



### **SAFE: Where Do You Run?**

Ever feel overwhelmed with the messes and stresses of life? Encounter a situation that makes you want to “run for the hills?” Sure, we all do! Jesus wasn’t kidding when He said in this life we will have trouble. So how do we experience peace and joy in the midst of life’s daily demands? How do we allow our challenging circumstances to strengthen our faith, and not sabotage it?

Using Proverbs 18:10, as well as Cindy’s own personal stories, *Safe: Where Do You Run* will equip and empower you to sprint to God’s Strong Tower. This humorous, yet biblical and spiritually practical message will enable women to:

- Recognize common falsehoods from today’s culture, and replace bogus beliefs with God’s wisdom.
- Identify the patterns, choices, and habits that seek to substitute our need for God.
- Discover new and creative ways to fill our hearts and mind with Truth.
- Experience God’s freedom and fullness even in the midst of life’s chaotic and challenging moments.