

2026 "Beholding God's Glory" WOMEN'S SUMMIT

WORKSHOPS' DESCRIPTIONS

Remember, we ask that you review We ask that you read each workshop title and description and select ONLY 2 workshops based upon your spiritual needs and what you need to help you LEAP into God's purpose for you!

Workshop Title: *"The Voice"*



Description: In a world filled with many voices (from girlfriends, coworkers, family members, and even church members, etc.), it is vital that we learn to discern the voice of God above all others. In this workshop, you will discover how to wait on God in order to sharpen and fine-tune your spiritual ear—so you can recognize His voice, understand His direction, and walk confidently in His will.

Workshop Title: *"When You Reach Your Last Straw"*



Description: Tyler Perry's powerful movie *Straw* tells the story of a single mother whose ordinary day spirals into a crisis under the weight of financial pressure, caregiving, work stress, loneliness, and unspoken pain that led to the crushing weight of trying to "hold it all together." This workshop is for all women who feel stretched thin and have ever whispered, *"I can't do this anymore."* Together, we'll move from *"I'm fine"* to *"I'm not alone,"* and from *"I'm at my last straw"* to *"God is my strength."*

Workshop Title: *"Inside Out: When Emotions Meet Faith"*



Description: Inspired by the film Pixar's *Inside Out* as a starting point, this workshop explores how our feelings, memories, and inner experiences affect our spiritual lives. Just as joy, sadness, anger, fear, and disgust each play an important role in the movie, our inner feelings can reveal places in our hearts that need God's attention, healing, and grace. Attendees will learn how to invite God into her heart with faith and openness, allowing Him to bring healing from the inside out. She will be encouraged to boldly embrace and recognize that God has *"more"* for her—not later, but now.

Workshop Title: *Pouring From an Empty Place*



Description: You are the dependable one—the "go-to" person, the listener, encourager, problem-solver, caregiver, and the person others turn to in difficult moments. You pour into everyone around you, often without hesitation because you they or you think you are "always the strong person." But what happens when you are tired, overwhelmed, hurting, or constantly giving without being replenished? Many quietly ask, *"God, why am I always pouring out, but no one seems to fill me back up?"* This workshop creates a safe, faith-centered space and will explore the frustration of giving without receiving, identify ways to restore your emotional and spiritual well-being, and leave replenished to pursue God's purpose for your life.