



## Deep Dive Topics – Heatwave 2023

- **Becoming a Joyrider: Choosing Happiness** - Many times in life we experience hardship, sadness, grief, etc. Although all of these are unavoidable, we can choose happiness. We will take some time looking at examples of people that have been through many trials and tribulations and came through the other side. Throughout this Deep Dive, we will be looking at different ways that we can choose happiness and bring joy to others.
- **Search and Rescue** - Have you ever been in a situation and felt lost? Maybe you've found yourself searching for direction, meaning, or purpose. Maybe you're searching right now for a rescue. This week you'll hear real-life search and rescue tales, laugh your way through a few team builders, and hopefully come away knowing that there's hope even in the darkest nights.
- **Be Still and Know** - Have you ever been sitting still, but your thoughts are running wild, and your heartbeat is racing? Or your body wants to go, yet your thoughts hold you still. What is going on? Is this anxiety? Let's talk about anxiety in a safe and supportive place where you can share and learn to know what is happening in your brain. We will discuss and practice strategies to manage anxiety in a fun interactive environment. There is a lot to know about anxiety and your brain. And even when things are feeling out of control, there is still a God who wants you to know His peace and love and all you were created to be.
- **Up Your Chat Game** - We're not talking about Snapchat or the hysterical iChat you have with your friends. We're talking about the essential substance of every relationship; real-life, face-to-face conversations. Join us for this interactive Deep Dive and let's get real and explore ways to move beyond small talk, become more engaged and make our conversations more meaningful and life-changing! (By the way, this Deep Dive is for introverts, extroverts and everyone in between.)
- **Can't Always Get What You Want** - Every action you take tries to close a gap. Got stinky breath? Brush your teeth. Hungry? Eat a salad...or Cheetos. Gaps exist between bad and better, and the bigger the gap, the harder it is to close - if it can be! In this Deep Dive, you'll think about teeth, yep, but also Grandmas, nasty habits, art, trauma, and something Jesus said that might be too much for some of you.