

LIFE Talk • January 21, 2026

CREATIVE EXPRESSIONS OF BELIEF

Grow in the grace and knowledge of Jesus Christ. 2 Peter 3:18



TODAY'S TOPIC

Dance Like Nobody's Watching!

Dance educator and studio owner of Inspiration Performing Arts Center, Lauren Martin, and Mikayla Holmgren, the first woman with Down Syndrome to compete in any Miss USA state pageant, will inspire you through dance!

ABOUT OUR PRESENTERS



Lauren Martin is a dance educator and studio owner of Inspiration Performing Arts Center and has over two decades of experience nurturing dancers of all ages. Known for her creative leadership and commitment to character development through the arts, she blends technical excellence with heart and life lessons. Lauren specializes in curriculum design, performance preparation, and building strong, inclusive dance and music communities that empower students both on and off the stage.



Mikayla Holmgren is the first woman with Down Syndrome to compete in any Miss USA state pageant. She loves to inspire others through her dancing, modeling, and speaking. Mikayla has won the Miss Congeniality Award, the Spirit of Miss USA Award, and the Directors Award. Her dance career originated at Lauren Martin's studio. Follow her on Instagram @mikholmgren_inspiring_others

Replay videos available at saintandrews.org/LIFEU.

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LIFE Group Sheet

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GETTING STARTED

Share in a spiritual practice, discuss an igniter question, and/or begin with prayer.

Creator God, thank you for the opportunity to gather with each person here, to grow in faith and knowledge together, and for the gift of your Holy Spirit. Bless our time, our conversation, and how we care for one another. Amen.

FIRST IMPRESSIONS

Briefly share (in pairs or 3s) your initial reaction to what you heard in the LIFE Talk.

Prompts: What stood out to you? What is stirring inside of you? What are you thinking, feeling, or wondering about?

DIGGING DEEPER

1. Have you ever been in a situation or tried to make a decision that seemed impossible? What was that? Where in your life? How did things work out? Where was God during that time? Or maybe you know of someone who faced what seemed to be impossible.
2. How has God gifted you? What are you passionate about? Where have you lived that out?
3. When you hear “Dance Like Nobody’s Watching,” what might God be saying in that for you?

CLOSING PRAYER

Offer a prayer to draw your time to a close, using one of your own or the one below.

God of wisdom and beauty, thank you for this time together. Help us as we live out our faith this week and share what we have learned. Make us instruments of your peace and healing love, as we grow in grace and knowledge of Jesus. In Christ's holy name we pray, Amen.

To join a LIFE Group, contact Sue Lennartson at slennartson@saintandrews.org