

| Times All times shown are CST | Session | Room / Streaming Channel |
|-------------------------------------|---|--------------------------------|
| 8:00 – 9:15am | Opening session (worship, testimony and keynote) | Worship Center |
| | Kenny Luck – The Eruption of a Generation "My righteous one will live by faith and I take no pleasure in the one who shrinks back". In these words we see God's intention for His followers; fearlessness in the face of the world's challenges, belief in Him alone under pressure, and a refusal to back down regardless of circumstances. Join Kenny as he explores how to stop playing it safe and take risks for the future God wants for us. | Ch. 1 |
| 9:30 – 10:00am | Seminar 1 - Four Options | |
| | Derwin Gray - Limitless Life (Seminar on Finding Purpose) You are more than your past when God holds your future. Learn how to courageously rise above society's labels and step away from the world of lies, judgment and self condemnation. Join Derwin for this challenging session that will stretch the limits of your faith to experience a fearless and limitless life. | Worship Ctr Ch. 1 |
| | Brady Boyd - Addicted to Busy? (Seminar on Work) Far too often, our lives are overwhelmed by the demands of work, family, and social circles, leaving little time for meaningful connection with God. In this session, we will answer questions such as; how can men provide for their families and enjoy life in a sustainable way? What does it mean to honor the Sabbath? What's the best way to lead a life marked by productivity and rest? | Chapel Ch. 2 |

| | Skye Jethani - What does the New Testament say about the Church? (Seminar on the Church) | Fellowship Hall Ch. 3 |
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| | The New Testament describes the church and its purpose not as an event, a building, or an institution; it describes a community living in unity with God and one another. Yet, the modern Church often struggles and is influenced more by worldly values. In this session, Skye will explain what the Bible says about the Church, its purpose and what fulfilling His mission looks like in today's world. | |
| | Chip Ingram - Real Life Real Discipleship (Seminar on Following Christ) | Amphitheater Ch. 4 |
| | God promises to support us in our walk of faith, but what does that look like when we are criticized, condemned, or shunned for our belief? This session will explore how to respond to the cultural and moral challenges of today's world with strength and grace, and how to keep faith in trying times. | |
| 10:15 – 10:45am | Seminar 2 - Four Options | |
| | Brady Boyd - Speak Life (Seminar on Marriage) | Worship Ctr |
| | Our words carry significant weight and power; every relationship in our lives can be strengthened or damaged by how we speak in them. This session will explain how to harness our words and the intention behind them to bring new life into our relationships, rather than drag them down. | Ch. 1 |
| | Steve Sonderman – Legacy Parenting (Seminar on Parenting) | Chapel Ch. 2 |
| | If someone asked ten people the definition of 'parenting', they would get at least ten different answers; from "getting my child through college" to "having them be happy and successful." By looking into Psalm 78, this session will examine what it means to disciple our children's hearts and leave a positive, lasting impact on their lives. | |
| | Ricky Jenkins - Becoming Stronger (Seminar on Temptations Men Face) | Fellowship Hall Ch. 3 |
| | GI Joe heroes used to famously say, "Knowing is half the battle!". Men can know the results of temptation but too few understand the tactics of "how" temptation is disguised and creeps into our lives. We'll learn the story of Achan and see how temptation broke him and nearly broke his nation and how we can be stronger. | |
| | Joby Martin - Roadmap for Life - Young Man's Track | Amphitheater Ch. 4 |
| | (Seminar on Trusting in Christ) | OII. T |
| | Faith is putting trust in your Savior. Fear is a part of life but it does not have to grip or define us. We are not alone. In this seminar, Joby will present how to develop a 'roadmap' for life and fearlessly follow Jesus' teachings and lean on His strength. | |
| 11:00 – 11:30am | Seminar 3 - Four Options | |
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| | Skye Jethani – Redefining Radical (Seminar on Responding to Culture) Many Christians discuss living "radically" for God, but what that life looks like is deeply shaped by the culture we live in. Through the Parable of the Prodigal Son, Skye will explore how consumer culture and the Missional Church can define a radical life, the shortcomings of both definitions, and what a radical life looks like according to the Bible and God's Kingdom. | Worship Ctr Ch. 1 |
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| | Derwin Gray – God Do You Hear Me? (Seminar on Prayer) A prayerless life is a powerless life; yet many men struggle with prayer. Derwin will teach how to become powerful by learning how to pray like Jesus. | Chapel Ch. 2 |
| | Kenny Luck - This is Jesus - Young Man's Track | Fellowship Hall Ch. 3 |
| | (Seminar on Young Adulthood) | |
| | Every day we face voices and forces battling for which version of ourselves we will accept, believe, and put our energy behind. Jesus provides a perfect example of a Godly life; how to live with grace, courage, and healthy masculinity regardless of the outside forces set against us. This seminar will explore a spiritual revolution in our own lives and the world around us; this is Jesus, Jesus is in me, this is me. | |
| | Brian Tome – 5 Marks of a Man (Seminar on Biblical Manhood) | Amphitheater Ch. 4 |
| | Age, job or achievements do not automatically make a boy a man; it is the way he chooses to live his life. Brian describes five characteristics that mark authentic manhood; a vision for life, the courage to take a minor position, a team player's mindset, a strong work ethic, and the ability to be a gracious protector. In this session, learn to embrace these characteristics and create a new path of strength and integrity to become the person God intended. | |
| 11:45 – 1:00pm | Closing General Session (worship, testimony and keynote) | Worship Ctr Ch. 1 |
| | Ricky Jenkins - Commissioning | |
| | As the 2024 No Regrets Men's Conference concludes, this momentum can go with us. Ricky will share how when men find themselves in a tough spot, they need to remember God's promises. He will challenge us with principles and practices on how to lean into God's power to fearlessly live in His strength. | |