



# Whatever Is True Breakout Sessions

## **The TRUTH Will Set You Free (For Students and Young Women)\***

Led by: Abie Klein + Melanie Kroll

Offered during breakout #1

Navigate the difficult expectations and supposed truths thrown at you by today's society. Together, we will discover the secret of finding true peace, freedom, and contentment in Christ amidst the chaotic swirl of lies and unrealistic standards we face daily.

*\*Young women who register for this session are eligible for a Starbucks gift card if they invite a friend who attends the conference! Friends receive a gift card too!*

## **Embracing Our TRUE Identity in the Second Half of Life**

Panel members: Robin Whelan (moderator), Jeanene Feder, Cheryl Ellis, Diane Beauchamp

Offered during breakout #2

Hear from women in various stages of the second half of life, sharing how they have followed Christ through changing seasons: empty nest, caring for aging parents, experiencing loss, retirement, etc. You'll leave encouraged to resist tying your earthly roles to your true identity as a child of God.

## **Equipped for TRUTH: A Practical Method for Studying God's Word**

Led by: Shelley Mathison + Sarah Duwe

Offered during breakout #1 and #2

Learn a step-by-step Bible study process to understand God's Word and uncover His truth in Scripture. After hearing about the process, you'll get to practice part of the method using today's Bible passage and leave prepared to apply it to study any part of Scripture.

## **TRUE Purpose: What Are my Spiritual Gifts?**

Led by: Margo Bentzler + Erica Broskowski

Offered during breakout #1 and #2

What are spiritual gifts and what purpose do they serve? After a brief overview, you will complete a spiritual gifts inventory to identify your gifts. The session ends with group discussion about how understanding your gifts could help you to serve in a way that fits God's design for you!

## **Determining What is TRUE In the Midst of My Emotions**

Led by: Laura Cherone + Debbie Wicker, Oakwood Mental Health Team members

Offered during breakout #1 and #2

Gain discernment for sorting out true vs. false messages. You will come away better equipped to use emotions as indicators and not truth-tellers, engaging your mind to determine truth. Apply principles you learned during a reflective journaling time, included in the session.

## **Expressing TRUTH through Creativity \***

Led by: Lynne Marris

Offered during breakout #1 and #2

Engage truth through art! Use the medium of watercolor to create a beautiful piece of artwork that will help you to "think on" our theme verse from the conference.

*\*limited space*



**"Finally, brothers and sisters,  
whatever is true, whatever is  
noble, whatever is right, whatever  
is pure, whatever is lovely,  
whatever is admirable—if anything  
is excellent or praiseworthy—think  
about such things."**

**-Philippians 4:8**