

Series Title: 'Refreshed by Streams of Water'

Subtitle: 'Refuel I: Helping us be refuelled and refreshed (target 20s-40s)

1. Plenary Sessions: Living Between the Trees and the Tree planted by the river

Blurb: During our 20s to 40s the realities of following Jesus begin to hit home. We all have a deep need to be refuelled and refreshed. Jeremiah 17:7-8 speaks of the blessing of those who put their trust and confidence in the LORD, and it is illustrated by a tree that is planted by the water and fed by roots reaching out into the stream. Join us as we seek to think together about a vision for healthy discipleship: living lives that are rooted in Jesus and that flourish rather than flounder.

2. Seminar Sessions: Two one-hour seminar slots with a selection of three seminars to choose from in each.

Seminar Slot 1: Morning

A1: Soul Care...

Blurb: This session will explore a range of spiritual practices that help us to slow down, pause, and open ourselves up to God's spirit. Ultimately, these historic practices will offer an antidote to the burnout all-too-common in the contemporary COVID era.

A2: God's View on Work...

Blurb: This session will take us through a survey of what the Bible says about work. Is work supposed to be a part of our purpose here on the planet? Or is it simply an effect of the curse? Are there ways to work "Christianly?" Along with asking these questions, we'll take some time to reflect on our own 9 to 5s.

A3: Building Discipleship Networks...

Blurb: During university years, it's often easy to find community. After university, though, it can be difficult to "find your people." In this seminar, we'll take a deep dive into why community matters, strategies for finding and building intentional networks of faith, and how we can move past what some writers have called "an epidemic of loneliness" and towards authentic, healthy relationships.

Seminar Slot 2: Afternoon

B1: Hearing God's Voice...

Blurb: How do you know that you're following the Holy Spirit and not just the little voice inside your own head? In this seminar, we'll discuss practical ways to discern the will of God both generally and specifically, to our own decisions and lives.

B2: Creativity and Faith...

Blurb: In this seminar, we'll attempt to find God beyond only logic by talking about the idea of alternate spiritual pathways and the Bible's valuing of both art and beauty. Along with our discussion of God's redemptive work through creativity, we'll have a chance to create together.

B3: Finding God's Story in our Stories...

Blurb: It's been said that in the Bible there are more commands to remember than to obey. In this seminar, we'll look at what and why God asks us to remember. We'll also spend some time creating timelines of our own lives and marking places where we've seen God's intervention.