

# LIFE ESSENCE

LIVE LIFE AND  
KNOW YOUR ESSENCE



**“THEREFORE ENCOURAGE ONE  
ANOTHER AND BUILD EACH OTHER UP,  
JUST AS IN FACT YOU ARE DOING”**

.1 THELOSSIANS 5:11

2023/2024

WWW.LIFEESSENCE.UK

## ABOUT US

**WE ARE A SMALL GROUP OF SKILLED  
PROFESSIONALS, WHO HAVE A PASSION FOR  
CHRIST AND A LOVE FOR PEOPLE.**

WE PROVIDE SUPPORT FOR WOMEN WHO  
HAVE BEEN THROUGH ABUSE AND TRAUMA,  
AND WHO ARE IN NEED OF A SAFE PLACE TO  
LIVE AND THRIVE.

THROUGH OUR ONLINE PLATFORMS AND  
FACE TO FACE ACTIVITIES IN THE FORM OF  
GROUPS, COURSES, AND 1-1 SUPPORT. IT IS  
WITHIN THESE SAFE SPACES THAT WE LEARN,  
HEAL AND GROW TOGETHER,

**LIFE ESSENCE** OFFERS HEALING SESSIONS  
THROUGH **SAFESPACE PRAYER MINISTRY**  
PROVIDING WOMEN WITH 1-1 PRAYER  
SUPPORT., THE AIM OF THIS SUPPORT BEING  
TO HELP WOMEN HEAL FROM THE EFFECTS OF  
PAST TRAUMA, ABUSE AND ABANDONMENT.



## 'RESOURCES'

### BLOGS/PODCASTS



LIFE ESSENCE PROVIDE A NUMBER OF  
RESOURCES THROUGH BLOGS AND PODCASTS.  
THIS YEAR WE HAVE BEEN FOCUSING ON THE  
POWER OF THE HOLY SPIRIT.

THE SIGNIFICANT 12 SERIES IS A PERSONAL BLOG,  
WHERE OUR FOUNDER KELLEIGH HUDSON WILL  
BE SHARING SIGNIFICANT EVENTS IN HER LIFE  
OVER THE PAST 12TH MONTHS, AND THE  
ENCOUNTERS SHE HAS EXPERIENCED WITH THE  
HOLY SPIRIT; HEALING, DELIVERANCE,  
GROWTH, EXCITEMENT, HOPE AND  
TRANSFORMATION. WITH THE HOPE OF  
INSPIRING AND MOTIVATING YOUR SPIRITUAL  
LIFE AND YOUR OWN PERSONAL WALK WITH  
GOD.

# SAFESPACE PRAYER



LIFE ESSENCE AIMS TO OFFER PRAYER MINISTRY SERVICES SUPPORT TO ANY WOMAN THAT FEELS SHE HAS A DEEP INNER HEALING NEED THAT IS IMPACTING HER RELATIONSHIP WITH GOD, SELF AND OTHERS.

THIS SUPPORT CAN BE OFFERED IN A NUMBER OF WAYS WHICH INCLUDE:

## 1-1 BREAKTHROUGH PRAYER SESSIONS

(1-1 PRAYER DESIGNED TO MINISTER INTO AREAS OF TRAUMA AND AND BRING FREEDOM)

## HEALING THROUGH CREATIVITY SESSIONS

WORKSHOPS OR RESOURCES TO BRING OUT YOUR NATURAL CREATIVE SIDE AND FACILITATE ENGAGEMENT WITH GOD TO BRING HEALING)

## 1-1 PROPHETIC PRAYER SESSIONS

(PROVIDING BIBLICAL. DIRECTION AND WISDOM IN AREAS YOU MAY FEEL STUCK)

## CONTACT US

[INFO@LIFEESSENCEUK.ORG](mailto:INFO@LIFEESSENCEUK.ORG)

[WWW.LIFEESSENCE.UK](http://WWW.LIFEESSENCE.UK)

FOUNDER KELLEIGH HUDSON

# UNPLUGGED SISTERHOOD FELLOWSHIP

A 'SAFE SPACE' FOR WOMEN TO GROW & SUPPORT ONE ANOTHER!

JOIN A GROUP AND GAIN THE OPPORTUNITY TO COME ALONGSIDE OTHER BEAUTIFUL WOMEN, TOGETHER WE CAN GROW AND BE EMPOWERED TO BE ALL THAT **WE ARE CREATED TO BE. AS WE DEEPEN OUR FAITH AND LIFT ONE ANOTHER UP.**

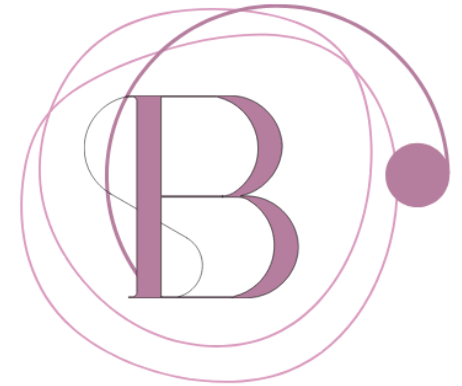
**OUR GROUPS COVER TOPICS SUCH AS:** SPIRITUAL GROWTH, EMOTIONAL, PHYSICAL, AND SOCIAL NEEDS OF WOMEN OF FAITH, MISSION AND PURPOSE, GIFTS OF THE SPIRIT, BOUNDARIES WITHIN THE FAMILY, DIVORCE, ABUSE, LOVE AND SEX, LONELINESS AND MUCH MORE!

**PRAY AND WALK** ANNUALLY IN JUNE WE COME TOGETHER, AS SISTERS AND BOND IN A SAFE SPACE OVER PRAYER, CONVERSATION, FOOD, WORSHIP MUSIC, AND FUN, WHILST ENJOYING THE BEAUTIFUL GARDENS AROUND LONDON.

NO MATTER WHAT JOURNEY YOU'RE ON IN LIFE, YOU ARE WELCOME TO JOIN US WITH OPEN ARMS.



# UNPLUGGED BOUNDARIES COURSE



## BOUNDARIES COURSE

A JOURNEY TO REAWAKEN AND REDISCOVER YOUR TRUE FREEDOM.

- DOES YOUR LIFE FEEL LIKE IT'S OUT OF CONTROL?
- PERHAPS YOU FEEL LIKE YOU HAVE TO SAY YES TO EVERYONE'S REQUESTS!
- DO YOU FEEL GUILTY SAYING NO?
- MAYBE YOU FIND YOURSELF READILY TAKING RESPONSIBILITY
- FOR OTHERS' FEELINGS AND PROBLEMS?

THEN THIS COURSE IS FOR YOU!

STARTING JANUARY 24'

