



## **Remain (Jn 15:5)**

**Subtitle:** Draw Me Nearer

**Dates:** 1/27, 2/10, 2/24, 3/9, 3/23, 4/6, 4/20, 5/4

**Time:** 9-11am EST, 8-10am CST, 7-9am MST, 6-8am PST

**This Women Encouraging Women cohort will have the following main objectives:**

1. Learn and incorporate into daily living the disciplines of listening in silence to the voice of God (Ps 46:10) through mindful awareness of God's presence (Lam 3:22-23), breathing (Gn 2:6), Scripture meditation (Ps 1:2), and contemplative prayer.
2. Renew our minds to think and believe Biblically in accordance with the word of God (Ro12:2).
3. Strengthen one's personal faith in our daily walk with Jesus, the source of all we need (Jn 15:5) and experience his presence within us (Jn17:24-26).

In this driven socio-cultural environment, we live in today, it is a challenge to abide in Christ. Even as believers, our thoughts can be misguided by our enemy the devil (Jn 8:44), our own ways of thinking, trials we face, our emotions, and the information we encounter. Our thoughts determine our level of peace and joy as well as our health (Ro 8:6). Through consistent practice of the daily disciplines noted above and learning to recognize our unhealthy mindsets and reorienting to Biblical ones, we will experience the presence of the Holy Spirit increasing in our daily living and have the capacity to rest in Jesus in the midst of a stressful world.

P. Abraham and Dr Liz Lincoln will lead this track. It is our sincere prayer that at whatever stage of your journey of faith you are in, your time in this course will deepen and invigorate that further.

### **Format:**

Two hours interactive group learning sessions with small breakouts to foster fellowship with required guided scripture contemplation in between sessions of one hour weekly.

### **Requirements:**

- Be present and fully engaged (cameras on, in a private space with no distractions) in all 8 sessions. Since this is run in a group format, every individual's presence is important to the whole.
- Be able to make time for the required guided weekly scripture contemplation in between sessions (at least 1one hour weekly).
- Have a firm foundation of faith in Jesus Christ.
- Be a committed and active disciple for at least 5 years+
- Space is limited to 20 participants.