

STRENGTHENING THE CORDS OF RELATIONSHIP

A Sample of Workshop Titles and Descriptions

Any of these workshops may be combined to create a one day, one-half day, or weekend retreat.

The Essential Relationship Cord

For the Christian woman the ultimate relationship cord is to love the Lord with all her heart, soul, mind and strength. Using an interactive format, Brenda and Judy explore what it means to be called by God, and why following Him is to be the essential relationship in a woman's life.

God's Divine Cord for All Relationships

Did you know that our relationship with God, Jesus Christ, and the Holy Spirit was intended to enhance every relational role we're in: wife, mother, sister, friend, adult child, employee, spiritual leader? In this session we explore the 90-Degree Dynamic of your relationships.

Unraveling the Cords of Conflict

Conflict resolution can either wither or flourish depending on how we communicate our thoughts, feelings, ideas, concerns—even just general information. Good communication began with the original Great Communicator. His name is the Word of God and His language is *love*. In this session Brenda and Judy discuss the positive side of conflict in a relationship.

Forgiveness-Mending a Cord that is Frayed

No relationship goes unhindered by offense, whether in the form of disappointment, disillusionment, or deliberate sin. This session will take women to those places in their relationships that require a touch of the Master's hand—and a measure of His grace and mercy.

When Cords are Separated but Not Detached

Today's military environment can present new challenges to a marriage. In this session we discuss strategies to help keep a relationship tethered in times of sporadic schedules, while guarding against your end of the cord becoming frayed.

The Marriage Cord

What is it that helps a marriage get through today's grueling demands—to not just survive, but thrive? This workshop unfolds for wives practical, biblical-based guidelines that will enhance and strengthen the marriage bond.

The Cord of Intimacy

Do you know that sexual intimacy with your husband **delights** God? Many Christian marriages, however, are negatively affected by the world's distortion of the sexual relationship. When we understand and embrace God's truths about sex, not only will our sexual response be refreshed and revitalized in our marriages, but God will breathe new life into other areas of our marital relationship as well. Based on the foundational scriptures of Genesis 2:24 and 1 Corinthians 7:3-5. This presentation will illustrate how to delight yourself in the Lord *and* in your husband!

Parenting—A Unified Cord

God's goal for moms is not to change children so they'll do what we want; His goal is to change *us*, so we'll do what He wants us to do as moms, and to draw dad into the process. How do we raise our children to be **responsive** to us as we lead, counsel, and discipline? How do we raise them to be responsive to God by the time they leave our nest? This session will give seven insights gleaned from the Bible study, **Raising Responsive Children: A Bible Study for Moms**.

The Cords of Time

How does God weave the cords of relationships through the seasons of a woman's life? How can we be prepared for the seasons to come and keep relationships strong in the process? In an interactive format, this session is designed to develop a strategy that will help you keep relationships in alignment with God's plan for each season.

A Cord of Three Strands-Biblical Friendships

A good friendship is something to be cherished, nurtured and strengthened. God himself places the longing for a good friend in a woman's heart and he has much to say about how to develop good and lasting friendships. In this session we discuss God's design for better, deeper and more faith-filled friendships.

The Cord that Won't Undo

Spiritual resiliency is something that will provide stability during change or crisis. Life brings steady change and the challenges this brings create the need for islands of stability. In this session participants are challenged to access the strength of their spiritual cords in order to face life and relationships with a faith that remains strong even in turbulent times.