

Women's Learning Day 2024 – Seminar Descriptions

Loss and Grief (*Lorraine Hiller*)

Paul says we 'will not grieve like the rest, who have no hope' in 1 Thessalonians 4:13b. Does this mean we just carry on stoically and wait for the pain to go away?

Social Media: Avoiding the Envy and Comparison Trap (*Tiarne Scott*)

In a society where comparison often breeds discontent and self-doubt, where do we look? What do we do? Join as we reflect on the dangers of comparison and explore what the Bible says about the freedom of our new identity in Christ.

Helping the Hurting (*Naomi McGrath*)

Most of us want to be comforting companions to the hurting people in our lives – unfortunately it doesn't always go the way we hope. In this seminar we will explore the nitty-gritty of what Christ-like compassion looks like and what can get in our way of being the comforters we are called to, and so desire, to be.

Prayer: God Can Take It (*Sophie Fenner*)

How do we pray when all our emotions are ugly? Discover God's grace for those who lament.

Weathering the Storms of Life (*Carolyn Woods*)

Principles and tips for weathering the storms that are a part of life. Learning from Job, other parts of the Bible and our own experiences.