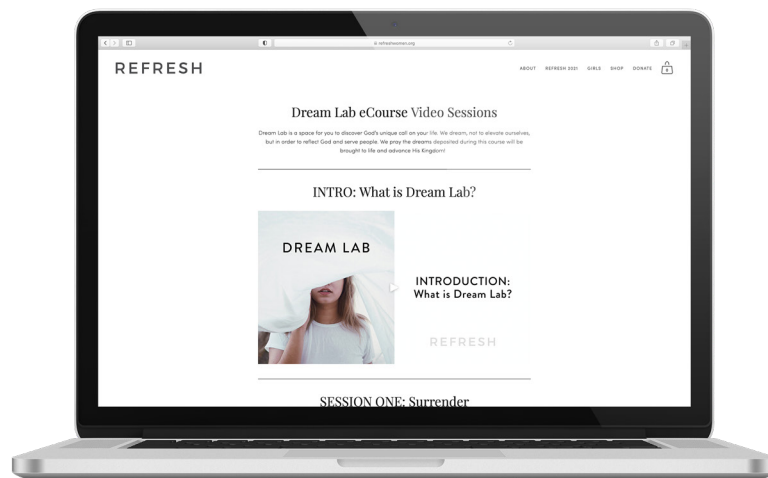


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Dream Lab is a space for you to discover God's unique call on your life and we wanted you to have a taste of this course in hopes that it would be the beginning of a journey of partnership with the Lord. There are seven more sessions available and eight video sessions that you can find in our shop: www.refreshwomen.org/shop.



scan to purchase the full ebook



DREAM LAB

creating space to dream

REFRESH

DREAM LAB

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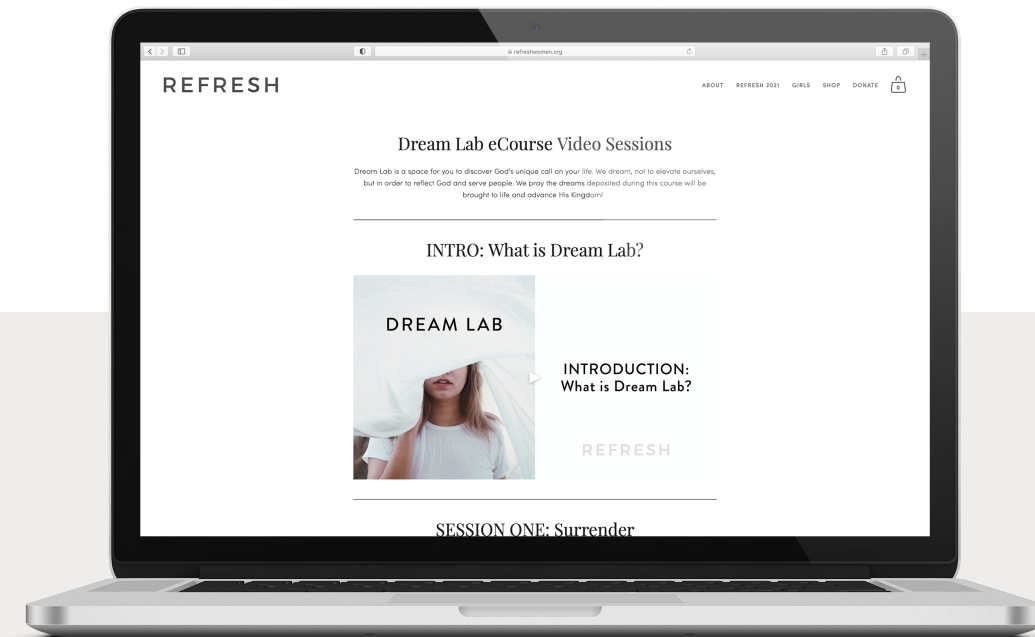
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REFRESH

INSTRUCTIONS: GETTING STARTED

eBook

We highly recommend printing this eBook. There are reflection questions and corresponding exercises in the back of this eBook that allows you a place to write. If you decide to utilize this book digitally, no problem. Simply be sure to grab a journal and set it aside as a special place to house your Dream Lab reflections and prompts.



eCourse

We have created 8 video lessons plus an introduction designed for you to watch before you dive into the: Reflect, Activate, Identify and Pray portion of this eBook. You can access these video lessons by purchasing the full Dream Lab eBook: www.refreshwomen.org/shop. Grab a few friends to work through these sessions with you and consider spacing out each lesson to give ample time to process the content.

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REFRESH

MISSION

To create intentional opportunities for connection to the Lord with the desire to Awaken Dreams and Activate Purpose.

VISION

To activate women around the world to advance the kingdom of God.

CORE VALUES

Christ-Centered // Spirit-Led // Excellence-Driven
Relationship-Focused // Freedom-Based



CONNECT

WEBSITE

www.refreshwomen.org

INSTAGRAM

@refresh_women

FACEBOOK

@refreshwomen1



ABOUT THE WRITERS

SARAH BIRKBECK

Sarah is a mother of 4 incredible cuties: Asher, Stella, Skyla and Adeline. She and her husband James live an adventurous life in McKinney, Texas. Sarah loves to dream and see what her obedience in the hands God can do to affect His kingdom. As a dreamer married to a visionary, their everyday life is full of pioneering new endeavors and pressing past the limits of the mundane. Her passion to see women awoken to all they are capable of for the kingdom lead her to pioneer this vision called Refresh.

TAYLOR QUINTINI

Taylor is the mother of 4 energetic kids: Judah, Maggie, Caroline and Vivian. They are all currently anticipating the arrival of a baby brother, making this family of 7 wonderfully complete! Taylor and her husband, Jeremy, live in Baton Rouge, Louisiana where they find themselves in the mix of a wildly full life. Taylor not only supports Jeremy in his role as Executive Pastor at Journey Church, but she also owns and operates two businesses: Weddings Taylor Made and Jolie Rentals & Designs. She is passionate about teaching the word of God and encouraging women to be awakened to the truth of the Gospel in their daily lives.

A LETTER FROM
SARAH BIRKBECK

Welcome, sweet dreamers! I am just thrilled for you to start this journey of partnering with the Lord that will change your life forever. There are dreams and visions the Lord wants to reveal that are designed to shift the atmosphere of your home, change the communities where you live, impact nations and spread Jesus everywhere you go.

As Taylor and I have worked together to create this content, the Lord has stirred new things in our own lives. No matter what stage of life or season you find yourself, the Lord has something new He wants to awaken and activate within you. This is the beauty of the kingdom of God; there is always more. So let's take off the labels, remove the barriers and dream in light of eternity!

As you work through the pages of this book, my prayer is that you would hear the words the Holy Spirit is speaking over you, write them down and put them into action. This is an invitation to partner with the King of Kings. Will you join Him?

Dream boldly,
Sarah Birkbeck

sarah birkbeck

REFRESH FOUNDER + VISIONARY &
DREAM LAB CO-CREATOR



Follow me on Instagram:
[@sarahhelenabirkbeck](https://www.instagram.com/sarahhelenabirkbeck)



A LETTER FROM
TAYLOR QUINTINI

Welcome to Dream Lab! This is a study designed with you in mind. Women today are often dealing with the daily grind of overstuffed schedules and maintaining a life to make all of the things happen, both for themselves and everyone around them. Feeling this weight personally, the need to press the pause button on busyness of life turned into dreaming of a space where women could feel free to dream God-given dreams. It is the product of a deep desire to make room for surrendered hearts and build intentional lives for the glory of God that led to the creation of Dream Lab.

Sarah and I are overjoyed to journey with you through this 8-session study where we will uncover everything from who you are to what you are called to do, all from a kingdom perspective with eternity in mind. I promise you will find the teaching to be biblical and perfect for women in any season of life.

Sisters, let's seize the opportunity to be aligned with the heart of God and be activated for His kingdom. And let's trust that His plans and purposes include His daughters regardless of their season, profession or position.

Taylor Quintini

REFRESH ADVISORY BOARD &
DREAM LAB CO-CREATOR



Follow me on Instagram:
[@taylorquintini](https://www.instagram.com/taylorquintini)



An open white door with a brass handle, leading to an empty room with light wood flooring. The text "GETTING STARTED" is overlaid in white, serif, all-caps font.

GETTING
STARTED

The seed of every godly
dream begins with a
surrendered heart.

TAYLOR QUINTINI



INTRODUCTION

ABOUT THIS eBOOK

Dream Lab is a space for you to discover God's unique call on your life. We dream, not to elevate ourselves, but in order to reflect God and serve people. We pray the dreams deposited during this course will be brought to life and advance His kingdom.

Before you dive in, there are several key elements to process with the Holy Spirit in order to prepare yourself to dream. We will begin by reviewing the core idea of surrender. Next, we will identify our roles as daughter, partner and steward. Then we will address the roadblocks that so easily stand in our way, work through the importance of cultivating the right perspective, and conclude with moving dreams into activation!

This intentional space you will create is designed to be the birthplace of new dreams and the resurrection of ones cast aside. We pray that as you work through the sessions of this course, you would not only partner with the Lord in His dreams for you, but you would be propelled into action. Our hope is that you will walk away from our time together encouraged and confident in how to move forward in fulfilling His call.

Take the initial steps of making room for God to speak and surrendering your plans to Him. All of this heart preparation will lead to greater things than you could have ever dreamt on your own. Be reminded today of what the Lord has said, "For as the heavens are higher than the earth, so are my ways higher than your ways and my thoughts higher than your thoughts." Isaiah 55:9 (NLT)



SESSION 1

SURRENDER

The seed for every godly dream is a surrendered heart. This is what separates God-given dreams and visions from the ones created from our own self-promoting desires. Surrender is not just something we do at the moment of salvation, but it is the posture kept by a disciple who is a true follower of Christ. Jesus modeled a life of surrender for us when He said to the Father, “not my will, but yours, be done.” Luke 22:42 (ESV)

Surely, that which is not surrendered will stand in opposition to the will of God. It can be easy to lay down pieces of our lives that we are okay with changing or letting go. But what are the things we hold tightly, with gripped fists, refusing to surrender?

Do our lives model a surrendered heart? A surrendered heart is willing to let go of what we want at times to do the will of the Father. It’s living a life that is open to all He has even when it does not go how we planned. It is a life that longs to serve the Lord rather than serve our own comfort.

Surrender leads to expansion. An adventurous, expectant, meaningful life awaits for those who are willing to continually surrender their desires to our good Father. Do you long for legacy? To carry on a mission or perhaps pioneer change? Then become a student of surrender, and watch all that the Lord will do in and through you!

“Search me, O God, and know my thoughts! And see if there be any grievous way in me and lead me in the way everlasting!”

PSALMS 139:23-24 (ESV)

REFLECT

What areas of your life do you hold with a clenched fist? What would change if you released control?

How often are you surrendering your plans, dreams and even sin to the Lord? Is it part of your daily life? If not, how can you create a life that is continually surrendered to the will of God?

ACTIVATE

Practice surrender. Lift your heart and hands to the Lord, giving your life to Him once again. Take the next 10 minutes to sit with the Lord and ask Him to search your heart, reveal sin and give you grace to be conformed into His image and receive all that He has for you!

IDENTIFY

Turn to page 15 [modified for FREE DOWNLOAD] and fill in the diagram under “Surrender” any parts of your life the Lord revealed during the activation that you need to lay down.

PRAY

Lord, I surrender. I need you. Your ways are higher than my ways and I submit to your plans and purposes even when I don’t understand. Help me wake up each morning with a heart of surrender.



GETTING STARTED

Lay it down:

1
SURRENDER

ROLES

Names or words:

Entrusted to steward:

2 DAUGHTER 3 PARTNER 4 STEWARD

Areas of partnership:

ROADBLOCKS

Roadblock, hindrance, distraction:

5
COMPARISON/INTIMIDATION/
DISCOURAGEMENT

PERSPECTIVE

List ways you are driven by eternity to make an impact:

6
ETERNITY/IMPACT

DREAM

Dreams:

7
DREAM

ACTION

Next step:

8
ACTIVATE



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REFRESH



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