

2012 BRYDGES WOW CONFERENCE

WORKSHOP TOPIC	CATEGORY	WORKSHOP DESCRIPTION
WORKSHOP SERIES I – FRIDAY, APRIL 20th		
► Healthy Eating and Physical Health	Life Enrichment	Our bodies house the Holy Spirit. We are to care for our bodies like we care for our soul. A healthy lifestyle includes sound eating habits coupled with regular exercise. The workshop offers interactive activities that will educate and give tips on how to improve eating habits, manage weight, and exercise properly.
► Creating Delight in Prayer	Spiritual Enrichment	I know I should be praying more regularly but I always find something else to do and sometimes, I truly don't have the desire to pray. I want to cultivate a desire to pray and over time, find delight in prayer. I lack discipline in this area. If this you, you need this workshop.
Help for Christians Who Suffer From Depression	Emotional Well-being	Everyone seems to know about depression but what is it? How can it be treated? How can it be avoided? What are the symptoms? Should Christians suffer from depression? How should it be treated in Christian arena? Should it be treated differently in the Christian arena than the secular arena? This workshop will explore depression, its potential causes, preventive and treatment possibilities and recognizing the symptoms and manifestation of depression.
Tools for Successful Marriage (for married and unmarried)	Emotional Well-being	This workshop will help singles and marrieds understand God's design for healthy intimate relationships and to offer effective tools to create and maintain a Dynamic Marriage. Topics will include successful Christian dating and marriage preparation, effective communication, love and respect, and commitment til death do you part.
PRETEEN SESSION		
Making Healthy Choices		This workshop will address healthy from a holistic approach by discussing how young people can make decisions that positively impact their spiritual, emotional, social, and educational development.
CHILDREN'S SESSION		
Checking Your Heart		Objective: to develop children's understanding of what kind of heart pleases God. Key points/exploration: 1. God knows your heart 2. God requires a clean heart...what is that? 3. How do you fix a heart filled with bad things?

► Suitable for preteens

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WORKSHOP TOPIC	CATEGORY	WORKSHOP DESCRIPTION
WORKSHOP SERIES II – SABBATH, APRIL 21st		
Keeping The Faith Even When It Seems God Isn't Listening	Spiritual Enrichment	What do you do when you are walking in obedience, you've prayed, and you've claimed God's promises to you, yet your prayers seem to go unanswered? How do you keep the faith when God is silent? If you are here or have been there, this workshop is for you.
Let Men Be Men	Character Development	Men In Training – M.I.T. – Young men today face crucial life choices. The lack of fathers/mentors, the infiltration of sex and drugs from the media, and the lack of educational foundation are three strikes that could knock our young men out of the game before they get started. In addition, their indecision about a God-centered relationship places our young men on shaky ground. However there is an answer; this workshop focuses on the choices that each young man can and must make to combat the strikes that society is throwing their way. This is an invitation to every young man to learn how to hit a home run and become the man God has called him to be.
Let Ladies Be Ladies	Character Development	Ladies In Waiting - Young women today are bombarded by the media while they are attempting to define "who they should be" and "understand who they really are." Following the 'media role models', young women often make choices that leave them confused. Fortunately there is an answer for all young women who desire a healthy and wholesome lifestyle. This workshop focuses on the choices that each young woman can and must make to secure her role as one of God's leading ladies. Come discover how to be ready for your audition.
Creating Authentic Communities of Trust and Transparency in the Church	Special Interest	Why does everyone in our churches appear to have it all together when we don't? Why are our fellow brethren afraid to be transparent about their flaws and weaknesses when the church should be the place of restoration? Where did we go wrong? How did we become so good at wearing the "I'm OK" mask? What can we do to change? Let's talk and take action upon returning home.
PRETEEN SESSION		
Real Beauty – What Is It?		Is beauty in the eye of the beholder? Is beauty how we dress? What is inner beauty? You will learn at this workshop that inner beauty is more important than outer beauty.
CHILDREN'S SESSION		
It's What's Inside That Counts		Objective: To expand children's understanding of how prejudice is harmful Key points/exploration: 1. What happens when we judge? 2. How does God feel when we judge each other?

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WORSLSHOP SERIES III – SABBATH, APRIL 21st		
Biblical Financial Stewardship	Life Enrichment	This workshop will equip individuals and families with the proper tools for personal financial management. The workshop will offer in-depth information on a variety of topics (tithing and giving, debt management, retirement planning, investing, etc.). Come with your questions. We have a Bible-based answer.
► Not A fan	Spiritual Enrichment	Are you a die heart (hard) fan of Christ vs. a follower of Christ? Come and learn the difference between a fan of Jesus and a follower of Jesus. You will learn what fans do vs. what followers do. How do you define your relationship with Jesus? Are you an "enthusiastic admirer" or are you close enough to Him to get the benefits but not close enough to require sacrifice?
Protecting your mind - your most precious asset	Emotional Well-being	Our mind is one of the most powerful assets we have. It can keep us in bondage to our past and it can set us free. It is the central place for battle, but God has both an offensive and defensive plan. Do you want to be set free from your past? Do you want to win the battles of your life? This workshop is for you.
► Connect to your passion. Dance to the Beat of Your Heart	Life Enrichment / Emotional Well-being	One of the biggest question young people struggle to answer is, "What do I want to do with my life?" With peer pressure, parental influence, and insecurities, young people can become confused and discouraged as to what their passions are in life. In this workshop you will receive guidance in identifying your passion and connect to your passion(s). We will address the question, "What makes my heart dance?" People are happier, more motivated, and more successful when our desires and actions are aligned or, in other words, when we dance to the beat of our heart.
PRETEEN SESSION		
Character – What Is It?	Abraham Lincoln said, "Reputation is the shadow. Character is the tree." Our character is not just what we try to display for others to see, it is who we are even when no one is watching. Good character is "doing the right thing because it is right to do what is right". There's much more that you can learn about character – how to develop good character; how to safeguard your character and more... See you there.	
CHILDREN'S SESSION		
In the Potters Hands	Objective: To help children understand that we need God to change our hearts Key points/Exploration: 1. When we stray from God our hearts become hard 2. God' can forgive a hard heart and make it what he wants it to be	

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