

Refresh Women's Retreat Spring 2018

8:30-9 Check-in and we'll have a coffee/tea bar set up along with some light breakfast options

9-10:30 Personal application of the fruit of the Spirit with Erin Dittmer (see details below)

10:30-10:45 Break

10:45-12 Bible Journaling with Kelsey Jackson (see details below)

12-12:45 Lunch

12:45-1:35 Break-out session (choices will be available during morning check-in)

1:35-1:50 Break

1:50-2:40 Break-out session (choices will be available during morning check-in)

2:40-3 Break (dessert!)

3-4:30 Prayer with Sandy Geis (see details below)

4:30-5 Closing Worship

5 Dinner (for those who register to stay)

Fruit of the Spirit with Erin Dittmer

We'll spend some time working through a personal application of the fruit of the Spirit to reveal where you can focus your heart and prayer life. By understanding how the Spirit feels deep within our breath and body, we come more fully into the living freedom of Christ. (based on Galatians 5 and Romans 12:2)

Bible Journaling with Kelsey Jackson

A few things you need to know:

- 1) No artistic skills are required whatsoever! This is about learning to meditate on His word in a fun and creative way and not about how your final product compares to others.
- 2) You don't have to have a journaling Bible! Some people don't own one and some people aren't comfortable with writing in their Bibles. We get that! We provide booklets and paper for journaling outside of your Bible and for verse inspiration.

Prayer with Sandi Geis

Active prayer warriors and rookies alike can struggle with challenges in their prayer lives. It seems the devil has an armory of tools that he uses as "prayer stoppers," that divert our attention away from Jesus and turn our focus on the obstacles we face in life. In this module, we will discover that even though it seems the devil's tools are effective, they are no match for Jesus' power tools that demolish all barriers that keep us from approaching Him freely in prayer. We will also collect some of the practical tools Jesus provides that will help build up our prayer lives, strengthen our faith and equip us for service in the Kingdom of God.