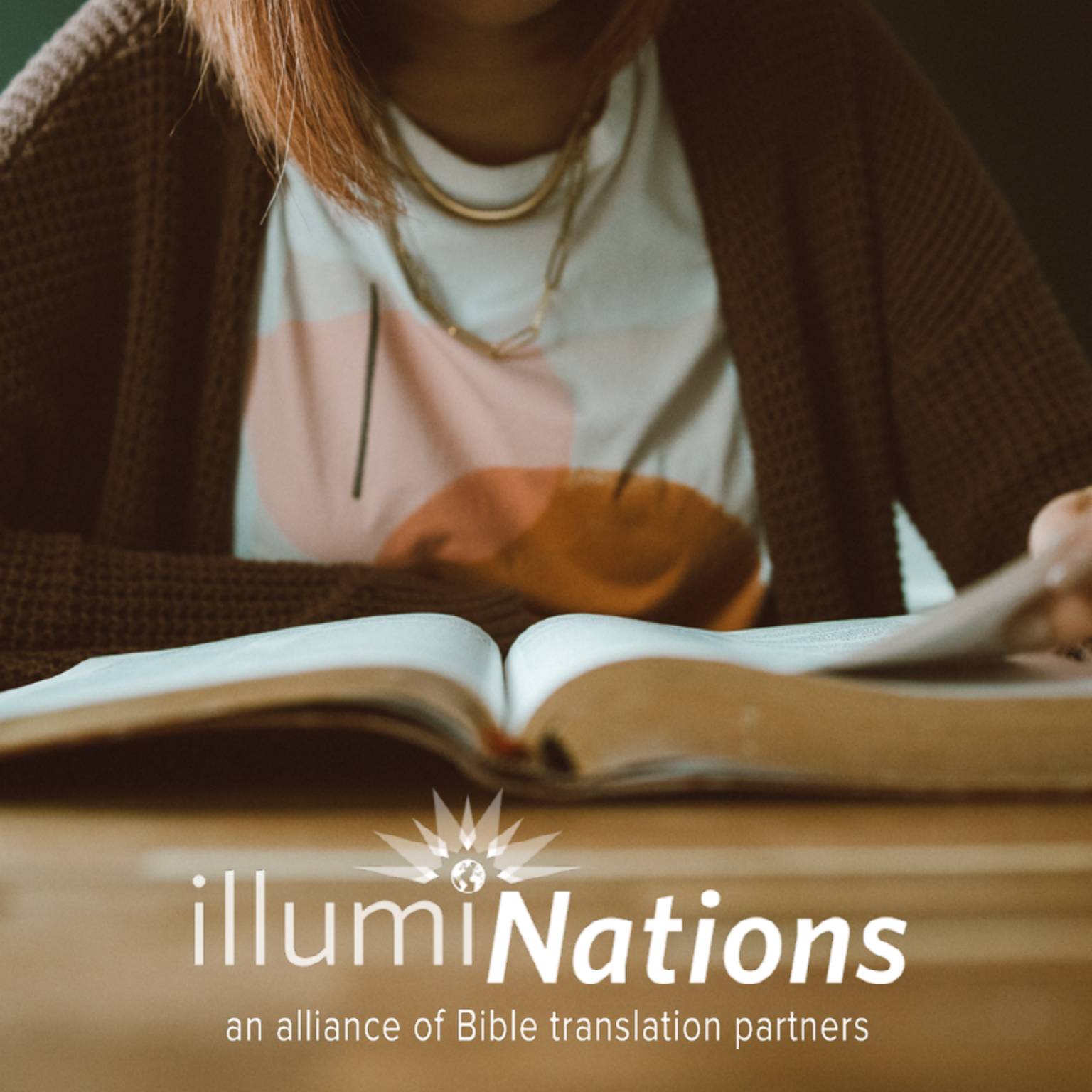
5:00 PM
Dinner Meetups*

7:00 PM
Main Session
Megan Hutchinson
Alex Seeley
Thrive Worship

9:10 PM
Comedy with
Dorie & Missy

*Dinner available for purchase in the courtyard

This digital book is interactive!
Almost everything is clickable: Speaker and Artist Photos on the Schedule, books, images on the Speaker Pages, logos on the Sponsor pages, etc.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CONFERENCE INFO

CONFERENCE BADGE

Your conference badge is your entry ticket into the conference and workshop sessions. Please keep your badge on you and visible at all times.

BAYSIDE CAFE

The Bayside Café will be open throughout the conference. The Café is a full-service coffee bar that also provides breakfast items, salads, sandwiches, and much more.

MEALS

We will have a limited number of boxed dinners available for purchase Friday during the dinner break. The Bayside Café will be open as well. If you would like to go off-campus for dinner, here are some restaurants within walking distance (all located near the Douglas Blvd and Sierra College Blvd cross streets).

- AhiPoki *DOUGLAS BLVD*
- Bayside Café *ON CAMPUS*
- Chick-Fil-A *SIERRA COLLEGE BLVD*
- Chipotle *DOUGLAS BLVD*
- Daphne's Greek Cafe *SIERRA COLLEGE BLVD*
- Habit Burger Grill *SIERRA COLLEGE BLVD*
- La Bou *DOUGLAS BLVD*
- Jack's Urban Eats *SIERRA COLLEGE BLVD*
- Togos *DOUGLAS BLVD*

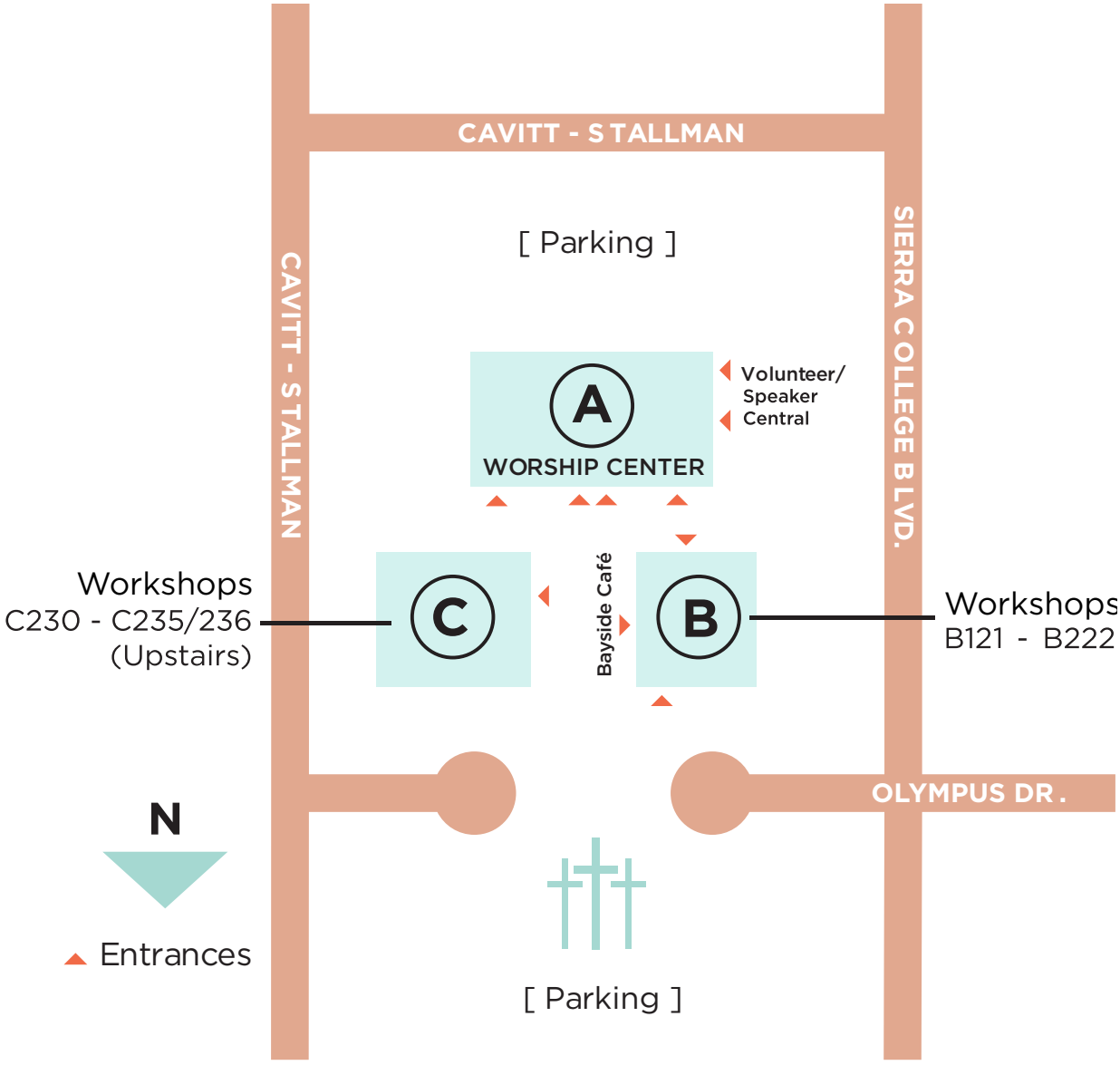
PRAYER AVAILABLE

During the conference you may feel the need for prayer. Chaplains will be available in our lobby located in the east side of the main lobby.

LOST AND FOUND

Items that are lost or found can be picked up or turned in at a Registration table.

CAMPUS MAP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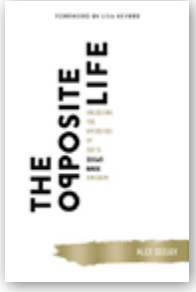
SIERRA COLLEGE B LVD.
[Parking]
A
WORSHIP CENTER
Volunteer/
Speaker
Central
Workshops
C230 - C235/236
(Upstairs)
C
Bayside Café
B
Workshops
B121 - B222
OLYMPUS DR .
N
Entrances
[Parking]

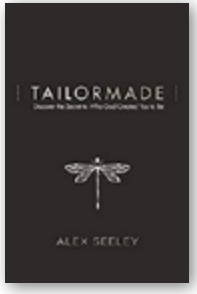
ALEX SEELEY

Alex Seeley is a passionate communicator and teacher of the Word. Possessing a unique ability to reveal how the Word of God is applicable to our everyday lives, Alex shares openly about how the power of God has proven real in her own life. Known for her boldness and tenacity, you'll love the way Jesus shines through her.

Born and raised in Australia, Alex served as one of the Executive Pastors of a church in Australia for 17 years. In 2012, Alex, along with her husband and two children, moved to Nashville TN where they began ministering to local musicians and artists in their home. Within 12 months, their basement was packed to capacity every Tuesday night with people hungering for an encounter with God. It was out of these nights that their church The Belonging Co was birthed in February 2014.

Alex and her husband Henry are passionate about seeing people have a genuine encounter with Jesus, raising a generation that will share the love and hope of Jesus to this world. They have been married for over two decades, and together they have two children, Holly and Taylor.



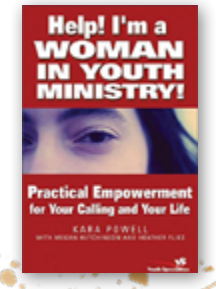


MEGAN HUTCHINSON

Megan or "Nutmeg" as her pickleball friends call her, said yes to irresistible, undeniable, invitation from God at age nineteen and says she hasn't been the same since! Megan received her master's degree from Fuller Theological Seminary emphasizing Theology, Youth and Family. Her gifts, talents, skills, abilities and pain has led her to serve as a youth pastor at Saddleback church, co-author and run Life Hurts- God Heals, the youth version of Celebrate Recovery. Author of three books, including Secret Survivors, and Help! I'm a Woman in Youth Ministry!, she also served as an ordained Adult Ministries Pastor at a Presbyterian Church in Newport Beach. In 2020, she became a Campus Pastor at Bayside's newest campus in Orange County, California. She says, come on down!

For fun, her husband Adam swims laps and surfs. For fun, Megan sings in the shower (as if she were on Broadway), surfs and teaches spin at a local gym class. Together, they LOVE doing just about everything under the sun with their two teenage sons who totally keep them on their toes.

Feel free to follow megan @meganhutch111 to get a glimpse of her real, authentic life.



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THRIVE WORSHIP

More than a church worship team, Thrive Worship is a collection of people from diverse backgrounds all pointing in the same hope-filled direction. With a singular goal of instilling a passionate pursuit of a future hope, Thrive Worship's songs are a timely reminder that in the midst of the struggle, Jesus is there, leading the way out.

DORIE & MISSY

Dorie & Missy have been bringing laughter and fun to people for over 20 years. This dynamic sister-duo have traveled all over the country making audiences laugh, giggle & snort with their unique combination of stand up & sketch comedy.

Dorie and Missy are also both writers & bring joy to others through their books, blogs and many other mediums.

If you are interested in booking Dorie and Missy for your next event, contact them at **dorieandmissy.com**.

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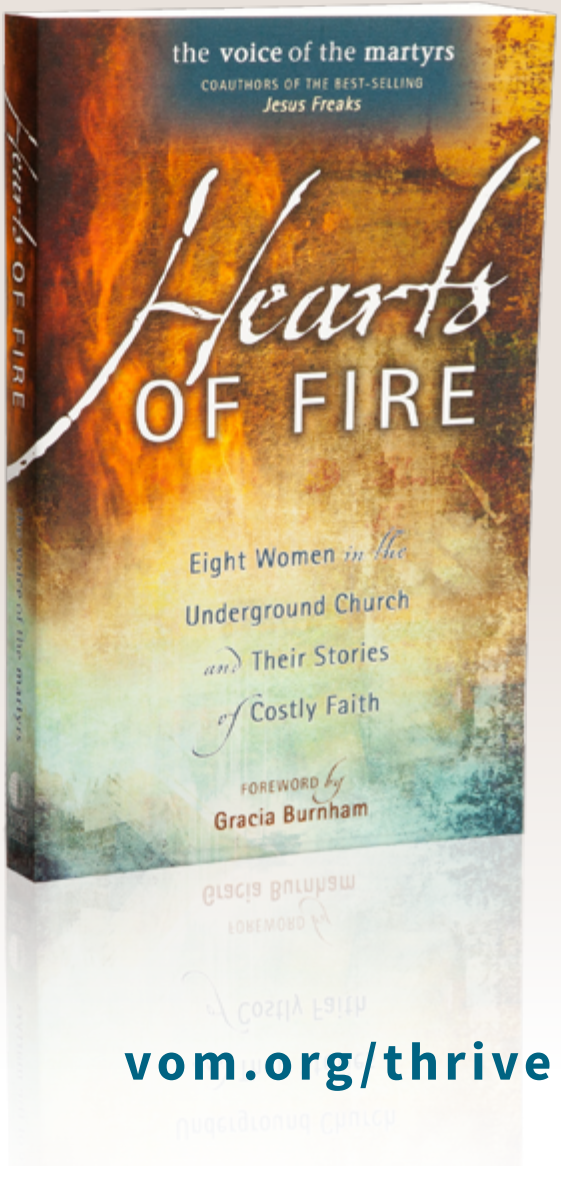

Read about eight women in the underground church and their stories of costly faith.

vom.org/thrive

WORKSHOPS: *SESSION A* 2:00 PM

C233

Embracing Tough Questions
DENA DAVIDSON, M.A.
What are you most afraid people will ask you about your faith? I used to have a long list and often it kept me from sharing my faith. But I've learned to embrace those tough questions. Whatever question keeps you from sharing your faith or fully believing in God yourself, I'd love to share how to approach those question so they unlock great conversations about God and faith.

B220

How to Raise Kids with a Biblical Worldview that Sticks
DAN BIDDLE
How can you ground your students in grace and truth before they leave for college? Students today are exposed to ideas that challenge the Biblical Worldview. This talk will help you build roots into your children to withstand the teaching and culture kids receive today by understanding the history and validity of God's Word.

HANDOUT

Worship Center

Reading the Bible with Depth So God Will Talk Back
DR. GIL STIEGLITZ
Some Christians have the Lord speak to them out of the Scriptures and others hear little or nothing at all. What are the ways to have God speak to us and guide us through the issues and concerns of this life.

HANDOUT

C232

Messy Grace Between Ministry & Mom Life
HANNAH FLOCH
Have you ever felt or feared that seasons of motherhood would keep you from things you loved or felt called to? Join Hannah in how to seek God in messy seasons of mom-life and what it looks like to trust in the darkest corners, and a time of prayer for those who need it.

HANDOUT

B222

Create Relationship
JACKIE ADAMS
How are you doing with your relationship with the God of the universe? Do you feel like you rarely connect with God anymore? Have you just stopped trying? Does it feel like you are losing interest in your relationship with Jesus because life is crowding Him out? Are you struggling to "make time" for God and if we are being honest, sometimes we would rather make time to hang out with our friends than be with God. If you've resonated with any of these signs or if you want to go deeper in your existing relationship, we will look at how important a relationship with God is, the value we ascribe to it, and the needs and wants that get in the way. You will leave with practical steps and tools to creating the relationship God desires to have with you! John 17:3 is our scripture.

HANDOUT

C231

From Chemo to Cure: An Unexpected Parenting Journey and Life Changing Lessons
JEN SODESTROM
As new parents it's easy to think that part of our primary role is to protect our children from everything—death included. But what if our role was to prepare our kids to die? What if this is our calling as Christians and disciple makers? This doesn't mean we don't care for them and protect them as they grow. But it wasn't until we faced certain death with our first born that this truth was presented in full force. It was this unexpected parenting journey that has completely changed our approach to parenting. Join us as I pull you through my personal story, the trauma that showed up, the outer body experience of peace, the changes that took place, and the powerful tools we have found to use while parenting and teaching. Let's take our parenting, our grandparenting, and our teaching to a deeper level. #heavenvsharvard

WORKSHOPS: *SESSION A* 2:00 PM

C230

Ministering When It's Not Your Day-Job
MORGAN MAY
Ministry is just as much your calling as your paid church staff members. In the modern day church, we tend to isolate ministry to a church vocation and neglect this calling in our e very day lives. Your life, your position, your career, your season, is an assignment from God. It's ministry, it's pastoring & we need to grow equipped in how to maximize THIS season of life for God's glory. How do you pastor when it's not your paid assignment? Let's talk about it.

B221

Revival.
A City on a Hill That Will Not Be Hidden
RACHELLE DITMORE
Revival. A word most of us have heard, and long for. We have all experienced loss, and for many of us what was, no longer is. The world is looking for a church that is alive and burning in a way that calls us all into an invitation to the table the father set for all of us. Come and be reminded. There is a seat for you.

C235

Parenting Anxious Children
DR. STEPHANIE CAINE
Many kids are struggling with anxiety more than ever now. Whether you are a parent or you care for children in some capacity learn specific strategies you can do to help children of all ages in and through anxiety.

B121

THE POWER OF WORDS
ZORO
Everyone wants to change the world, but few ever do because they don't understand how easy it is. World-renowned drummer Zoro unveils a power within all of us to shape destinies with positive stories and illustrations—the power of our words. Words can help us overcome the past, impact the present, and change the future, but we must train ourselves to think differently, which will teach us to speak differently. And then, we will live differently. Take charge of your future and empower those you love by taking control of your speech.

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THRIVECOLLEGE

WORKSHOPS: *SESSION B* 3:30 PM

Worship Center

Living Positionally
ALEX SEELEY
From the moment we enter this world, we are labeled by well-meaning people who are quick to try to define us. And before we know it, those powerful words have actually taken hold, becoming part of our very personality and character. In this workshop, we will find our true identity in Christ. It's time to remove the enemy's labels on our lives in order to uncover our true identities—the people God created us to be!

C233

Embracing Tough Questions
DENA DAVIDSON, M.A.
What are you most afraid people will ask you about your faith? I used to have a long list and often it kept me from sharing my faith. But I've learned to embrace those tough questions. Whatever question keeps you from sharing your faith or fully believing in God yourself, I'd love to share how to approach those question so they unlock great conversations about God and faith.

C230

Warrior Wife : Seeking First God's Kingdom in Your Marriage
IRMA SORBER
The fight for your marriage did not begin once you started having issues. It began the moment you decided to get married. Being a Warrior Wife means understanding God's design for marriage and why we should have the audacity to fight for our marriages. As author Gary Thomas states, "We have to stop asking of marriage what God never designed it to give — perfect happiness, conflict-free living, and idolatrous obsession," and start being women who engage in the battle.

HANDOUT

B222

Mama Mindset Strategy
JACKIE ADAMS
How are you showing up as a mama? Are you judging yourself? Are you judging others in how they seem to be the perfect mama with no problems? Are you feeling frustrated and stuck? This workshop is for you!! We will look at how to change your thinking by changing your questions using the Mama Mindset Strategy. You'll leave with an understanding of two mindsets, one that keeps you stuck and one that helps you move forward and practical tools to employ the Mama Mindset Strategy in your everyday life. This workshop isn't just for young mamas - anyone can benefit from this mindset strategy! Our scripture verse is Romans 12:1-2, NLT.

HANDOUT

B220

The Curiosity Cure – A Spirit Led Conversation
JENNIFER EDWARDS
In this workshop, you will explore how to have a spirit led conversation in times of stress, uncertainty, anger, and doubt – because how you communicate matters. Curiosity is the single most powerful tool anyone can employ when in a tough conversation. Showing up curious allows for people to communicate and collaborate better by defusing frustration, confusion, or anger.

It's a tall order and takes courage, especially when you perceive the conversation to be tough. In this session, you will learn:

- To listen to your listening and understand how the brain processes information
- How we can bring wonder to a situation where we typically lead with judgment
- Use curiosity as a tool to create breakthroughs and new pathways
- Understand a simple framework that allows the brain to feel less anxiety, and more open to the perspectives, lived experiences, and values of others
- Actionable, tangible tools to implement immediately

WORKSHOPS: *SESSION B* 3:30 PM

C231

Sharing Your Message in a Digital Age: How To Write & Publish a Faith-Based Book that Creates Lasting Impact
MATT EMMOREY
As a Publishing Strategist with Self-Publishing School, Matt Emmorey has spent the last few years breaking down the process for future authors on how to write their own books and creating actionable steps to get it published. In this 45 minute training, Matt will cover the 3-Step System our students use to write and publish their own faith-based books in as little as 90 days, how to use your book to impact thousands of people, and an approach to find your book idea in under an hour - and turn your idea into a finished book in just 3 steps.

C235

Parenting Anxious Children
DR. STEPHANIE CAINE
Many kids are struggling with anxiety more than ever now. Whether you are a parent or you care for children in some capacity learn specific strategies you can do to help children of all ages in and through anxiety.

C232

WHERE IS GOD IN OUR SUFFERING? FINDING HOPE THAT LASTS
TANYA FLORES
In suffering, we often question who we are, why we are here, and what we believe. Grief and loss tempt us to feel invisible, hopeless, and lonely, wondering if God even cares. But there is hope in Scripture! This breakout offers a Biblical perspective to our seasons of pain and presents a battle plan for difficult times to come.

HANDOUT

B221

ANXIETY + FOLLOWING JESUS
WESLEY TOWNE
Join Wesley Towne, founder of Better Days, for a conversation around what the Bible says about anxiety and how to navigate anxiety as a follower of Jesus.

B121

THE IMPACT OF A MOTHER'S LOVE
ZORO
The most influential person in Zoro's life was his single mother, Maria, a woman who instilled within him character attributes that enabled him to become a devoted husband, father and mentor. Now a world-renowned drummer, author, and speaker, Zoro shares unforgettably touching stories and life lessons his mother taught him that enabled him to go from abject poverty to living out his dreams. This session will inspire, encourage and touch the heart of every mother, caretaker, and mentor, equipping them with practical tools to help those they love reach their potential and impact the world the way God intended.

DINNER MEETUPS 5:00 PM

Self-Publishing School | C231
MATT EMMOREY
For the woman looking to share her message in a digital world. Come and discuss how to write and publish a faith-based book that creates lasting impact.

Mom Life | C233
ALEE ZERING
For the woman who has been a mom for a while or is new to motherhood. This is a place to find wisdom, support, and to just be seen.

Moms of Special Needs | C232
LAURIE NEWTON
For the woman who serves her family continuously while navigating the complexities of children with special needs. Join us to find resources, expand your support system and know you are not alone.

Leadership | B220
CYNTHIA SMITH &
CORRY MENDOZA
For the woman who is in the marketplace or high leadership position at her work, school, home, or as a volunteer. This is the place to build your network and hear creative ways to incorporate work/life balance.

Faith & Culture | C235
STEPHANIE YTTRUP
For the woman with questions about God, the Christian faith and how culture impacts how we live out our faith. This is a safe space to ask questions, listen from others and process the challenges we face.

Friendship | B222
TONYA RIOS
For the woman looking to find her people and how to build authentic friendships to navigate life with. Join us for ways to be a good friend and to find healthy and transformational friendships.

Health & Fitness | B121
CHERISE HENRY
For the woman interested in best practices for living a healthy lifestyle. Come find resources, encouragement and ideas of how to live well in the areas of nutrition and fitness.

Students | B221
HANNAH FLOCH
For the young woman who is in middle school/ high school. This is the place to make friends, learn how to stay encouraged and discuss ways to discover her purpose in this season of life.

Young Adults | C230
MORGAN MAY
For the young adult woman who is working and seeking faith-filled friendships. Join us to find community to have fun, serve together and navigate some of life's biggest decisions made in this season of life.

Self-Publishing SCHOOL

Stop by our booth for a Free Copy of ***"Published."***

WORKSHOP SPEAKERS

GENESIS APOLOGETICS
DAN BIDDLE
Genesis Apologetics is a 501C3 ministry that provides free creation-evolution training materials for students. Students in today's public schools receive over 250 pages of evolution teaching before graduating high school. Our resources help students stand strong in the truth of God's Word, beginning on page 1.

SELF-PUBLISHING SCHOOL
MATT EMMOREY
Bestselling Author & Publishing Success Strategist at Self-Publishing School

For over a year, I lived in a van and drove across the country in search of breath-taking views, and life-long experiences. That experience, along with an almost endless amount of self-reflection, created a desire that many of you reading this also hold - the desire to share my message. I eventually launched my book, Where the Rubber Meets the Road, with the goal of inspiring people to give up the things that no longer serve them - whether being mindsets, people, or life circumstances.

ALEX SEELEY
Alex Seeley is a passionate communicator and teacher of the Word. Possessing a unique ability to reveal how the Word of God is applicable to our everyday lives, Alex shares openly about how the power of God has proven real in her own life. Known for her boldness and tenacity, you'll love the way Jesus shines through her.

DENA DAVIDSON, M.A.
Dena has a Bachelor's degree in Philosophy from the University of Nevada, Reno and a Master's degree in Christian Apologetics from Biola University. She is married to her favorite person, Cheyne and they have two amazing kiddos. Officially, she is Thrive College's Discipleship Director. Unofficially her office is a place of laughter, crying and the peculiar mess of making disciples.

DR. GIL STIEGLITZ
Dr. Gil Stieglitz is a prolific author, engaging speaker, change-directing catalyst, encouraging pastor, dynamic professor, insightful counselor, and relentless leadership coach. He now serves as Pastor to Staff at Bayside Church, a dynamic multi-site church on the north side of Sacramento, CA and as president of Principles to Live By, a parachurch organization committed to causing as many people as possible to live by God's amazing principles. He and his wife Dana enjoy a ridiculously delightful life in Northern California.

HANNAH FLOCH
Hannah Floch is a full-time mom to two little boys, full-time Pastor at Bayside and full time wife to her best friend Jake who is also on staff at Bayside. Hannah has her Seminary Masters degree in Pastoral Care and Counseling, has been in pastoral ministry for over ten years, and loves all things cold brew coffee, dance parties & preaching God's word.

IRMA SORBER
Wife, mom, Director of Women's & Family Ministries at Bayside Folsom, with a passion to teach the Word of God and encourage others to gain Him, know Him and Become like Him.

JACKIE ADAMS
Jackie Adams, PCC, CMC, CTC is a Professional Certified Coach, Speaker and Author, Jackie's passion is to encourage and empower women in creating their relationship with Jesus along with coaching them through transitions, their mindset, difficult relationships, pain and heartbreak. She works with women in the workforce, leaders, ministry leaders, and young mamas. Jackie is married to her high school sweetheart, and they have three beautiful daughters, 3 handsome son-in-laws, and 3 grandkids and one on the way. You can connect with Jackie at www.jackieannadams.com.

JEN SODESTROM
As a teacher, mother, pastor's wife, softball coach, leadership trainer, and kids pastor, Jen is never bored. Three kids, three different schools, four baseball teams, and a partridge in a pear tree. She loves where God has called her to be a disciple maker, especially with her children—though she has not experienced the parenting journey that anyone expects. Before children, she obtained her graduate and undergraduate degrees from Biola University. She taught high school for a number of years and

WORKSHOP SPEAKERS

later returned to Biola to teach future educators in their masters program. Her biggest passion is to teach....to teach about the person of Jesus, to explain what joy in Jesus looks like despite any and all circumstances, and to encourage parents and educators to approach parenting and teaching differently. Staying focused on what matters most is the only thing that matters.

JENNIFER EDWARDS
Jennifer Edwards is a business and leadership advisor working with Fortune 500 companies and boards, equipping them to perform and collaborate optimally when pressure and stress hit. Her clients include top leaders at global companies, including Microsoft and WeWork. She is a partner at Winning Streak Ventures, an early-stage venture capital fund which invests in disruptive technology companies.

MORGAN MAY
Hi, I'm Morgan! I met Jesus as a Freshman in High School and knowing Him has saved my soul & my life. I'm a Texas-native, California-transplant. I feel the immense privilege of getting to serve in the local church as a career. I currently work at Bayside Church in the Sacramento area. Before working at Bayside, I worked as a Women's Pastor in the North Austin area. My heart's burden is to see God's Church built up with empowered people who know God through a deep understanding of their Bible.

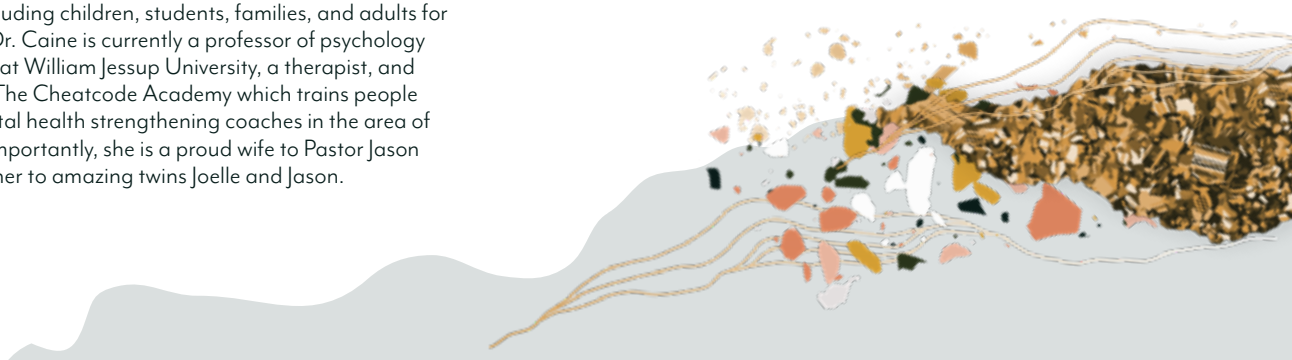
RACHELLE DITMORE
Rachelle is the Founder of CIty of Refuge, Sacramento.

DR. STEPHANIE CAINE
Dr. Stephanie Caine holds a doctorate degree in counseling. She has worked in education and counseling with a variety of populations including children, students, families, and adults for over 20 years. Dr. Caine is currently a professor of psychology and counseling at William Jessup University, a therapist, and the Director of The Cheatcode Academy which trains people to become mental health strengthening coaches in the area of trauma. Most importantly, she is a proud wife to Pastor Jason Caine and mother to amazing twins Joelle and Jason.

TANYA FLORES
Tanya is the Director of Reproductive Grief Care & Education at Sierra Pregnancy + Health, leading a team of advocates who provide care and support for those experiencing reproductive loss. Outside of her clinic work, she serves as a biblical counselor within her church's counseling program. From her extensive years of advocacy and personal healing, Tanya is passionate about sharing her expertise by co-founding the Reproductive Loss Network and serving as an international grief educator. In addition, she is pursuing certification through the Association of Certified Biblical Counselors (ACBC) and is a member of the American Association of Christian Counselors (AACC) in Crisis Pregnancy & Abortion Recovery.

WESLEY TOWNE
Wesley is a writer, speaker, and founder of Better Days. He is passionate about educating on all things mental health + suffering. You can find more content about mental health from Better Days at https://www.betterdaysfmly.co.

ZORO
Zoro is a world-renowned drummer who has toured and recorded with Lenny Kravitz, Michael Jackson, Frankie Valli and The Four Seasons, New Edition, Bobby Brown, and Earth, Wind & Fire and many more. As an award-winning author, dynamic storyteller, and Christian motivational speaker, he provides articulate, hard-won biblical wisdom that educates, motivates and inspires. A kinetic bundle of human energy and enthusiasm, Zoro captures audiences with his engagingly winsome spirit, practical wisdom, sense of humor, and unbridled passion.
www.zorothedrummer.com
www.zoroministries.org



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APRIL 22

featuring

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THRIVE WORSHIP

MISSY VAUGHN

FOOD TRUCKS

CHALKOS

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BAD BAKERS

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WOMAN'S GROUPS

MOM'S LIFE GROUPS

EVENTS

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EQUIPPING WOMEN TO BE ROOTED IN GOD'S WORD

@BAYSIDEFOLSOMWOMEN

A GATHERING PLACE WHERE WOMEN ARE INSPIRED AND CHALLENGED TO KNOW GOD AND MAKE HIM KNOWN. THROUGH GROUPS, EVENTS, AND CLASSES WE BUILD FRIENDSHIPS AND ENGAGE IN COMMUNITY TOGETHER.

TEXT "FOLSOM WOMEN" TO 56316

Bayside Women

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womens@baysideonline.com

text GATHER to 56316

Create Relationship with God in 2022

DATE

WHY IS YOUR RELATIONSHIP WITH GOD IMPORTANT TO YOU?

MY VALUES

MY NEEDS/WANTS

IN THE NEXT 30 DAYS I WANT TO BE_____
WITH MY RELATIONSHIP WITH GOD

MY COMMITMENT for 2022 TO SELF AND GOD IS:

I WILL:

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MAMA MINDSET STRATEGIES

And so, dear brothers and sisters,[a] I plead with you to give your bodies to God because of all he has done for you. Let them be a living and holy sacrifice—the kind he will find acceptable. This is truly the way to worship him.[b] 2 Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect.

Romans 12:2 NLT

THE SECRET SAUCE TO CHANGING YOUR MINDSET IS:

- Observing your thoughts, feelings, and body actions and
- changing the questions you ask yourself

Mindset Choice

WE GET TO CHOOSE OUR MINDSET

Our observer self tells us which path we are on:

The Judger Path or
The Learner Path

Most of the time we are shifting back and forth.

But choice begins when we are mindful of what path we want and need to be on.

THE TWO MINDSETS

Judger and Learner

Judger Mindset:

- **part of being human - God made us this way. We can never get rid of it but we can learn to manage it.**
- **It is reactionary - we react instead of respond and our body will let us know we are in a judger mindset.**
- **It is highly addictive the more we do it the more it can take over and we want to be right all of the time.**
- **There is a distinction in a judger mindset: are exercising judgment or being judgmental?**

Learner Mindset:

- **You get to choose thoughtful choices**
- **You are responding then from those choices**
- **You are observing what is going on inside of you**
- **You feel more relaxed, upbeat, curious, free to explore and more hopeful about your current challenge.**

THE KINDS OF QUESTIONS YOU ASK YOURSELF LITERALLY PUTS YOU IN EITHER JUDGER OR LEARNER MINDSET.

Question Thinking

WHEN YOU ARE FACING A CHALLENGE

- **Take 4 minutes**
- **Jot down as many questions as you can**
- **Don't talk yourself out of writing a question down**
- **Don't try to answer the question**
- **Pay attention to what is going on inside of you as you jot down the questions.**
- **Try to get to 20 questions**

Remember to tap into your observer self to notice your reactions.

WHEN YOU GET UP IN THE MORNING NOTE WHAT QUESTIONS YOU ARE ASKING YOURSELF AS YOU GET DRESSED, AND THEN THROUGHOUT YOUR DAY.

ASK WHICH QUESTIONS MIGHT BE DRIVING YOUR BEHAVIOR AND OBSERVE HOW YOUR BODY REACTED AND YOU RESPONDED.

Notice throughout the day when situations come up. Is your first thought a statement (an answer) or is it a question? If it is a statement try changing it to a learner question.

WARRIOR WIFE
Seeking First God's Kingdom in Your Marriage

Enlisting in War

Understand God's Design for Marriage

"We have to stop asking of marriage what God never designed it to give — perfect happiness, conflict-free living, and idolatrous obsession." - Gary Thomas.

God's intentions have been challenged with the fall, but his intentions did not change.

Be Willing to Fight _____ .

- What is your why?

Releasing Our _____ .

The act of releasing will allow God to restore or replace what was being unfulfilled.

Surveillance & Intelligence: Know the Real Enemy

"If a house is divided against itself, that house cannot stand." — Mark 3:25

In any war waged against the enemy of darkness, the battlefield begins in our minds.

Overcoming Strongholds:

1. _____
2. _____
3. _____

Preparing for Daily Battles & Gaining Back what has been stolen from you.

The LORD says, "I will give you back what you lost to the swarming locusts, the hopping locusts, the stripping locusts, and the cutting locusts. It was I who sent this great destroying army against you. – Joel 2:25

Play Good Defense: Learn to Let it Go & Foster Forgiveness

Forgiveness is surrendering the right to retaliate against someone who has hurt you.

Forgiveness:

1. _____
2. _____
3. _____

Three Offensive Attacks

Offense: _____

Offense: _____

Offense: _____

Where is God in Our Suffering? Finding Hope that Lasts

with Tanya Flores

When we suffer, we often question who we are, why we are here, and what we believe. Grief and loss tempt us to feel invisible, hopeless, and lonely, wondering if God even cares.

The Bible[i]

The words of the Bible are the very words of God our Creator speaking to us. They are completely truthful;[ii] *they are pure;*[iii] *they are powerful;*[iv] *and they are wise and righteous.*[v] *We should read these words with reverence and awe,*[vi] *and with joy and delight.*[vii] *Through these words God gives us eternal life,*[viii] *and daily nourishes our spiritual lives.*[ix]

> Hebrews 4:12 - *For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart.*
>
> 2 Timothy 3:16-17 - *All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness, that the man of God may be complete, equipped for every good work.*

Scripture says about itself:

- _____
- _____
- _____
- _____
- _____
- _____
- _____

My greatest prayer today:

But there is hope in Scripture! I hope to offer a Biblical perspective to our seasons of pain and present a battle plan for difficult times to come.

> Mark 12:24 - *Is this not the reason you are wrong, because you know neither the Scriptures nor the power of God?*

What is Suffering?

Oxford Languages defines it as the *state of undergoing pain, distress, or hardship.*

2 Corinthians 4:8-9 - *"We are afflicted in every way, but not crushed; perplexed, but not driven to despair; persecuted, but not forsaken; struck down, but not destroyed"*

We suffer:

- _____
- _____
- _____
- _____

- _____
- _____
- _____

1 Peter 2:24 - He personally carried our sins in his body on the cross so that we can be dead to sin and live for what is right. By his wounds you are healed.

Who am I? Why and I here?

Ephesians 4:14 - so that we may no longer be children, tossed to and fro by the waves and carried about by every wind of doctrine, by human cunning, by craftiness in deceitful schemes.

Listening to the world, we may live as a:

- _____
- _____
- _____

What do I believe?

If you look for truth, you may find comfort in the end; if you look for comfort you will not get either comfort or truth only soft soap and wishful thinking to begin, and in the end, despair.
- C. S. Lewis

What are the influences of my beliefs? _____

The Battleground

Disorganization happens.

Job 2:9-10 - Then his wife said to him, "Do you still hold fast your integrity? Curse God and die." 10 But he said to her, "You speak as one of the foolish women would speak. Shall we receive good from God, and shall we not receive evil?" In all this Job did not sin with his lips.

*Revelation 12:9 – And the great dragon was thrown down, that ancient serpent, who is called the **devil and Satan, the deceiver of the whole world**—he was thrown down to the earth, and his angels were thrown down with him.*

Satan tempts us by telling us we:

- _____
- _____
- _____
- _____

The Problem with sin.

Ecclesiastes 7:20 - Indeed, there is not a righteous man on earth who continually does good and who never sins.

Romans 3:23 - for all have sinned and fall short of the glory of God

God loves and calls us to Him, so he can comfort us in our affliction (grief, pain, and loss).

Acts 3:19 - Repent therefore, and turn back, that your sins may be blotted out,

Psalm 103:11-12 - For as high as the heavens are above the earth, so great is his steadfast love toward those who fear him; 12 as far as the east is from the west, so far does he remove our transgressions from us.

Where are my eyes directed? _____

Psalm 139:23 - Search me, O God, and know my heart! Try me and know my thoughts!

Hope in Scripture – The Biblical Perspective in Pain

The book of Ephesians.

Acceptance – The choice to heal:

- _____
- _____

Reorganization[x] - Making sense of the pain:

- _____
- _____
- _____

Battle Plan for Difficult Times[xi]

- _____

Galatians 6:2 - Bear one another's burdens, and so fulfill the law of Christ.

- _____

2 Corinthians 1:4 - who comforts us in all our affliction, so that we may be able to comfort those who are in any affliction, with the comfort with which we ourselves are comforted by God.

When you've passed through your own fiery trials and found God to be true to what he says, you have real help to offer. You have firsthand experience of both his sustaining grace and his purposeful design. He has kept you through pain; he has reshaped you more into his image. . . . What you are experiencing

from God, you can give away in increasing measure to others. You are learning both the tenderness and the clarity necessary to help sanctify another person's deepest distress. – David Powlison

- _____

  2 Corinthians 4:17-18 - For this light momentary affliction is preparing for us an eternal weight of glory beyond all comparison, 18 as we look not to the things that are seen but to the things that are unseen. For the things that are seen are transient, but the things that are unseen are eternal.

- _____

  1 Timothy 4:7 - Have nothing to do with irreverent, silly myths. Rather train yourself for godliness;

The Greatest Gift

2 Corinthians 1:3-5 - Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, 4 who ***comforts us in all our affliction****, so that* ***we may be able to comfort those who are in any affliction****,* ***with the comfort with which we ourselves are comforted by God****. 5 For as we* ***share abundantly in Christ's sufferings****, so through Christ we* ***share abundantly in comfort too****.*

Titus 1:2 - in ***hope of eternal life****, which* ***God, who never lies****,* ***promised before the ages began***

Please remember…

We are never without God, who created us with a true identity and purpose, who cares for us deeply and is compassionate with mercy and quick to forgive. He is the God of all comfort.

If you are suffering today, please reach out for support and community.

If you see a clearer vision amid your grief, pray for God to guide you in helping others.

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tanya@sierraph.org

[i] *ESV Illuminated Scripture Journal.* Good News Publishers, 2001.
[ii] Ps. 119-160; Prov. 30:5; Titus 1:2; Heb. 6:18
[iii] Ps. 12:6
[iv] Jer. 23:29; Heb. 4:12; 1 Pet. 1:23
[v] Ps. 19:7-11
[vi] Deut. 28:58, Ps. 119:74, Isa. 66:2
[vii] Ps. 19:7-11, 119:14, 97, 103; Jer. 15:16
[viii] John 6:68; 1 Pet. 1:23
[ix] Deut. 32:46; Matt. 4:4
[x] [x] http://bradhambrick.com/a-god-who-is-powerful-in-the-midst-of-suffering-psalm-9/
[xi] https://www.desiringgod.org/articles/five-truths-about-christian-suffering

SIERRA
PREGNANCY + HEALTH

Reproductive Grief Care Suggested Resources

Shared sorrow is endurable sorrow. We were never meant to suffer alone.
Bob Kellemen

Overall Grief and Suffering, Faith-based Books

- Gentle and Lowly by Dane Ortlund
- Trusting God, Even When Life Hurts by Jerry Bridges
- In His Image: 10 Ways God Calls us to Reflect His Character by Jen Wilkin
- Saints, Sufferers & Sinners by Michael R. Emlet
- True Feelings, God's Gracious and Glorious Purpose for our Emotions by Mahaney & Nicole Whitacre
- A Grace Disguised by Jerry Sittser
- God's Healing for Life's Losses by Robert W. Kellemen, Ph.D.
- Out of the Blues by Wayne Mack
- Overcoming Depression by Paul Tautges
- Shame Interrupted by Edward T. Welch
- Suffering by Paul David Tripp
- What Grieving People Wish You Knew about What Really Helps by Nancy Guthrie
- A Sacred Sorrow by Michael Card
- A Grief Observed by C.S. Lewis
- Forgiveness: I Just Can't Forgive Myself by Robert D. Jones
- Comfort for Loss: Finding Hope in Jesus by Rose Publishing

Miscarriage and Stillbirth Loss, Faith-based Books

- Grace Like Scarlett by Adriel Booker
- Aching for a Child by Deb Guelle
- Miscarriage by Stephanie Green
- Help! My Baby Died by Reggie Weems

Infertility, Faith-based Books

- Longing for Motherhood by Chelsea Patterson Sobolik
- Aching for a Child by Deb Guelle
- Infertility: Comfort for Your Empty Arms and Heavy Heart by Amy Baker

After Abortion Care, Faith-based Books

- Forgiven & Set Free by Linda Cochrane (Women)
- Healing After Abortion: God's Mercy for You by David Powlison
- Her Choice to Heal by Sydna Massé
- Where Do Broken Hearts Go? Healing and Hope After Abortion by Jane Abbate
- Healing the Father by Chris Rainey (Men)

After Abortion Care, Secular

- Support After Abortion: Keys to Hope and Healing (Men and Women)
- Changed by Michaelene Fredenburg (Men and Women)

Websites

- Abortion, Faith-based: HealingHearts.org, h3helpline.org, SaveOne.org, SurrenderingTheSecret.com, AbortionTestimonials.com, SupportAfterAbortion.com
- Abortion, Secular: AbortionChangesYou.com
- Miscarriage and Infant Loss, Faith-based: themorning.com
- Miscarriage, Secular: MiscarriageHurts.com
- Miscarriage Resources, Faith-based: adrielbooker.com/miscarriage-stories-resources/
- Infertility/Childlessness, Faith-based: saltwaterandhoney.org/blog/what-we-wish-we-knew
- Infertility/Childlessness, Faith-based: thelmanienhuis.com/blog
- Association of Christian Biblical Counselors - biblicalcounseling.com
- Christian Counseling & Education Foundation – ccef.org

National Directories to find Local Referrals for Support—Men & Women, Secular and Faith-Based

- care-net.org
- heartbeatinternational.org
- SupportafterAbortion.com
- AbortionChangesYou.com
- Miscarriagehurts.com

Caring for a friend after miscarriage and loss, Faith-Based

- adrielbooker.com/care-for-a-friend-after-miscarriage-or-stillbirth
- adrielbooker.com/what-not-to-say-friend-after-miscarriage-pregnancy-baby-loss/

Scriptural Teaching on Children in Heaven

- Safe in the Arms of God by John MacArthur

Recommended Devotionals, Faith-based

- A Small Book for the Hurting Heart by Paul Tautges
- Quiet Assurance by Thelma Nienhuis
- Grief: Walking with Jesus by Bob Kellemen
- Grieving the Child I Never Knew by Kathe Wunnenberg
- New Morning Mercies by Paul David Tripp
- My Utmost for His Highest by Oswald Chambers
- Healing After Loss by Martha Whitemore Hickman

Application of Biblical Counseling and Support

- Daily reading and study of the Bible (more than a devotion).
- Ask your pastor or ministry leaders for counseling referrals.
- Build community and support through a small group.
- Attend church services and worship while pursuing God's truth.
- Consider attending a specific Bible study or support group for your purpose of grieving such as after-abortion care, miscarriage support, infertility, marital support, abuse recovery, Freedom Groups, Soul Care, Divorce Care, or others.

Reading the Bible with Depth
… so God Will Talk Back

-Dr. Gil Stieglitz-

- When I first became a Christian the man who led me to Christ taught me how to read the Bible in a way where I would sense God speaking to me out of the Scripture every night. It has now been that way every day for 50 years

- He started me on the book of Philippians. Read a _____ 3 times (2-5 verses) and see which section stood out to me. It was like it was lifting off the page. Pay attention to that section. Ask questions - what does it mean? What is God trying to say to me? How is He guiding me, warning me, loving me?

Biblical Meditation

_____ the Scripture through your _____ and body
-by externalizing: write, repeat, speak, pray, sing, draw, confess etc.

Technique #1

_____ Repetition

- Cow _____ its cud

- He also taught me to slowly speak Scripture as I went to bed until I fell asleep. I only knew one Scripture that I could quote from memory. Psalm 1. I said it slowly to see if God had anything to say about that verse to me. My life really began to change just as He said it would in Psalm 1 – success in all kinds of areas

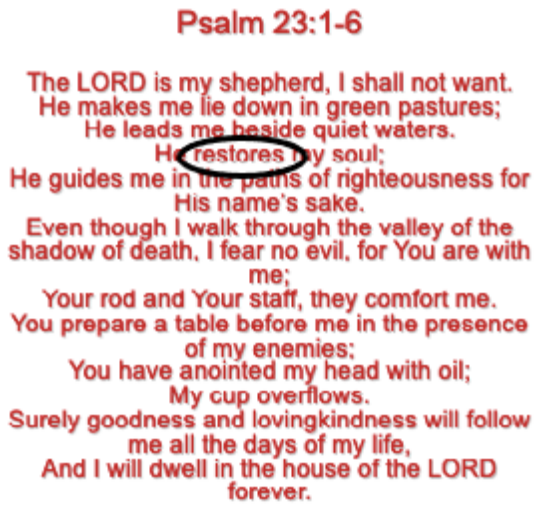
- _____ read, speak, write, or ponder a passage of Scripture.

- _____ different words or phrases.

- _____ it over and over.

- Let God direct your thoughts.

Technique #2
Bible _____



_____
Read; Diagram; Key Words; Questions: Transitions; Translations

_____
Define; Cross references; Background; Commentaries; Personal Translation

_____
Know; Feel; Do

Technique #6
_____: _____ Rehearsal

- My youth pastor would tell me He had an assignment for me. "I hear you are going on a date with Cindy." "Yes, I am really excited about it." I want you to memorize 1 Thess 4:1-8 and mediate on it as the basis for the date. Give me ten pages of meditation on this verse and how it applies to your date with Cindy before the date. "We will mentally rehearse your date before you go on it."

- _____ a better future is the key to change.

- We must be able to _____ a better marriage, a better job, a better house - or it won't happen.

- The Bible tells us what to _____ …

- I can remember being in a significant disagreement with a person and God making me visualize living out Pro 17:14 The beginning of strife is like the letting out of water so abandon the quarrel before it breaks out.

- I can remember when he told me, "I don't think you love your mother enough." "Of course, I love my mother I protested!!!"

- He assigned me to meditate on 1 Cor 13 and rent my body to Jesus to love my mother for 6 months. Do what Jesus prompted me to do.

1. Picture _____ in the Biblical Scene - 5 senses & Asking, Interacting, Reacting

2. See yourself _____ the Biblical Truth - Actions, Reactions, Words, Thoughts, Attitudes, Motives

- You must be able to see yourself _____ in Biblical ways.
    - I can remember mentally rehearsing myself being quick to hear, slow to speak, and slow to anger (James 1:22) in every meeting and task during the day.
    - I can remember lying on the floor and playing dead to temptation and listening for God's orders instead (Rom 6:11)

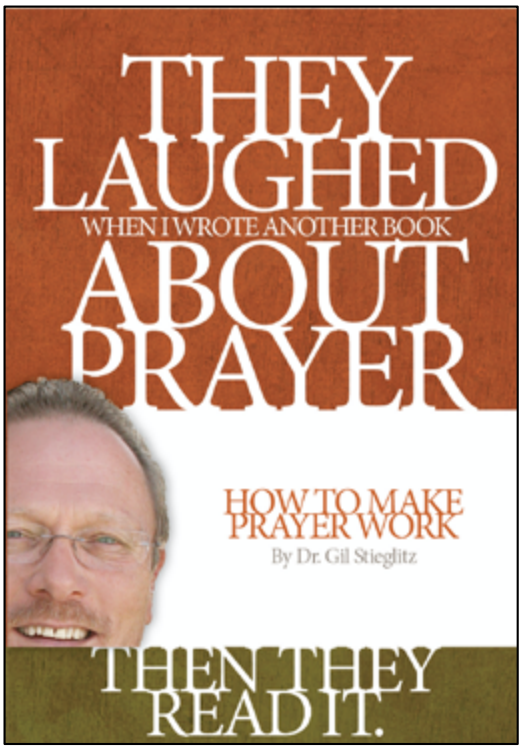
- Mentally _____ enough until it becomes you.

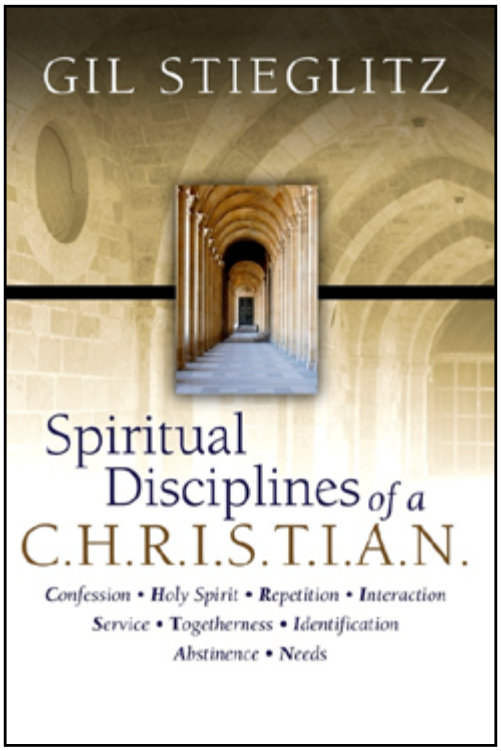
- Mental _____ is a part of every serious sport and business. It has been a part of Christianity for 2,000 years.

Action Steps:

I will read my Bible _____ every day if God reminds me

Books on Reading the Bible with Depth





Pick up Dr. Gil's books on Amazon or Kindle:

Check out Dr. Gil's video courses on Udemy.com:

Messy Grace Between Ministry & Momlife

By Hannah Floch,
MA Pastoral Care & Counseling

The Process of Pursing Christ & Calling

1.Claim Specific _____ (Gen 12)

Reflection Question: What do you feel called to?

2. Define Specific _____ (Gen 12:7)

Reflection Question: What dreams do you have?

. Step in _____ and _____ the Process (Gen 12:8-9)

Reflection Question: What action is God invited you to trust him with?

3. Name Specific _____ (Gen 12:10-12, Matt. 7:7-12)

Reflection Question: What mountain or needs exist in the way?

5. Doubts can diminish God's _____ (Gen 12:13, James 1:6)

Reflection Question: Where are you tempted to doubt God's provision for a miracle? How are you trying to fix?

5. Show up when you don't _____ (Gal 6:9, Ex. 17:12-14)

Reflection Question: What is your response when you feel like giving up?

6. Your _____ Matters (Ex. 17:12-14)

Reflection Question: Who is around you that cares for you?

7. Dusty Corners (Acts 2:42-47)
Reflection Question: What would you rather hide when your struggling?
We encounter Christ when we allow others into _____ of our lives & receive _____

8. Create _____ to remember the one who _____ (Jn. 15:5)
Reflection Question: What can you start doing to regularly see & hear God's truths?

My Callings

My Dreams

Needs/Prayers

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