



EMPOWER  
equipping women worldwide

## Empower Engage

2021-2022

EMPOWERengage seeks to take the strategies and techniques learned in EMPOWERone and make them missional. This course is designed to make space for women to connect to God, and to each other, through personal spiritual development. Engage will also equip each student to lead others in spiritual growth through the skill of mentoring. The goal of the course is to engage the truths of EMPOWERone by putting them into action. The classroom setting will consist of group discussion, skill-building and mentoring labs.

---

### Class Schedule

*Class meets from 1pm-4pm EST Live on Zoom.*

*Check with your Empower site for class times.*

September 18, 2021

October 16, 2021

November 20, 2021

February 19, 2022

March 19, 2022

April 23, 2022

---

### Required Reading

Each month women will be given a selection of reading from various texts. It is **not** required that each woman purchase each text, however, each resource as a whole is **recommended** as a resource. All reading selections will be found on Edmodo one month prior to completion date. See Assignments for more details.



## Assignments

*Additional information and details for specific assignments will be posted on Edmodo prior to due date.*

*Assignments should be submitted within the Edmodo platform. In order to be considered for lead mentoring, you must complete all assignments by the completion of the program.*

### Pre-Class Assignments

- Watch 10-20 minute video on the Topic of the Month
- Watch 20 minute panel video featuring global mentoring team
- Complete monthly workbook pages
- Complete provided reading selection
- Each month you will meet in an Engage lab group. The leader of the group will be assigned in advance. On your designated month, your assignment will be to prepare questions for this group.

### Post-Class Assignment

- Write a 2-3 page debrief of the class discussion and mentoring labs (If you were the assigned leader of the month, include your experience. Additional details found on Edmodo).

### Mentoring Project

- Mentor, whether it's individually or in a group. Commit to at least 6 sessions.
- Complete reflection questions (found on Edmodo)

***Please note: this must be a group other than your Empower One mentoring group if you are an assistant mentor.***

### Personal Spiritual Retreat

- Complete a personal spiritual retreat following the guidelines provided in this syllabus. The purpose of this assignment is to make space for the Holy Spirit to fill you as you mentor. See next page for further details.
- Submit 2-3 page paper discussing your experience.

***Please note: Engage students are NOT required to attend the Empower One retreat unless they are currently assigned as an assistant mentor.***



# Personal Spiritual Retreat Guidelines

---

*This year you are being asked to take a personal spiritual retreat as one of your assignments for Empower Engage. As leaders we need to learn how to lead ourselves into the presence of the Lord, take care of our souls, and have intentional intimacy with the Father. It is easy in our everyday life to get used to both the outer and inner noise of our lives. Retreating in order to take our hearts before the Lord in a space with less distractions often reveals things that are hard to see or hear while we are in the midst of ministry. We lead and minister out of the overflow of our hearts. The purpose of this assignment is to quiet your life and make space to be filled to overflowing.*

*The length of your retreat is up to you, however, the minimal requirement is one day. The location of your retreat is also at your discretion. This assignment will be due in May, you will have the entire duration of Engage to complete this assignment.*

***Specific due date will be listed on Edmodo***

**Suggestions (*these are suggestions only*):**

- Spend one day at a local monastery.
- Ask a friend who is out of town to borrow their home for an overnight.
- Spend an entire day outdoors.
- Spend a weekend at a bed and breakfast.\*\*

*\*\*please note expenses for travel and lodging are not covered in tuition*

Practical step by step guide to taking a personal spiritual retreat:

1. Create the time and find a place. Consider the length of time you want to take, and figure out when it can fit into your schedule (see suggestions above).
2. Set your intention.
  - a. Your goal is to connect with God. To listen and hear from him.
3. Settle into God's presence.
  - a. Invite the Holy Spirit wherever you are.
4. Reflection.
  - a. Suggestion: Bring a journal or art supplies.
5. Connect with God.
  - a. Suggestion: Take a vow of silence, fast or bring an instrument.
6. Receive and return.

*(adapted from [www.huffpost.com](http://www.huffpost.com), How to take a Personal Spiritual Retreat, a Step by Step Guide)*



## Class Structure

**5 Minutes [1p-1:05p EST]** Welcome

**75 Minutes [1:05p-2:20p EST]** Class discussion on the following:

- *Topic of the Month Video*
- *Monthly Workbook Pages*
- *Reading Selection of the Month*
- *Panel Video Content*

**10 Minutes [2:20-2:30 EST]** Break

**90 Minutes [2:30P-4P EST]** Engage Labs

*(Each month students will meet in Engage lab groups. These groups provide space for students to practice mentoring. Groups will remain the same each month, however, the leader for each month will be assigned in advance. Every student will have the opportunity to practice leading an Engage lab group.)*

---

## Monthly Topics (video content)

### September

***Cultivating a Listening Ear***

**Dr. Wanda Walborn**

*How can I continue to learn how to listen?*

*How can I listen for others?*

### October

***Dealing with Grief and Anxiety***

**Pastor Lisa Plunket**

*How do I deal with grief and anxiety as a mentor?*

*How can I lead others through grief and anxiety?*

### November

***Dealing with Conflict***

**Mrs. Michelle Park**

*How do I deal with conflict as a mentor?*

*How can I lead others through conflict?*



## February

### ***Prayer and Intercession***

**Dr. Michael Plunket**

*How do I pray and intercede for myself?*

*How do I pray and intercede for others?*

## March

### ***Theology of the Kingdom***

**Dr. Rob Reimer**

*Understanding my place in the kingdom.*

*How to lead others in finding their place in the kingdom.*

## April

### ***Community and Mission***

**Dr. Ingrid Davis**

*Understanding my mission.*

*Leading others in finding their mission.*

## Additional Video Resources Provided

***The Role of the Holy Spirit, Dr. Ron Walborn***

***Identifying and Healing Family Wounds, Rev Kelvin Walker***

***Understanding Your Spiritual Gifts, Pastor Charles Galbreath***

***Life On Mission, Dr. Martin Sanders***