

WELCOME TO
Sweet Life Café
Where Women Savor Time With God

An Overview of Sweet Life Café

Sweet Life Café is an experience that allows women to slow down and savor time with God and each other. It feels like a cozy day at your favorite coffee shop—a place where women can find rest, laughter, share their stories, and grow closer to each other and God.

Sweet Life Café sessions at a glance

Session 1: Life is sweet when we trust God.

Women experience a time of worship, participate in a fun icebreaker to help them get into smaller groups, and then explore 1 Kings 16 and meet a widow who was literally starving to death. This session helps women realize that God is there for them when they're depleted and have nowhere else to turn.

Session 2: Life is sweet when we make time for friends.

We rarely indulge in taking time for friends, but Jesus spent a lot of time with his friends, and we want to follow that example. In this session, women gather in smaller groups to play a game that encourages sweet laughter as they share their hearts, lives, and stories together.

Session 3: Life is sweet when we are nourished by Jesus.

After a time of singing, women dig into John 6, where Jesus says, "I am the bread of life." Added to this is a bread-tasting experience that helps women understand the nourishment that comes from a relationship with Jesus.

Session 4: Life is sweet when we savor time with God.

It's one thing to talk about having quiet time—it's another thing to do it. Using a small devotion kit with supplies for a special project, Scriptures, and a devotion guide, women take time alone with God, savoring their relationship with him through study, reflection and prayer.

Session 5: Life is sweet when we serve others.

Here's the opportunity to put love into action right away! This easy and crafty service project provides a simple gift of food for someone in need of encouragement. Women will make a cinnamon pancake mix and wrap it in a cute towel and then pray for a friend who will receive this gift.

Session 6: Life is sweet when we share it with others.

Women focus on Acts 2 and the joy of sharing life with others. The early Christians shared their meals, their homes, and their hearts. Women will have the opportunity to compare their own lives to those of the early Christians and be challenged to consider how they might grow even after the retreat is over. This final session allows for one more time of worship, sharing, and celebration.



“I am the bread of life. Whoever comes to me will never be hungry again. Whoever believes in me will never be thirsty.” —John 6:35

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