



Session Summaries

Quick to Listen, Slow to Speak

Do we listen—really listen—to others? And how do we know that others hear—really hear—us? In this session, we'll spend time looking at ways to be a more effective listener. The goal is to be able to enrich both speaker and listener, and lead to greater empathy and understanding.

Bible Study: Habakkuk

How do we approach God when we want to unload our complaints? Habakkuk, a prophet from around the year 600BC, provides a fascinating case study on how to vent to God about all the wrongs and injustices we see and experience—especially when it seems that God isn't taking action.

Trained for War & Peace

"Praise be to the Lord my Rock, who trains my hands for war, my fingers for battle." Psalm 144:1

As warriors we exist and function in a state of readiness. We prepare for battle! We're trained and equipped for what's down range. Yet, what about after that? Are we ready for what lies beyond the LZ? Are we trained for the cease fire and equipped for peace! Preparedness only goes so far, and many find the welcomed transition home, and the anticipation for family, uneasy and overwhelming. The wars on foreign soil may end for the warrior but the battlefield for the heart, mind, and soul of the returning warrior is still in conflict with a home front consumed by the fog of war. However, the LORD our Rock has also equipped not only our hands and fingers but our whole person for Peace.

We Have The Help We Need!

"But the Helper, the Holy Spirit, whom the Father will send in my name, he will teach you all things and bring to your remembrance all that I have said to you. Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Do not let your hearts be troubled and do not be afraid." John 14:26-27

He has many names: Helper, Counselor, advocate, comforter, and guide. The Apostles in Acts, refer to Him as "God." We know Him as all of these. Yet, for the returning warrior, perhaps, the Holy Spirit is also known as comrade, shipmate, crewmen, and Battle Buddy. He doesn't just have our "six." He fights before us, guards behind us, he marches next to us, and fights on behalf of us. He fights the conflict in order to bestow His comfort.

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Body Versus Mind

It almost feels like our body and mind have two separate brains. Logically, we know we are safe in a scenario, but our body says, "No!". It is as if is living in the moment it was scared, worried, sad, angry, or just stuck. It may feel like we are crazy, but we are not. In this session, we will look at the effects trauma has on our mind and body.

Reframing Our Mindset

We have what are called "stuck points" like, "I can't do anything right" or "I can't trust people". Usually, we do not notice them right away because it happens on a subconscious level and so we do not have to work hard on the thoughts to get stuck. We try to bring those thoughts more towards the conscious part to reframe them into how we want to respond. The result is that we are not living in anger or feeling stuck all the time and able to find hope and peace in our lives.

Intimate Partner Violence

Do you know how to help a friend experiencing abuse? Statistics show that 1 in 4 will experience domestic abuse or Intimate Partner Violence in their lifetime. What are the various types of abuse? How do you the spot red flags? What things should you say or not say? Where can you find resources or additional help? In this presentation, we will talk briefly about the various forms of domestic abuse, and how you can help your friends and family who are in abusive situations.

Finding Our Purpose

"For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do." Ephesians 2:10

Deployments mean reassignment of family roles and confusion of purpose. Retirement can leave a void for both spouses as they search for a new purpose in their lives. God provides that purpose as he is always preparing us for the work he has in mind for us to do. In this session, we will look at the challenges we face as military families and how Jesus quietly mentors us to trust in him as he leads us to serve each other.