



“Get Back Up: Trusting God When Life Knocks You Down”

Free To Soar **Women’s Retreat with Sheryl Giesbrecht**

*“But those who hope in the Lord will renew their strength.
They will soar on wings like eagles.” Isaiah 40:31*

Ever feel like you’ve ‘fallen and you can’t get up’? Learn how to hold on tight to God’s hand as he offers you His grace-filled, guilt-free embrace so you can stand firm in your identity in Christ.

Retreat Messages:

Take My Hand: Women need to know and respond to God's offer of a life worth living. His invitation extends to everyone. Find out how God can heal your hurts, habits and hang-ups by accepting His invitation. Let God hold you close in a grace-filled, guilt-free embrace, take his hand and let him help you stand firm in your identity in Christ.

Hanging By a Thread: Finding balance in life is difficult. Women juggle their diverse roles and wear many hats. Find out how to draw close to God through praise, meditation, intercession and Bible study. Discover how to surrender, submit and release anxiety, worry and toxic feelings to Jesus Christ. Find out how to unpack the baggage of disappointment to allow more room for God.

Let Grudges Go: Ever experienced unforgiveness in your family, church or life? Is freedom through forgiveness possible? Can we really give up the grudge once and for all? Find out what God’s Word says and receive practical helps for everyday life. (2 Corinthians 5:21, 1 Corinthians 13:5, Romans 8:1)

Rise and Shine: During change, women must learn to flex or they will break. Each transition brings an opportunity to trust, even though our emotions may take a beating. Lessons will be shared about how to find hope in a time of need and how to move from standing firm to walking in freedom and purpose for God's will in your life.

Message Topics for Individual Topics or Events:

How Transparent Teaching Transforms Lives

Find out through study of the Beatitudes in Matthew 5, how the ‘Ten Traits of Transparent Teaching’™ can transform, renovate and renew your women’s ministry or pastoral leadership team. As team leaders are

Find out through study of the Beatitudes in Matthew 5, how the 'Ten Traits of Transparent Teaching'™ can transform, renovate and renew your women's ministry or pastoral leadership team. As team leaders are challenged and recharged, the infectious and life changing results transfer to those they lead, impacting individuals, families, neighborhoods, churches and even cities.

Message Topics for Individual Topics or Events Cont'd.

"Strength for the Journey" Women's Retreat

"I am making a way in the desert and streams in the wasteland." Is. 43:19b

Renew Your View

How do you see yourself? Are you like Cinderella, left behind, scrubbing the ashes in the fireplace while everyone else goes to the royal ball? Regardless of her place in life, inside every woman is a princess waiting to be swept off her feet by the love of her life. Once we see ourselves through the eyes of True Love, we are set free to fulfill our important destiny. (1 Peter 4:8, Psalm 45:11-15)

Restore Your Relationships (also titled *Call to Commitment*)

Ever experienced unforgiveness in your family, church or life? Is freedom through forgiveness possible? Can we really give up the grudge once and for all? Find out what God's Word says and receive practical helps for everyday life. (2 Corinthians 5:21, 1 Corinthians 13:5, Romans 8:1)

Replenish Your Faith (also titled *Refuge in Time of Need*)

Naomi knew adversity – an immigrant in a strange land, suffered the death of her husband and both sons. Grieving, Naomi asked her name to be changed to Mara, which meant bitter. God's purpose prevailed through Naomi's adversity. Pastor David Jeremiah said, "The moment we accept the fact that our ordeal has been permitted, even intended by God, our perspective on disruptive moments with totally change." (*Ruth 1 – 4*)

"Draw Me Close"

Women's Retreat

"But as for me, it is good to be near God.

I have made the Sovereign Lord my refuge;

I will tell of all your deeds." Psalm 73:28

My Heart's Desire

How do you see yourself? Are you like Cinderella, left behind, scrubbing the ashes in the fireplace while everyone else goes to the royal ball? Regardless of her place in life, inside every woman is a princess waiting to be swept off her feet by the love of her life. Once we see ourselves through the eyes of True Love, we are set free to fulfill our important destiny. (1 Peter 4:8, Psalm 45:11-15)

Refuge in Time of Need (also titled *Replenish Your Faith*)

Naomi knew adversity – an immigrant in a strange land, suffered the death of her husband and both sons. Grieving, Naomi asked her name to be changed to Mara, which meant bitter. God's purpose prevailed through Naomi's adversity. Pastor David Jeremiah said, "The moment we accept the fact that our ordeal has been permitted, even intended by God, our perspective on disruptive moments with totally change." (*Ruth 1 – 4*)

Rebuild in H.O.P.E. – GriefShare Message

Life brings us change through many circumstances, most of them totally out of our control. We must ask ourselves, will our time of transition become an obstacle or an opportunity? If we look to God and His stability in the midst of change, we experience His faithfulness, His provision and His goodness.

Good Grief! Healing Through Loss – How can sorrow be good for us? Find out what God's Word says about grief, why the work of grief is important, the purpose of grief and how to understand the stages of grief. Don't miss this hour of encouragement and prayer. You'll even find out here how to know when you are recovering from grief. Ps. 145:13 "The Lord is faithful to all of His promises."

Message Topics for Individual Topics or Events Cont'd.

Flying Solo: Biblical Principles to Parent without a Partner

Nearly one-third of American children – a total of 15 million – are being raised without a father. Nearly five million more children live without a mother. That's 20 million children raised in single-parent homes. Find out what God's word says about how to love your children as a single parent.

Nearly one-third of American children – a total of 15 million – are being raised without a father. Nearly five million more children live without a mother. That's 20 million children raised in single-parent homes. Find out what God's word says about how to love your children as a single parent.

How Transparent Teaching Transforms Lives

Find out, through study of the Beatitudes in Matthew 5, how the 'Ten Traits of Transparent Teaching'™ can transform, renovate and renew your women's ministry or pastoral leadership team. As team leaders are challenged and recharged, the infectious and life changing results transfer to those they lead, impacting individuals, families, neighborhoods, churches and even cities.

H.O.P.E for My Future (also titled H.O.P.E. for All Time)

Ever felt overwhelmed by change? God never changes, though our circumstances do. We must ask ourselves, will our time of transition become an obstacle or opportunity? God's Word gives us all the answers we need. Find out how to embrace and enjoy change. (Various scripture)

When Eagles Soar – Imparting the Legacy of Leadership

Want to multiply your impact? Leave a lasting legacy. Legacy is defined as "a leaders' lasting value which is measured by succession." Learn to understand and apply John Maxwell's *Law #21- The Law of Legacy* which happens only through achievement, success, significance and intentional legacy.

The Ingredients of a Leader

What makes a leader? Classes? Reading the right Christian books? This message is a study of why Jesus called the disciples and how Jesus trained them for leadership.

The Making of a Leader

Does a leader learn to lead by studying the life of Donald Trump? No, but by studying the life of Moses. This message from Exodus examines Moses' call into ministry and how God used the wilderness as his seminary.

The Time Crunch

Ever felt crunched for time? Find out what to do when you can't do it all. Managing your time is a misnomer. We must learn to manage ourselves and our priorities in the time we have. Time logs, humorous quotes, vision statements and practical helps will be shared.

H.O.P.E. For All Time (also titled HOPE FOR MY FUTURE)

Ever felt overwhelmed by change? God never changes, though our circumstances do. We must ask ourselves, will a time of transition become an obstacle or opportunity? God's Word gives us all the answers we need. This message inspires and encourages audiences to embrace change.

Loving Your Life Story or *He Calls Me Princess or My Heart's Desire* – Sheryl's Testimony

'We are all products of our past but don't have to be prisoners of it.' says best selling author, Rick Warren. Hear Sheryl's remarkable testimony and learn how to encourage those in your ministry to be set free. People can experience freedom from the "prisons" they may be in.

Giving Up the Grudge

Is freedom through forgiveness possible? Can we really give up the grudge once and for all? Find out what God's word says and receive practical application for your life.

Finding Faith in Adversity

Trials are inevitable. Pain, trouble and heartache strike every person on the road of life. Sometimes we feel like we are between a rock and a hard place. Discover how we face adversity through faith.

Finding Balance in Life

Is balance possible in the constant spin of this crazy world? Discover three foundational principles to maintaining your life's stability, refocusing your priorities, and glorifying God in the midst of your hectic schedule.

Message Topics for Individual Topics or Events Cont'd.

Get Out of Your Box – Motivational Message for Missions/Ministry/Ordination

Our finite human mind and soul stop growing if they are boxed in without opportunities. If our minds and souls have unlimited food, nurturing environment, and a safe place to develop, we can grow without limit. Explore scriptural ways God wants to allow you opportunities to trust Him as He releases you for exponential growth.

The Great Romance

God's passion and pursuit of us is never-ending. Hebrews 2:1 warns of paying careful attention to what we have heard or we may drift away from God. If you've ever felt distanced from God, we will examine reasons

The Great Romance

God's passion and pursuit of us is never-ending. Hebrews 2:1 warns of paying careful attention to what we have heard or we may drift away from God. If you've ever felt distanced from God, we will examine reasons why with practical steps to regain fellowship. (*John 5:1-15*)

Strength for Today, Hope for Tomorrow/Strength for the Journey

"Hope, it's been said, is like a bird that senses dawn and carefully starts to sing while it is still dark." Struggles with shame, guilt, despair, fear, doubt and worth to God are common among women. Sheryl shares practical, biblical truths that bring victory in the darkness, restoring hope for the future. (*John 5:1-15, Is. 61:3-7*)

A Girl's Guide to God

An exciting journey through the Old Testament with an intriguing study of the names of God. This eventful trip will wake up a quiet time and enhance the worshipper's walk with God. The voyage begins with a premise of why a study of the names of God is essential for every Believer, continues with an overview of the many names of God. The satisfying conclusion is practical applications of the New Testament promises and how to apply the names of God to life situations.

To include: Elohim-Creator, El Elyon-God Most High, Jehovah-Our Most Personal God, Jehovah-Jireh-The God Who Provides and many more. This is an interactive retreat, seminar or experience of God's names as they coincide with His promises. (Genesis, Exodus, Psalms, Ezekiel, selected New Testament verses)

God is Absolutely Crazy About You

We'll be reminded of God's passion for us as we study Psalm 139. Most of us know the God of the universe created us with a plan and purpose, but does it really make a difference in our daily choices? Do we like who God created us to be? Not always. We will be reminded of God's passionate love and the impact this can make on how we accept ourselves while we embrace God's perfect plan for our lives.

From Ashes To Beauty

Ever felt like your fairytale is a Cinderella story? Are you stuck scrubbing the embers of the fireplace? Ever been surrounded by ashes of loss or the death of dreams? Do you feel covered with cinders of disappointment, discouragement and despair? In this inspired, practical message, three steps will be shared to encourage women to see themselves as the princess God made them. (*Psalm 45:11-15*)

The Extreme Journey

What a wild ride! Life in Christ involves extreme acceptance, extreme freedom and extreme passion. Find out how much God loves you and why He chose you before the foundation of the world. Discover His plan and purpose through accepting your losses, bitterness and mistakes as you experience healing and hope in His Word, by His spirit. (*Exodus 3, Ephesians 2*)

Holiday or Event Day Messages

Magnificent Moms – Mother's Day Message

Hagar, mother of Ishmael, Hannah, mother of Samuel and Mary, the mother of Jesus offer wisdom and mentoring through their life lessons. These biblical mothers show us "Holiness is not a series of do's and don'ts; but conformity to the character of God and obedience to the will of God." Jerry Bridges, *The Pursuit of Holiness*

What Shall I Give Him? – Christmas Message

If you were to add Jesus to your Christmas gift list, what do you think you might give the King as his Christmas gift? Each Christmas, I ask King Jesus what gift He would like from me. This message is meant to inspire and challenge women to give King Jesus the one gift He wants from them at Christmas.

All Things New – New Year's Message

A new year gives us the opportunity to start over. It's a fresh start, a new beginning. With the resolutions and diets in place, some of those commitments we have made, already broken, some are wishing for the carefree holiday season once again. Isaiah 43:18,19 says "Forget the former things, do not dwell on the past. See I am doing a new thing! Now it springs up; do you not perceive it?" What new thing is God doing in you?

Other Topics Available Upon Request or Submit a Topic of Your Choice to Individualize Your Event!

Speaking Forums

Sheryl loves to speak for women's and pastor's wives' conferences, mother/daughter and youth events, MOPS, recovery groups and marriage conferences. Whether the location be a camp or convention, or the audience age varies from 13 to 83, or the size of group flexes from one to one thousand, women feel connected. Sheryl is real, transparent practical, Biblical and vulnerable.

MOPS, recovery groups and marriage conferences. Whether the location be a camp or convention, or the audience age varies from 13 to 83, or the size of group flexes from one to one thousand, women feel connected. Sheryl is real, transparent practical, Biblical and vulnerable.

“You knew exactly how I felt and gave me hope,” shared a sobbing woman at a recent event.

Sheryl speaks for business luncheons, government and Rotary Club events, is willing to inspire and evangelize. Other Topics Available Upon Request or Submit a Topic of Your Choice to Individualize Your Event!

To Schedule Sheryl: Please call Gene Kent at 1(586)481-7661.

www.kaxl.com * www.ICMUSA.org * www.FromAshesToBeauty.com

