

## Here is a little bit about the speaker for the retreat:



Kate  
Garcia

Partnering with Women's  
Ministries to inspire  
**REAL FAITH** in **REAL LIFE**.

I am a pastor's wife of over 20 years who has a heart for women and believes in the transforming power of Biblical community. My goal is to inspire women to think deeply, live out their faith authentically, and to ultimately KNOW the love of Jesus for themselves.

Whether teaching, mentoring, or simply sharing life, I hope to create spaces where Truth is spoken, minds are engaged, and hearts are encouraged.

I am a mom to 3 kids (2 adopted, 1 bio) and work part time in social media and digital communications.

I would love to be able to partner with you to help encourage, empower and inspire the women in your community to know the Word of God, apply it to their lives and have meaningful and restorative conversations with one another!

### SIGNATURE TOPICS

- ✓ **IDENTITY:** Source, Strongholds, Peace  
*Who am I in Christ and why knowing that answer matters.*
- ✓ **SOUL CARE:** Rest, Priorities, Boundaries  
*How do I Biblically care for my mind, body and spirit?*
- ✓ **FRIENDSHIPS:** Community, Conflict, Criticism  
*How do we care for and love others out of a healthy place?*
- ✓ **STRONG FAITH:** Guardrails, Spiritual Disciplines, Armor of God  
*How do spiritual disciplines wage war against the enemy's schemes in our lives?*
- ✓ **OTHER TOPICS OF INTEREST:**  
Women in Leadership  
Adoption  
Living Out your Calling  
Endurance  
Anxiety

Get in Touch!

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## Here is a rough outline of the sessions:

### **SESSION 1: GUARD THE FIRE within (GUARDRAILS, wisdom)**

**Main theme:**

*Guardrails don't take away our freedom; they help protect the fire God has placed in us..*

**Guiding Scripture:** Proverbs 4

**Ideas:** Identifying temptations in your life, walking in wisdom, guarding your heart

### **SESSION 2: STRENGTHEN the FLAME (Spiritual Disciplines)**

**Main Theme:**

*Spiritual disciplines train our souls to stand firm when we step into the fire, turning pressure into perseverance rather than burnout.*

**Guiding Scripture:** 1 Timothy 4, Daniel 3 (Shadrach, Meshach and Abednego)

**Ideas:** Spiritual disciplines aren't reactive crisis tools, they're daily training that prepares us before the battle (fire) shows up.

### **SESSION 3: FIRE PROOF your LIFE (Armor of God)**

**Main Theme:**

*The armor isn't panic gear, it's a daily outfit to put on that keeps us moving forward in our God-given purpose.*

**Guiding Scripture:** Ephesians 6:10-20

**Ideas:** Understanding the armor of God, who our battle is really with and how the world tries to distract us from the real enemy

### **SESSION 4: TBD**

Reflective Response through Intentional Testimony Time, Prayer Time, etc. Guided questions to help women feel equipped for whatever "fires" they may face