

NO MEN'S **REGRETS** CONFERENCE

AGENDA

Location	Welcome 8:15-8:30	General Session 8:30-9:30	Seminar 1 9:45-10:15	Seminar 2 10:30-11:00	Seminar 3 11:15-11:45	General Session 12:00-1:10	Lunch and Talk 1:10-3:00
Sanctuary		Welcome Worship Testimony Keynote: Larry Osborne	Efrem Smith Marriage Built to Last	Afshin Ziafat Take Hold	Jerrad Lopes Dad Tired	Worship Testimony Keynote: Derwin Gray	Table conversations debrief and next steps
Youth Room			Derwin Gray Temptations Men Face	Steve Sonderman Dealing with Past Wounds	Larry Osborne 5 Truths About Spiritual Growth		
Early Elementary			Jerrad Lopes Stop Behaving	Efrem Smith Rise of the Reconcilers	Afshin Ziafat Man's Work Matters to God		

PRAYER ROOM OPEN BETWEEN EACH SESSION

SEMINAR CHOICES

Afshin Ziafat-Senior Pastor / Elder-Providence Church

Take Hold: What does it mean to be a man? Identity, masculinity, and manhood can be challenging topics in today's culture. Where do we find direction in such a time as this? How can men learn to press on and live like Jesus in spite of challenges? Afshin will bring Biblical wisdom to the difficult topic of men's Identity.

How a Man's Work Matters to God: Does your work matter to God? How do you follow Christ in a workplace that seems far from God? Why is the working world so challenging to what you believe? How do you find fulfillment in your work? Afshin will encourage men to press on in their work and glorify God in their workplace.

Derwin Gray

Temptations Men Face: As men we are swimming in an ocean of temptations-sexual enticements and worldly wealth, false praise and fake worship, character tests and integrity trials. The temptations surround us every day. So how do we keep our way pure? Join Derwin as he explores the Biblical response to the temptations that all men face.

Efrem Smith-Co-lead Pastor-Midtown Church

Marriage-Built to Last: Want a marriage that's built to last? One that's maturing and rooted in God's transformative and empowering love found in Christ? Efrem takes you through 1 John 4 where you will see the overflow of intimacy with God, your identity in Christ and the indwelling of the Holy Spirit are the key to building that kind of marriage. Explore how this is applied to the areas of communication, conflict/resolution and servanthood within marriage.

Rise of the Reconcilers: God desires for men to raise up as Ambassadors of Reconciliation, in today's ever-increasingly diverse, yet deeply divided mission field. Explore 2 Corinthians 5:14-6:1 with Efrem and see the opportunity to deeply discover the call on Christ followers to carry this message and live out the ministry of reconciliation in a broken world.

Jerrad Lopes-Author / Speaker-Dad Tired

Dad Tired: If you're a dad, you're most likely exhausted. Many dads work hard to provide for their family, and then come home and try to be the best fathers and husbands they can be. But, what if there is a difference between a tired body and a tired soul? Join best-selling author, Jerrad Lopes, as he encourages dads to find rest in Christ alone.

Stop Behaving: Behavior management is exhausting. Don't cuss, don't lose your temper, don't look at porn. Is this really the good news Jesus was inviting his disciples into? What if there was more to your Christian faith than behavior management? What if Jesus has a bigger adventure for you? Join best-selling author, Jerrad Lopes, as he encourages men to step into the true adventure their souls are longing for.

Larry Osborne-Teaching Pastor and Elder-North Coast Church

Five Truths About Spiritual Growth Nobody Talks About Anymore: We tend to define spiritual growth and maturity through the lens of passion, knowledge, and self-discipline. But isn't that what the Pharisees excelled at? As we'll see, the Bible actually paints a different picture of growth and maturity, laying out a path that has been too often ignored or simply forgotten.

Steve Sonderman-Founder-No Regrets Men's Ministries

Dealing with Past Wounds: In some ways each of us is a product of our past, but we don't have to be a prisoner to it. In this session Steve will examine the most common wounds of men and how God can bring healing to our lives.