



2024 SMALL GROUP  
SESSION INFORMATION

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## *Lisa Beavers*

### **Building Oneness in Marriage in a Culture of Man Caves and She Sheds**

What does it look like to intentionally value our marriage relationship above and before our other earthly relationships? Join Lisa for an insightful session on how to cultivate unity and connection within your marriage in Christ amidst the backdrop of the modern cultural phenomenon of "man caves" and "she sheds."



## *Carrie Carter*

### **Overcoming Identity Crisis**

Have you ever experienced a crisis in your life that left you so numb, in a condition of instability or danger that impacted you socially and emotionally? It's time to walk in your own authentic self, unapologetically!



## *Jenn Hamilton*

### **Rooted in Him**

Who am I? How am I supposed to live? Those are heavy questions! We answer them by first knowing WHO God IS. This first begins with a true pursuit to understand His character and nature. Our identity begins with knowing Him. In knowing God, the Holy Spirit will lead our hearts and minds to our true identity, one firmly rooted in HIM. This belief in our God given identity will inform the way we live and act and empower us "to put on the new self, created to be like God in true righteousness and holiness." (Ephesians 4:24) In this session you will learn four simple questions to use as tools for reading the alive and active Word of God. These questions can be used in your personal study and also in conjunction with a small accountability group to cultivate gospel truth in each other's lives.



## *Rachel Lewis*

### **Self-Esteem, Social Media, and Identity in Christ**

A discussion on how our self-esteem can be wrapped up in our social media intake which disrupts our identity and connection to the Lord.

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## *Tressa Mitchener*

### The Power of a Thought

In this session, we will discuss renewing the mind: scripture based on Proverbs 23:7 & Romans 12:1-3



## *Kelly Peterman*

### Faith, Feelings, and Food

Food can seemingly fix every mood, but most of us don't experience the relief we are seeking after we finish a handful of cookies. We are usually just left with crumbs and guilt. If we don't learn how to deal with our feelings, we will end up eating them. Join me as we learn to recognize emotions, identify cravings, and meet our real needs.



## *Susan Price*

### Abandonment and Self Worth

Susan is a wife, mom to three and Sisi to one. She is the Co-Executive Director at Her Haven of Light in Clayton, NC which is a Resource Center that provides women and their children a safe place to land in many unforeseen circumstances.

At the age of 2, her father walked out of her life. She would spend the next 30 years spiraling out of control and seeking love and self worth in all the wrong places. Little did she know, she would have a breakthrough driving down the road on the way to work one morning. It was then she realized where her depression stemmed from.

The seed of abandonment had taken full control over her life. She based her self worth off of those who left her. When she worked through her pain, she realized her self worth was found in God alone, nothing or no one else. She is passionate about helping other women get to the root of their behavior patterns that stem from their abandonment and sharing about the shift that can take place when you stop seeking self worth in all of the wrong places.

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## *Pam Smith*

### The Personality Test

Exploring what energizes and depletes our energy can be incredibly insightful, especially when considering how it aligns with our personalities and values. Bringing in the perspective of how our individual traits and experiences intersect with spirituality and how God has shaped us adds another layer of depth to the discussion.



## *Sarah Valentine*

### Beauty from Ashes

Authentic conversation about loss and suffering. Jesus invites us to experience the beauty of His presence in the unimaginable and depravity of the world.



## *Katie Wall*

### Grief: Finding the Path to Healing

Grief is often described as a lonely tunnel to which there is no light. Whether grieving the loss of a spouse, child, parent, loved one, career, marriage, home, or any other shift in life, the distress can often leave us wanting to find meaning from the loss. In this intimate and candid session, Katie will share her own personal story of both extreme loss, and finding meaning from that loss. We will walk through each stage of grief, and the correlating steps towards healing. No matter the stage you find yourself grieving, every participant will walk away with resources and actionable support for their own personal path forward to finding meaning and truth.