



WEDNESDAY MORNING TRACKS

(1) PARENTING TRACK

TRIGGERS: Exchanging Parents' Angry Reactions for Gentle Biblical Responses

by Amber Lia and Wendy Speake

Do you believe your struggle with anger stems from the wrong behavior you see displayed in your children? The knee-jerk reactions and blow-ups you're facing are often a result of a bigger set of "triggers." Some of these are external, like a child's disobedience, backtalk, or selective hearing, while others are internal, like an overflowing schedule, sleep-deprivation, or perhaps your own painful experiences from childhood. **Triggers** examines common parenting issues that cause us to explode inappropriately at our children. Moving beyond simple parenting tips on how to change your child's behavior, authors Amber Lia and Wendy Speake offer biblical insight and practical tools to equip and encourage you on the journey away from anger-filled reactions toward gentle, biblical responses.

PRAYING CIRCLES AROUND YOUR CHILDREN

by Mark Batterson

The perfect blend of biblical yet practical advice that will revolutionize your prayer life by giving you a new vocabulary and a new methodology. You'll see how prayer is your secret weapon. Through stories of parents just like you, Batterson shares five prayer circles that will not only help you pray for your kids, but also pray through your kids. Batterson teaches about how to create prayer lists unique to your family, claim God-inspired promises for your children, turn your family circle into a prayer circle, and discover your child's life themes. And he not only tells you how, he illustrates why. As Batterson says, "I realize that not everyone inherited a prayer legacy like I did, but you can leave a legacy for generations to come. Your prayers have the power to shape the destiny of your children and your children's children. It's time to start circling."

(2) BIBLE STUDY TRACK

BRAVE: Honest Questions Women Ask

by Angela Thomas-Pharr

This Bible study looks at the heart of what women are thinking and feeling. Angela speaks to participants about deep feelings that all women have at one time or another. She looks boldly at some of the fears and struggles of being a woman, and she helps us see how we can be brave in the face of those challenges. It takes a brave woman to ask these questions and dig into these topics alongside other believers. We've all got insecurities, flaws, and struggles that we're afraid to address. But if we can be brave enough to raise the questions, God will answer us. You've got questions. God's got answers. Be brave. Ask.

Why can't I get it together?
Am I as invisible as I feel?
What am I so afraid of?

Common Struggles:

I am worn out.

I am suffering with a thorn.

I am undisciplined.

I am trembling inside.

I am invisible.

I am broken.

SEAMLESS: Understanding the Bible as One Complete Story

by Angie Smith

This study will cover the people, places, and promises of the Bible, tying them together into the greater story of Scripture. Whether you've grown up hearing Bible stories or you're exploring Scripture for the first time, the full story of the Bible can be overwhelming. Experience the Bible as a whole as you gain clarity and confidence in your understanding of Scripture. Discover a biblical context that reshapes and brings to life stories from the Old and New Testaments. Each week is accompanied by a short video, maps, general Bible facts, and word studies.

(3) CLASSICS TRACK

SEVERE MERCY

by Sheldon Vanauken

A heart-rending love story described by its author as "the spiritual autobiography of a love rather than of the lovers" about the author's marriage and search for faith. Vanauken chronicles the birth of a powerful pagan love borne out of the relationship he shares with his wife, Davy, and describes the growth of their relationship and the dreams that they share. A beloved, profoundly moving account of the author's marriage, the couple's search for faith and friendship with C. S. Lewis, and a spiritual strength that sustained Vanauken after his wife's untimely death. Replete with 18 letters from C.S. Lewis, *A Severe Mercy* addresses some of the universal questions that surround faith--the existence of God and the reasons behind tragedy.

HINDS FEET ON HIGH PLACES

by Hannah Hurnard

A timeless allegory dramatizing the yearning of God's children to be led to new heights of love, joy, and victory. In this moving tale, follow Much-Afraid on her spiritual journey as she overcomes many dangers and mounts at last to the High Places. There she gains a new name and is transformed by her union with the loving Shepherd.

(4) MAMA, TEACH YOUR CHILDREN TRACK

For moms of preschoolers through second grade.

Using the book **Remember and Don't Forget** by Saundria Keck and Kay Benson, you will not only learn to share the foundational stories of the Bible with your children - or perhaps learn them for the first time yourself - but you will find yourselves pondering God's truths in new ways that draw you closer to the heart of God and the heart of your child. Promises to be challenging and fun, yet not time consuming.

(5) GRANDPARENTING TRACK

This is the first time Mom2Mom has offered a track just for grandmothers.

Being a grandparent is one of God's greatest gifts. And loving your grandchildren is a privilege. Using the book **Power of a Praying Grandparent** by Stormie Omartian, you will find yourself relating in new and powerful ways to your grandchildren even as you pray for them and one another.