

"Remain" Cohort II (John 15:5)

The Program Starts in Mid-September!

Subtitle: Draw Me Nearer

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 (John 15:5) and experience his presence within us (Jn17:24-26).
4. Be encouraged by other like-minded women

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 (John 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. In this way, we can overcome the world and delight in Jesus' presence (Jn 16:33) within us. Dr. Abraham Lincoln will bring his expertise in Biblical exposition and exegesis, and Dr. Liz Lincoln will bring her experience as a women's health physician, as well as her role as a coach and stress management trainer of Harvard Medical School faculty to guide this course. 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.

***CONTACT FOR MORE INFORMATION OR TO JOIN: wewcohort@gmail.com**

Format:

8 two-hour interactive group learning sessions with small breakouts to foster fellowship with required guided scripture contemplation in between sessions of one hour weekly. Sessions will be held on Saturday morning, 9am-11am EST (USA) and run every other week starting in mid-September.

Dates: 9/14/24, 9/28, 10/12, 10/26, 11/9, 11/23, 12/7, 12/21

Requirements:

- Be present and fully engaged (cameras on, in a private space) in all 8 sessions. Since this is run in a group format, every individual's presence is important to the whole. All absences must be excused and be for a compelling reason

- 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 12 participants.