

**FOCUS NATION CONFERENCE 2019; Dallas, Texas**

**October 24-27<sup>th</sup>, 2019**

**Theme: Reorientation of Life: Living In Christ With A Purpose**

**Friday, October 25<sup>TH</sup>, 2019**

**SESSION 1: Friday Morning (1-hour Session)**

Sub-theme 1: ***“Coming Home and finding our Purpose”***

- What is the Church and how do we know that we are part of the True Church?
- Why is it important to find our purpose in life?
- How can the life of the Church teach us about our true purpose and how to fulfill them?
- What is the role of the Holy Qurbana in fulfilling our true purpose?
- How can the architecture of an Orthodox Church inform us about our purpose?
- What can we learn from those who have fulfilled the purpose?
- Do I really have to be part of the Church in order to experience Christ (salvation)?
- What is the purpose of those who are not Christian?
- What are the three stages of one’s spiritual life?
- What is the proper understanding of “Tradition” within the life of the Church?
- What is my role in participating in the life of God?
- What can the prayers, liturgy, the saints of the Church teach us about our purpose?
- How do we know that we are on the path of fulfilling our purpose?

**SESSION 2: Friday Morning (1-hour Session)**

Sub-theme 2: ***“Obstacles on the Path of fulfilling our Purpose”***

- What really happened at the Fall and why is it significant?
- Why is it easier to commit sinful acts than holy ones?
- Why is accuracy about what we say about God (theology) important when it comes to our salvation?
- What are “Passions” and how do they manifest in our lives?
- Did God create evil and the demons?
- What is the relationship between thoughts, desire and the nous?

- Why can't God choose to destroy demons once and for all?
- What are the subtle ways in which demons enter into our lives?
- How can one cure and redirect the noetic faculties proper to its purpose?
- How can one change behaviors when certain habits have become ingrained?
- How can one achieve dispassion?
- Why is free-will an expression of God's philanthropy and love?
- What is the role of free-will in terms of our salvation? (i.e. do we really have choices?)
- How does the devil manipulate our lives?
- How can the life of the Church reestablish our broken relationship with God?
- What are the negative aspects of "self-preservative" and individualistic attitude?

**Saturday, October 26<sup>th</sup>, 2019**

**SESSION 3 Saturday Morning (1- hour Session)**

Sub-theme 3: ***"Reorienting our desires towards fulfilling our Purpose"***

- Who influences one's thoughts?
- From a Psychological stand point, how can one see the effects of the fall?
- What kind of distortions take place in our relationship with God and one another?
- What role does stress, anxiety and fear play in one's life?
- What does disorientation and falling away from God look like?
- How can one become aware of their thoughts, emotions, and fantasies?
- What is the relationship between one's senses and the nous?
- How can one begin to heal from traumatic memories?
- What are the energies of our souls?
- Is there such a thing as a *"healthy nous"* and what does it look like?
- What are compulsive behaviors and how do they affect us in our daily lives?
- How does technology effect our nous?
- How can images influence our thoughts, behaviors and decisions?
- What are some practical ways to re-establish prayer in our lives?
- How can one return back to their true path and destination if they have fallen away?
- What is the significance of having a spiritual father/guide?

## **SESSION 4: Saturday Morning: (1-hour Session)**

### **Sub-theme 4: “*Working out Marriage with a Purpose*”**

- How can single people discern who to marry?
- What are some fundamental qualities one should look into when it comes to finding someone to marry?
- What are some appropriate/important discussions needed with your fiancé before getting married?
- What kind of boundaries are needed when dating someone?
- How can couples work on their marriage in the midst of leading busy lives?
- Why is the ascetic life significant in marriage?
- Why is the role of the spiritual father/mother so important in the married life?
- What are the signs of an unhealthy marriage/relationship?
- What are some boundaries that need to be kept in a married relationship?
- What kind of distractions can ruin married relationships?
- How can couples cultivate trust, acceptance and love in relationships?
- How can couples learn to deal with stresses regarding chores, children and change?
- How can one find healing after a divorce?
- When trust is broken between couples, how can they find healing and reconciliation?
- When questions of doubt, fear and stagnancy hits a relationship, what can be done?
- How can couples learn to grow towards Christ as a family?
- If you feel your marriage is at the brink of divorce what should you do?

**Sunday, October 27<sup>th</sup>, 2019**

## **SESSION 5: Sunday Morning: (1 Hour Session)**

### **Sub-theme 5: “*Molding our lives to its True Purpose in the Family*”**

- What are healthy ways of reprimanding children?
- How can one teach children to create boundaries?
- How can one mold children’s minds to become resilient?
- What are some ways to teach children to make the right choices in life?

- How can parents teach children about responsibility and ownership?
- How can parents help children to make the life of the Church a priority?
- What are some ways for parents to teach children to be aware of their thoughts?
- How can parents draw the line between encouraging children to excel and making them prideful and ambitious (in the wrong sense of the word)?
- How does technology and social media effect children and their lives?
- What are some cultural factors that plays a role in our thinking?
- What is the role of asceticism in training and molding the minds of children?
- How can one learn to cope with stress, anxiety and uncertainties of life?
- How can one begin to experience true sense of peace?