

No Regrets 2026 | CONFERENCE SCHEDULE

Room Number	Opening Session 8:00-9:15 AM CT	Seminar 1 9:30-10:00 AM CT	Seminar 2 10:15-10:45 AM CT	Seminar 3 11:00-11:30 AM CT	Closing Session 11:45-1:00 PM CT
[Put Room Info here]	Welcome, Worship, Testimony Keynote: Kenny Luck	Steve Carter Dealing With Adversity <i>(Men's Topics)</i>	Simon Mbevi Biblical Manhood <i>(Men's Topics)</i>	Bob Merritt "I Do" for Life <i>(Marriage)</i>	Welcome, Worship, Testimony Keynote: Chris Brown
[Put Room Info here]		Steve Sonderman Servant Leadership <i>(Spiritual Growth)</i>	Chris Brown Why Christ? <i>(Spiritual Growth)</i>	Kenny Luck Faith and Work <i>(Work)</i>	
[Put Room Info here]		Bob Merritt Parenting Through Seasons <i>(Parenting)</i>	Steve Carter Giving and Receiving Forgiveness <i>(Spiritual Growth)</i>	Simon Mbevi Temptations Men Face <i>(Men's Topics)</i>	
[Put Room Info here]		Thaddeus Williams Don't Follow Your Heart <i>(Spiritual Growth)</i>	AR Bernard Moving Beyond Childish Things <i>(Spiritual Growth)</i>	Jonathan Misirian Living Out Your Faith In Your Community <i>(Spiritual Growth)</i>	
[Put Room Info here]		[Local Speaker] [Title of seminar] <i>(Area of Interest)</i>	[Local Speaker] [Title of seminar] <i>(Area of Interest)</i>	[Local Speaker] [Title of seminar] <i>(Area of Interest)</i>	
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No Regrets 2026 | SESSION DESCRIPTIONS

OPENING SESSION

Kenny Luck - Ultimate Surrender

Waving the white flag is either a sign of weakness or strength depending on who you ask. It means you are declaring a real, permanent, and noticeable absence of resistance. Think about it, no man celebrates his surrender to another man. But there is one form of surrender that is celebrated on earth as it is in heaven. It is ultimate surrender - to God alone. This is Jesus. Jesus is in you. Will this be you?

SEMINAR 1

Steve Carter- Dealing With Adversity

Every man will taste suffering, adversity and struggle. It's not a question of if you will but when you will. For so many, we are not adequately prepared for what life throws at us. We lack the biblical wisdom to see the adversity before us as an opportunity and invitation to become more Christlike.

Steve Sonderman - Servant Leadership

Many men feel stuck in their spiritual growth. They know who they want to become but aren't sure how to get there. Drawing from 50 years of following Jesus, Steve will share practical steps that have helped him keep growing and deepening his love for Christ.

Bob Merritt - Parenting Through Seasons

Being a parent is the 2nd hardest thing you will ever do. Parents often say "I just want my kids to be happy" and it makes me crazy. What if we said "I want my kids to be productive, independent and faith-filled?" Because only then, will they be happy. But how?

Thaddeus Williams - Don't Follow Your Heart

Proverbs 28:26 says it bluntly: "One who trusts in his own heart is a fool. Yet 84 percent of Americans believe the goal of life is to make yourself happy, 86 percent believe you achieve happiness, while over 90 percent believe we must look within for answers. Learn from Dr. Thaddeus Williams how we can be radically countercultural by following God's heart instead of our own.

YM: This seminar is recommended for young men

SEMINAR 2

Simon Mbevi - Biblical Manhood

Manhood is a trust given to us by our Father. So, what is biblical manhood? What are the building blocks of essential masculinity as defined by God, and not by culture or personal experiences? How can we as men fully appreciate, embrace, and live out God's dream for masculinity? From the beginning, we can see 5 building blocks of godly masculinity. We can, drawing from the lives of both Joseph and Jesus, clarify, claim, and commit to true masculinity.

Chris Brown - Why Christ?

Have you ever wondered why men tend not to do Christianity well, or why we seem to be one step away from spiritual growth yet never achieve it? This seminar will help us put the pieces together and realize why we just might be a whole lot closer than we thought.

YM: This seminar is recommended for young men

Steve Carter - Giving and Receiving Forgiveness

Has someone ever done something to you that you just couldn't seem to let go? It lives rent free in your heart and any time that person, place, job, or experience comes to mind you are flooded with this visceral angst within. Or maybe it is a decision you once made that is holding your life in check with regret. God never wanted us to live this way. One of the great gifts God graced us with is the art of forgiveness.

AR Bernard - Moving Beyond Childish Things

Maturity is not an event—it's a process of transformation. Every man must outgrow childish ways of thinking and reacting. God doesn't give maturity; He grows it through experience, discipline, and responsibility.

SEMINAR 3

Bob Merritt - "I Do" for Life

What do you do when your marriage has become dull and routine? Or worse, when the tension is so thick that every little thing turns into a hate-filled fight? There are 4 non-negotiables that every marriage needs to restore the passion you once had.

Kenny Luck - Faith and Work

Think about the space and place of your "9-5" right now. Are you an owner or employee? Who do you report to? Who are your co-workers? Who do you interact with the most? God says that your work spaces and places (and the people in them) are not your choosing, they are God's specific choosing. We don't choose our bosses, he assigns them. In fact, no deal or paycheck is ours either, they are his doing! Throw in your work skills and mind too! The King and His Kingdom have an agenda at your space and place of work because YOU are there. There is no separation. How do you see it?

Simon Mbevi - Temptations Men Face

God's desire is for every man to live a victorious life. Just like Jesus was tempted, we are tempted daily and persistently. How can we, as God's men, understand and overcome the temptations the enemy within and without presents to us? Where is the enemy likely to get us and entice us to compromise the glory of our masculinity? We have victory in Christ, but only to the extent that we surrender our bodies, souls, and spirits to the power of the Holy Spirit. Let us claim our freedom, and defend it for the King.

YM: This seminar is recommended for young men

Jonathan Misirian - Living Out Your Faith In Your Community

One of the best ways to witness for Christ is by living authentically in your community. This session will help you identify how God uniquely wired you and encourage you to lean into those strengths—so you can live out your faith in a way that draws others to Jesus.

CLOSING SESSION

Chris Brown - Lessons From the Mountaintop

I believe that deep inside, each man wants to live a significant life where the people around him are safe and loved. However, it seems like fewer and fewer men are obtaining that life. Our closing session breaks down the fundamental mistake we make as men in pursuing that outcome, and how easily we can redirect our course to achieve it.