



# Center of Healing and Wholeness

## Healing For The Mind, Body, and Spirit

### Artificial Intelligence (AI) as a Tool for Growth



#### **AI Beginner Training & Demo**

Presented by: Gwendolyn Stringer, MBA, MPA

Date: February 9, 2026



# COHAW Welcome

- Opening Prayer
- Welcome & Introductions – COHAW Leadership



- Introduction of today's Trainer/Facilitator

# Gwendolyn Stringer, MBA, MPA, COHAW Facilitator



Bio - an AI thought leader supporting startup ventures at **iPrefer Solutions**, where she helps translate complex technologies into clear, scalable, and impactful solutions. With more than **30 years of experience** in technical documentation, she has served as a Technical Writer, Information Developer, and Publications Manager across the **San Francisco Bay Area**, guiding organizations through growth, innovation, and transformation.



# Agenda (2-Hour Session)

- Modules 1–2 Foundations
- Modules 3–4 Discernment & Risks
- Break / First half Q&A
- Modules 5–7 Practical & Spiritual Use
- Live AI Demos
- Q&A and Reflection





# General AI Use Disclaimer

AI is a tool, not a decision-maker.

- AI responses may be incorrect or incomplete
- Always verify important information
- Do not share personal or sensitive data
- AI does not replace professional advice
- Human judgment remains essential





# Technical Highlight for the non-technical

Era	What Happened	Simple Example
1950s–70s	Rule-based computer	“If X happens, do Y” 1950s–70s Rule-based computers “If X happens, do Y”
1990s–2000s	Search engines	Google searches
2010s	Machine learning	Netflix recommendations
2020s	Generative AI	ChatGPT writing text



# Useful AI Terms

## Term

Artificial Intelligence (AI)

Machine Learning (ML)

Deep Learning (DL)

Model

Trained Model

Supervised Learning

Unsupervised Learning

Discriminative AI

Generative AI

Large Language Model (LLM)

OpenAI

## One-Sentence Definition

Computers doing smart tasks.

AI that learns from data.

ML using layered neural networks.

The “brain” of the AI.

A model that has learned from data.

Learning from labeled examples.

Finding patterns without labels.

Chooses or classifies.

Creates new content.

AI that reads and writes language.

A technology organization that **creates artificial intelligence tools** designed to help people learn, work, and create



# AI Architectural Overview

## Artificial Intelligence

Technology that helps  
computers act smart

## Machine Learning

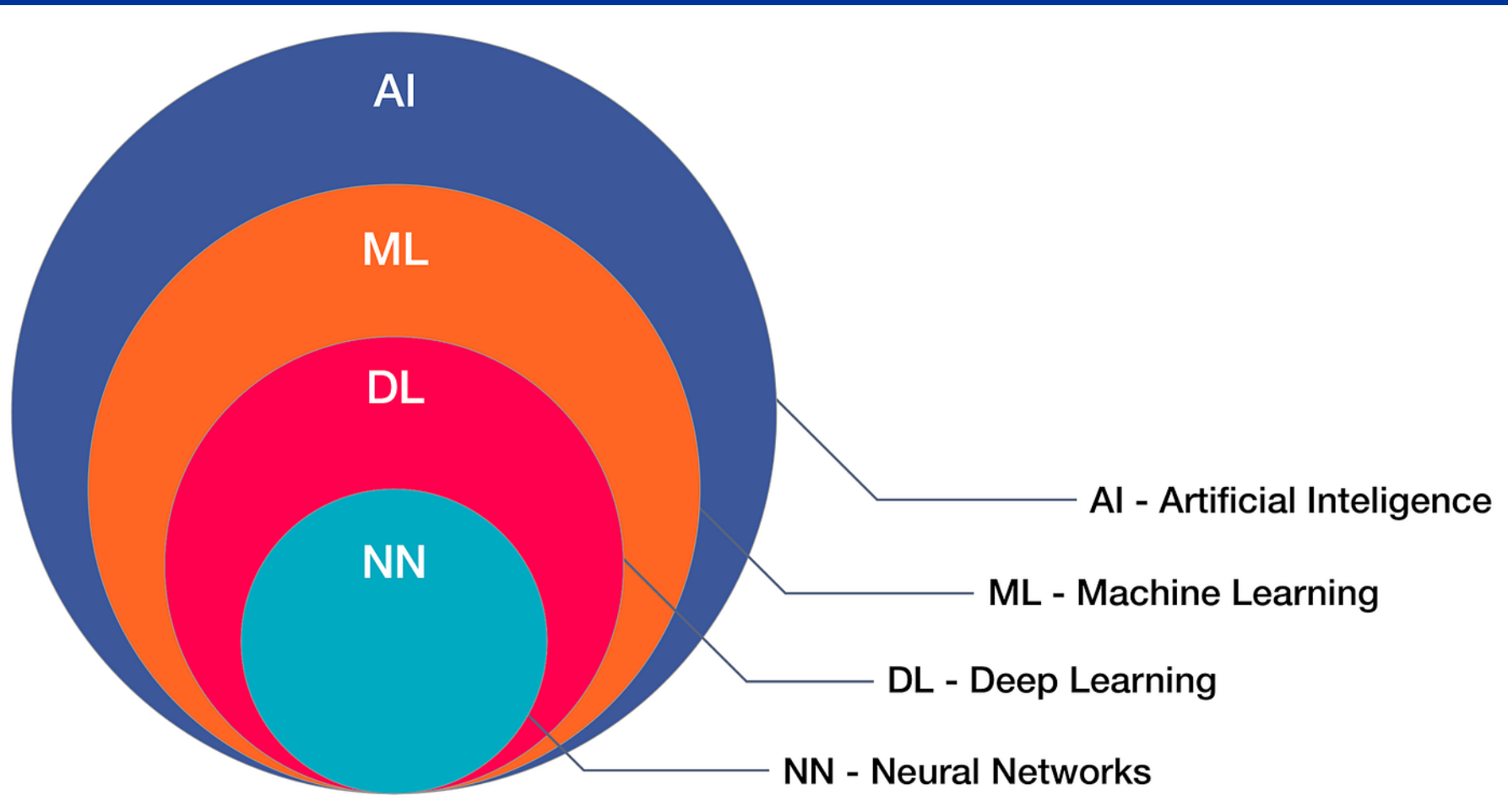
Learning from examples

## Generative AI

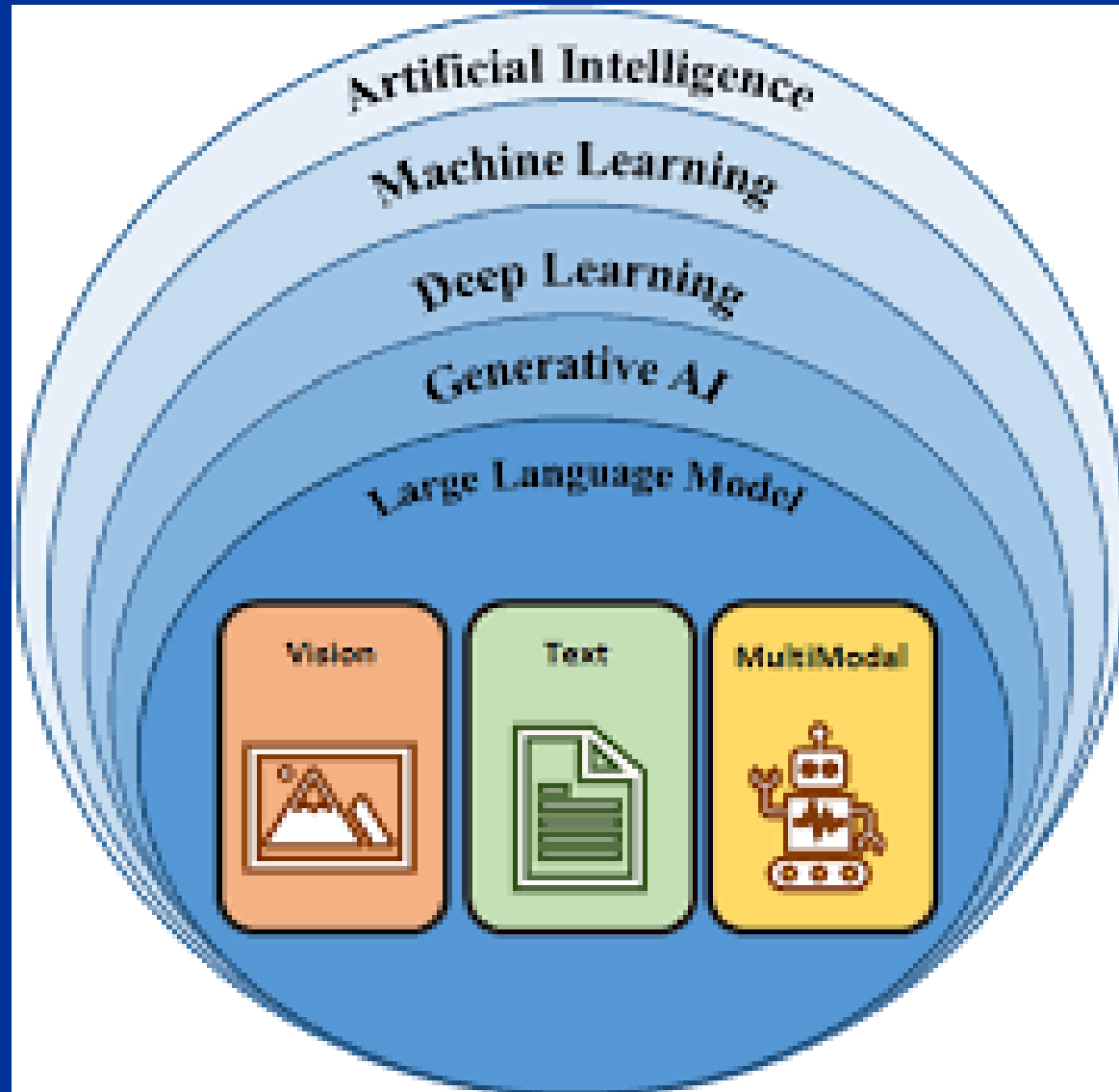
Creates text,  
images, music



# AI Architectural Overview



# AI Architectural Overview



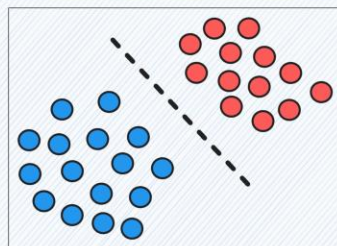


# AI Architectural Overview

## Discriminative and Generative Models

 [blog.DailyDoseofDS.com](http://blog.DailyDoseofDS.com)

### Discriminative Models



Learns the decision boundary between classes

Maximizes the conditional probability:  $P(Y|X)$

Directly estimates  $P(Y|X)$

Cannot generate new data

Specifically meant for classification tasks

Discriminative models don't possess generative properties

Logistic Regression

Random Forests

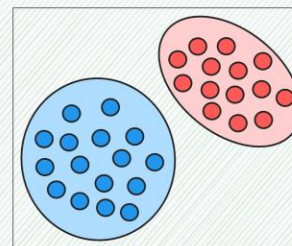
SVMs

Neural Networks

Decision Tree

kNN

### Generative Models



Learns the input distribution

Maximizes the joint probability:  $P(X, Y)$

Estimates  $P(X|Y)$  to find  $P(Y|X)$  using Bayes' rule

Can generate new data

Typically, they are NOT used to solve classification tasks

Generative models possess discriminative properties

Hidden Markov Models

Naive Bayes

Gaussian Mixture Models

Gaussian Discriminant Analysis

LDA

Bayesian Networks



# AI Architectural Overview



## Supervised Machine Learning

The computer is given examples of inputs and typical outputs which it uses to develop and refine an algorithm. The algorithm is applied to new data and the outcome is used for further refinement.  
E.g. Training a computer to recognize and classify similar objects based on shape.



## Unsupervised Machine Learning

Unsupervised machine learning is similar to learning without a teacher. The computer learns by exploring the data and finding structure and data patterns on its own.  
E.g. Learning to spot patterns in customer data based on purchasing behaviour.



# Module 1: What Is AI?

- Artificial Intelligence (AI) is a technology
- It is the backbone of software trained on patterns in data.
- It predicts responses—it does not think or feel.
- Examples: search engines, chatbots, recommendations.





## What AI Can Do

- Summarize information
- Suggest ideas
- Help organize thoughts
- Draft messages, letters, plans
- Answer questions based on existing knowledge



# Module 2: How We Already Use AI



## Faith-Aligned Uses (Very Important)

- Writing devotionals
- Structuring prayer topics
- Bible study summaries (*always cross-checked with Scripture*)
- Journaling prompts
- Organizing ministry ideas
- Writing letters, announcements, or testimonies

## Everyday Uses They Already Encounter

- Voice assistants (Siri, Alexa)
- Spell-check and grammar suggestions
- Navigation apps
- Online shopping recommendations
- Customer service chatbots



## Module 3: What AI Is NOT

- AI is not human, conscious, wise, or spiritual.
- AI does not replace prayer, Scripture, counsel, or responsibility.



# What AI Cannot Do:



- Pray
- Hear God
- Replace discernment
- Make moral decisions
- Know your heart
- AI processes **data**.  
God processes **purpose**.



# AI Prompts

How to get the best results (quick tips)

- Be specific
- Tell AI tone & audience
- Give examples
- Ask for formats

# 'Using' AI Prompts (Chatgpt.com)



ChatGPT 5.2



New chat

Search chats

Images

Apps

Codex

Projects

GPTs



image generator

DALL-E

Explore GPTs

Your chats

What can I help with?

+ Ask anything  



# How to Talk to AI

The Golden Rule of AI Prompts

**The quality of the answer depends on the clarity of the question.**

Think of AI like a **very fast assistant** that needs **clear instructions**.

Simple Prompt Formula

**ROLE + TASK + CONTEXT + FORMAT**

Example:

“Act as a Christian devotional writer. Create a 5-minute devotional for women focused on trusting God during uncertainty. Include one scripture and a short prayer.”



# Module 4: Benefits & Pitfalls

**Benefits:** saves time, organizes thoughts, reduces stress, supports learning.

**Pitfalls:** can be wrong, produce hallucinations, expose data, reduce thinking if overused.

Scriptures:

- Wisdom is supreme (Prov 4:7)
- God is the source of wisdom (James 1:5)
- All tools must be tested (1 Thess 5:21)





# Spiritual Guardrails

## AI For Christian Growth

- AI supports—not replaces—prayer.
- Scripture is the final authority.
- AI is a servant, not a guide.

**1 Thessalonians 5:19-22 (NIV)** *19Do not quench the Spirit. 20Do not treat prophecies with contempt 21but test them all; hold on to what is good. 22reject every kind of evil.*

**Proverbs 4:7 (KJV)** *7 Wisdom is the principal thing; therefore get wisdom; and with all thy getting get understanding.*

**James 1:5 (KJV)** *5If any of you lack wisdom, let him ask of God... (before we prompt AI, we pray)*





# Questions on Module 1-4

- Modules 1–2 Foundations
- Modules 3–4 Discernment & Risks
- Break / First half Q&A





# Module 5: Enhancing Bible Study

- AI can summarize Scripture and provide context.
- AI must not replace Scripture, doctrine, or prayer.





# Module 6: Time & Stress Management

- Create routines and schedules.
- Break goals into manageable steps.
- Reduce mental clutter—not responsibility.





# Module 7: Health & Wellness Support

- AI can suggest self-care and journaling.
- AI must not diagnose or replace professionals.





# Live AI Demonstrations

- Bible study prompts
- Daily planning example
- Home Projects
- Work Projects
- Shopping Lists
- Appointments
- Health and Fitness
- Journaling and reflection





# My AI Bibliography

- *AI Super-powers – China, Silicon Valley, and the New World Order*, Kai-Fu Lee
- *The Ultimate Guide to ChatGPT*, Belinda Brooks, Anthony Snape
- *The AI-Driven Leader*, Geoff Woods
- *Master AI From Beginner to Business Leader*, Synergy AI Editions



# Q&A and Reflection

- What surprised you?
- What felt helpful?
- How will you use AI wisely?
- Clarifications

Closing remarks and prayer –  
COHAW Leadership

