

Susan

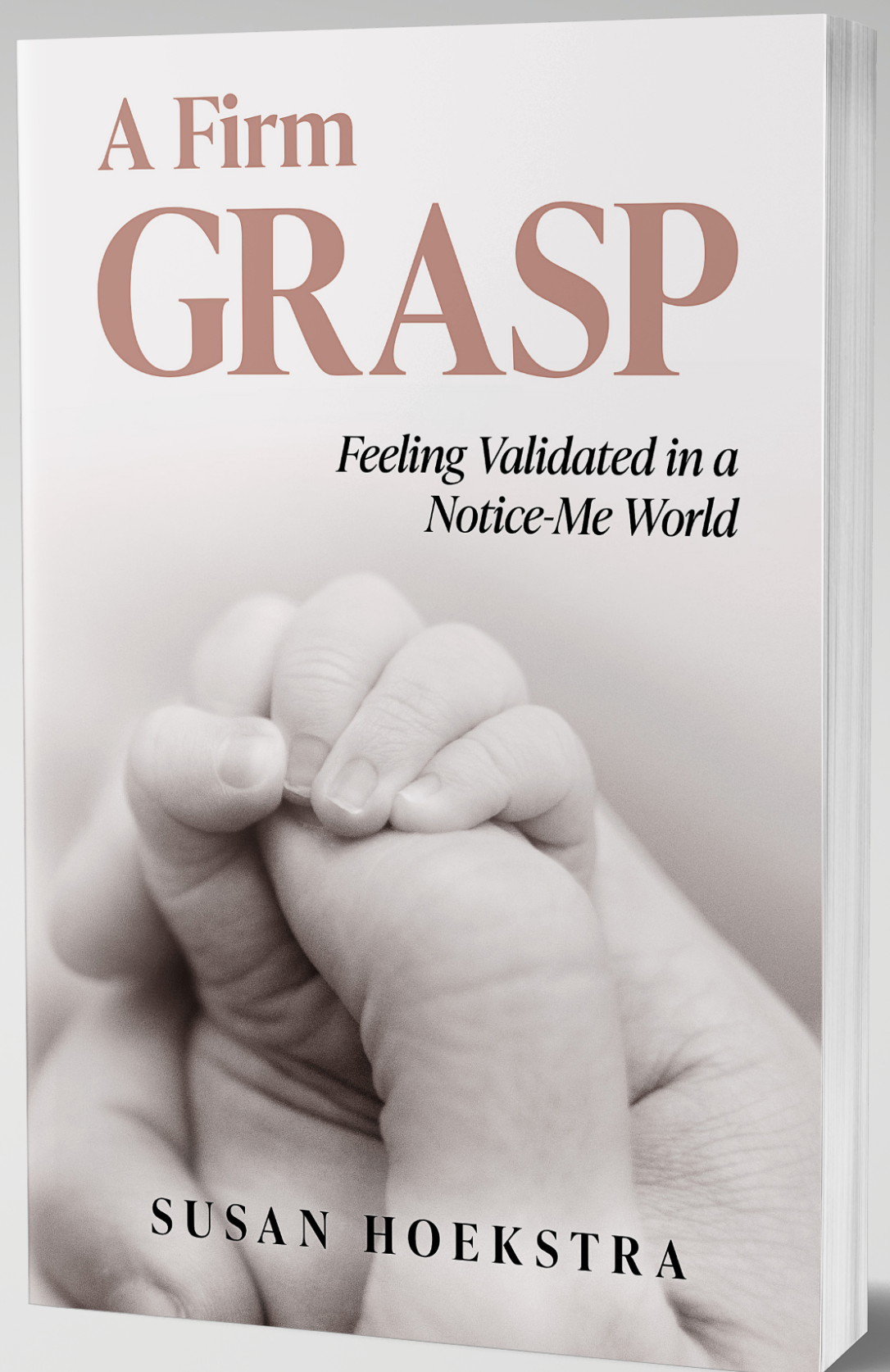
HOEKSTRA



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*"Susan takes us on an important and courageous journey helping us navigate our need for affirmation. There are healthy and unhealthy ways to satisfy this appetite we all have. What makes her work meaningful is how she helps place God as our guide to help us navigate the waters of self-awareness. So, if you ever struggle to "love yourself" consider this book to help clarify your path forward."*

Ben Snyder, Lead Pastor, Cedar Creek Church



## Sample discussion Topics

- The See Me Struggle: The Emotional Effects and Emptiness of Feeling Invisible
  - Validation and affirmation: Is there a difference?
  - The Creatives Cry for Attention
  - The struggle to be heard and 8 "empathetic" listening styles
  - Divine Space and our need for a Fan Club
  - Tactics we may use to get noticed
  - Selfies: Our occupation with self, identity, and self-awareness
  - Unheard and Unseen: The Effects of Abuse
  - Why We Need to Be Noticed
- 🎵 MUSIC BONUS: Two original songs to share with your podcast listeners



**SUSAN HOEKSTRA** understood early what it felt like to be unnoticed. Growing up in a low socio-economic, racially tense neighborhood with a disabled father, there was little time for celebrations. Financial insecurity, physical assault, sexual abuse, and betrayal left her asking "what's wrong with me?" Even the highs of applause didn't satisfy. Until Jesus. Embracing mercy as her anchor, she discovered how God provides her validation needs, leading her to become more mission-focused. She is a musician, lay counselor, author, songwriter, speaker, ministry leader, teacher, and host of THE NOTICE podcast.

[susankhoekstra.com](http://susankhoekstra.com)

*Ministering to those who struggle with feeling validated especially the abused, the betrayed, the fatherless. and artists.*



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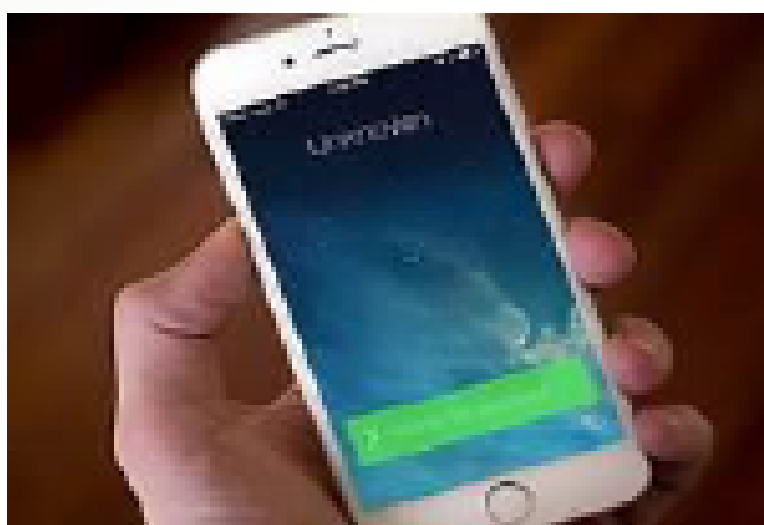
HOEKSTRA

Author | Musician | Speaker  
Lay Counselor | Podcast Host

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## Sample Speaking Topics



**WHO'S CALLING** - Do we take or ignore God's call? You heard the call. You believe the call was from God and very specific. Now what? You have a choice. You can reject the call, decide to answer it, or you can stall. In this presentation, we learn about some of our Old Testament friends – Moses, Jonah, Haggai and Jeremiah who got a call from God. Each of them responded differently. Watch what God does regardless of their responses.



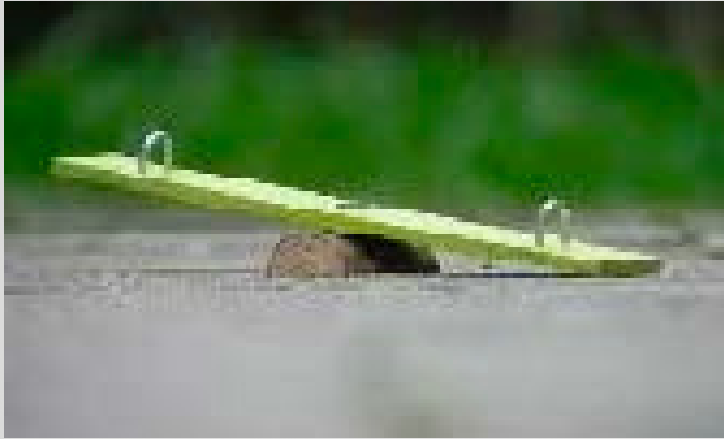
**SELFIES** - Is technology satisfying our need to be noticed. It starts with a baby's cry. Toddlers seek it through temper tantrums, teenagers through rebellious overtones and 20 somethings through budding achievements. As we mature, we negate our need to be noticed so we don't appear selfish. Instead, we develop more sophisticated ways to communicate our needs, or do we? SELFIES discusses how technology is emphasizing self-promotion, leaving us feeling envious. Filled with "GOD NOTICED ME" stories, we learn more about how God's mercy notices us even when we don't deserve it or don't think anyone cares.

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**WHY OH WHY?** Motives matter - in our quest to be noticed, we may decide to do something for the wrong reasons. WHY OH WHY discusses motives, the importance of being totally authentic before God, and the intimacy with Him that can result.



**RESPOND-ABILITY - Responding instead of reacting.**

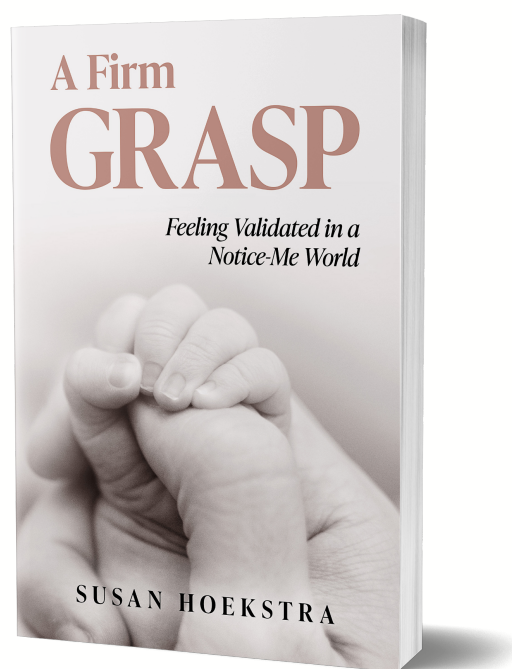
Respond-ability reviews the importance of understanding that when sin happens, we don't have to respond to it with sin. With mercy as our anchor, we are reminded that vengeance is God's alone.



**JUDGING – How to overlook offenses** In this day and age, we feel like we are walking on “eggshells” to avoid offending anyone. Could all this sensitivity be causing us to be even more offended? We discuss how to stop taking things personally and the difference between judging and observation. A new look at the Parable of the Prodigal Son gives us a model to emulate.



**BE SOMEBODY TO SOMEBODY** - How to be sensitive to victims of sexual abuse. With the onset of the #METOO movement and the victims of the Larry Nassar Tragedy, the topic of sexual abuse has escalated. With over 300 women coming forward to tell their stories about one man, there are millions of other women who feel brave enough to come forward with their stories. The reality is that you might be on the receiving end of hearing it. Are you prepared to help? This topic includes my personal testimony of my own abuse, what it was like to be working on campus when this story came out, and includes the song I wrote to honor the Larry Nassar victims.



*Have a theme for your retreat? Let's talk.  
More topics available.*

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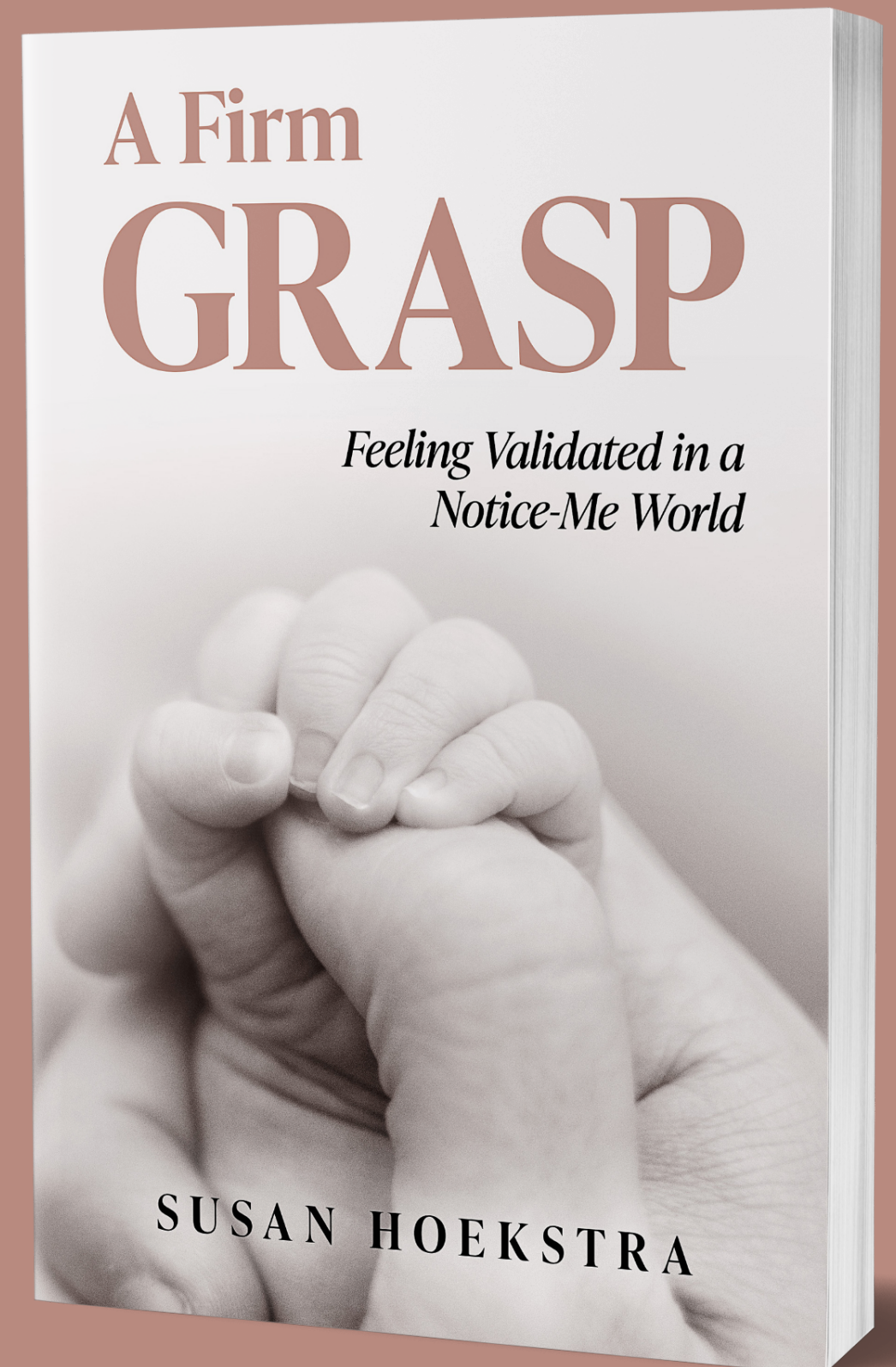
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## Sample questions

- In what ways have you struggled to be validated?
- How can you tell if you have a validation deficit?
- What is the difference between validation and affirmation?
- What are some ways we try to satisfy our need to be noticed?
- How can internal vows encourage or discourage our need to be noticed?
- Why do creatives struggle with affirmation?
- Why would an abused individual feel invisible?
- Explain the differences between mistakes, limitations, and sins
- How does telling your story benefit you, others, God?
- Why is mercy the best way to satisfy our validation deficit?
- Explain the eight different ways we think we're listening



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