

The Answer to Your Deepest Longings: 40 Days Through the Bible

- Take a journey through the storyline of the Bible in 40 days so you can see major themes, how they are all connected and what that means for us as we read the Bible today.
- Discover the eight major things humanity longs for and how Jesus fulfills all of them for us.
- Stop the endless cycle of seeking and searching for satisfaction, and find the answers to your deepest longings.

Starts Sunday, September 19, 2021

Day & Time: Sunday Mornings at 9:30 am

Location: Family Life Center

Led by: Suzanne Bandy & Kathy Ramsdell

The Epic of Eden: Psalms

Sandra Richter brings our ancestors in the faith to the table where we learn from them in a cross-cultural experience bridging historical and modern day life. This eight-session study of the Book of Psalms masterfully mixes scholarly and practical teaching through the most-known wisdom Book of the Bible.

The key messages of this study include: what the Book of Psalms is (the hymnbook of ancient Israel), how it was utilized in Israelite worship (the various “forms” of the Psalms), and why the Book of Psalms remains critical to our devotional lives today. Sandra also dives into the concrete realities of Israelite worship (the tabernacle, temple, priesthood, and sacrifice) as well as Israel’s theology of worship wrapped up in their theocratic world view.

Experience the Psalms with fresh connections to contemporary worship and devotional practices. Indulge in the biblical study of the Psalms from a scholar and former pastor. Letting Sandra do the “heavy lifting” of research and translation allows you to experience the Bible in a deeply sensitive way, answering the evergreen question, “so what does this have to do with me today?”

Dates: November 1 - December 21, 2021

Location: Family Life Center

Day & Time: Monday Nights & Tuesday Mornings

Led by: Pastor Jeff Bandy

Forgiving What You Can't Forget

Discover how to move on, make peace with painful memories, and create a life that’s beautiful again. In this six-session Bible study, Lysa TerKeurst has walked this journey, wrestling with deep wounds that feel impassible and struggling to move forward. And she’s discovered that, to find life-giving freedom, we have to let go of our bound-up resentment and resistance to forgiving people who’ve hurt us. With deep empathy, therapeutic insight, and rich Bible teaching coming out of 1,000 hours of study, Lysa will share these topics

- “What Am I Supposed to Do with All the Hurt?”
- “Your Mind, Your Mouth, Your Master,”
- “The Compromising Effect of Unforgiveness,”
- and more.

Dates: January 4 - February 8, 2022

Day & Time: Tuesday Mornings at 10 am

Led by: Kathy Ramsdell

SPIRITUAL EXERCISE GROUPS

Groups for Spiritual Stretching and Personal Discovery

In Romans 7:15-17, Paul says:

"I do not understand what I do. For what I want to do I do not do, but what I hate I do. And if I do what I do not want to do, I agree that the law is good. As it is, it is no longer I myself who do it, but it is sin living in me."

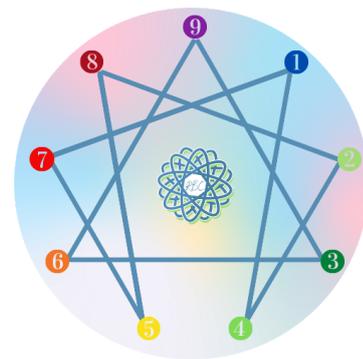
We know getting stronger and healthier bodies requires physical exercise and doing that with others keeps us going and keeps us accountable. The same is true if we want to have stronger minds and souls. That is why we are going to be offering two spiritual exercise groups starting this fall.

In these Spiritual Exercise Groups we will take an inventory of our spiritual and emotional health. Together, we will discover why we do what we do and how to tap into the power of the Holy Spirit living in us to make good changes that will help us be more mentally, emotionally, and spiritually strong. And, help us to quit doing the things we don't want to do.

In these groups we will utilize a tool called the Enneagram to guide our spiritual stretching and personal growth.

What is the Enneagram?

- In simple words, it is a nine-pointed symbol that represents nine different personality typologies.
- More deeply, it is a framework for understanding the core motivations for WHY we think, feel, and behave the way we do.
- When we use it in cooperation with the Holy Spirit, it leads to deep transformation and the freedom we find only through Jesus Christ.



Daytime Group Starts September 20, 2021

Day: Monday Mornings (5 weeks total)

Time: 9:30 a.m.

Location: Family Life Center, FUMY Room

Evening Group Starts October 5, 2021

Day: Tuesday Nights (5 weeks total)

Time: 6:30 p.m.

Location: Online Using Zoom

Both groups will be led by our spiritual formation leader and Certified Enneagram Coach, Suzanne Bandy. If you have questions about these groups, please contact Suzanne at 740-412-2195 or by emailing her at suzanne@rubberbandcreations.com.

To sign up for any of these groups, please fill out this form and turn it into the church.

First Name

Last Name

Phone No

E-Mail

Please register me for the following small group(s)?

The Epic of Eden: Monday Night

40 Days Through the Bible: Sunday Mornings

The Epic of Eden: Tuesday Morning

Spiritual Exercise Group: Monday Mornings

Forgiving What You Can't Forget: Tuesday Mornings

Spiritual Exercise Group: Tuesday Nights