



Sunday **A.M.** Small Groups Fall 2018 – Central Campus

Over the course of this semester both Leslie Martin and Ellie Cunningham will be teaching. There are going to be several small groups that you can join. Below is a description of the type of group and what they will be discussing. Come! Join a group and make some friends!

Prayer Group

“...In every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.” Philippians 4:6b-7

Small Group Leader: Dee Witt

Digging Deeper

In this group you will join with other ladies discussing the mornings teaching. Leslie and Ellie will be teaching on Spiritual Discipline this semester. There are a couple of groups to choose from and it is a GREAT way to go a little deeper, ask a few questions and encourage one another.

Small Group Leaders: Jeannette Keenan and Lizeth Orduna

A Woman Overwhelmed - Hayley DiMarco

As women, we often are overwhelmed by the demands and circumstances of life, resulting in stress, fear, worry, impatience, fatigue, frustration, and even depression. The truth is that we were created to be overwhelmed . . . not by life but by God! When we learn to be overwhelmed by God, the fruit in our lives goes from rotten to fragrant—filling our days with peace, hope, love, and joy.

Calvary Price: \$14.40*

ISBN # 978-1501839924

Small Group Leader: Patricia Worth

Boundaries: When to say Yes and When to say No to Take Control Of Your Life – Cloud and Townsend

Having clear boundaries is essential to a healthy, balanced lifestyle. Boundaries impact all areas of our lives: Physical boundaries help us determine who may touch us and under what circumstances -- Mental boundaries give us the freedom to have our own thoughts and opinions -- Emotional boundaries help us to deal with our own emotions and disengage from the harmful, manipulative emotions of others -- Spiritual boundaries help us to distinguish God's will from our own and give us renewed awe for our Creator -- Often, Christians focus so much on being loving and unselfish that they forget their own limits and limitations.

Dr. Henry Cloud and Dr. John Townsend offer biblically-based answers to these and other tough questions, showing us how to set healthy boundaries with our parents, spouses, children, friends, co-workers, and even ourselves.

Calvary Price: \$15.30*

ISBN-13: 978-0310247456

Small Group Leaders: Patti Ryan and Colleen Arthur

Upward Inward Outward: Love God, Love Yourself, Love Others – Daniel Fusco

This book is about discovering together how to understand and live the Greatest Commandment. We begin upward, with loving God. *The* God of the Old Testament, God of the New Testament, God the Trinity—Father, Son, Holy Spirit. We continue inward, with understanding our true identities in Jesus. And when we get those things right, God's Spirit sends us outward, on a mission into the world.

Calvary Price \$14.40*

ISBN # 978-1631463907

Small Group Leader: Alison Morse

*Calvary bookstore will have a limited quantity of these books on hand.