



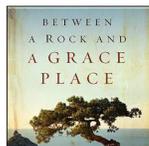
# LIFE Transformation

Sunday

5:00-6:30pm + Norwood Campus

Spiritual Growth opportunities to compliment your Sunday morning LIFE Connection Group and equip you for life and ministry.

## Spiritual Growth



### Between a Rock and a Grace Place

A video study by Carol Kent

Led by Elaine Benton

You can experience grace and joy during even the lowest moments of your life. Learn how to find God's grace places in the midst of your worst moments.

Begins 1/22 5-6:30pm Childcare 6 weeks \$10

## Marriage/Parenting



### The 5 Love Languages (for Adults, Teens & Children)

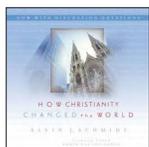
A book study by Gary Chapman

Led by Craig and Deni Morrow

This study will help you understand how those you love receive and give love and how you can speak their "Love Language".

Begins 1/22 5-6:30pm Childcare 6 Weeks \$10

## History/Ethics



### How Christianity Changed the World

A book study by Alvin Schmidt

Led by Russell Maddox

A study of the impact of Christianity on the humane, social, scientific, and cultural advances we enjoy in the Western world.

Begins 1/22 5-6:30pm Childcare 6 Weeks \$15

## Leadership



### Sometimes You Win, Sometimes You Learn

A video study by John Maxwell

Led by Darrell Horn

Everyone experiences loss, but not everyone learns from it. Dr. Maxwell explains how to turn a set-back into a step forward and how to learn from loss.

Begins 1/22 5-6:30pm Childcare 6 weeks \$12

## Fitness



### Fit4God Boot Camp

Led by Glenn Turney

Boot Camp teaches you how to work WITH your body's design to achieve optimal health. Find out how to eat for maximum nourishment, and how to exercise both efficiently and effectively.

Begins 1/22 5-6:30pm Childcare 12 weeks \$60-\$110

## Women



### The Amazing Collection

A video study

Led by Murrell Whelan

A video, book by book survey of the Bible. This semester the study will include the Pentateuch (the first 5 books of the Bible) and the Kingdom Books.

Begins 1/22 5-6:30pm Childcare 12 weeks \$10/book



# LIFE Transformation

Weekdays

Norwood Campus

Spiritual Growth opportunities to compliment your Sunday morning LIFE Connection Group and equip you for life and ministry.

## Tuesday Morning

### Women

#### MOPS Bible Study

Ashley Qualley



A Bible Study for moms that meets twice each month. It provides a time for moms to relax, hear a guest speaker, create crafts and enjoy adult conversation while their children are lovingly cared for. Moms of all ages are welcome. Please reserve childcare by emailing gwen@firstthrust.com.

Begins 1/10 9:30-11:30am Childcare Ongoing Free

### Women

#### Entrusted (A study of 2 Timothy)

A video study by Beth Moore

Led by Karin Essen



We were never meant to take this journey of faith alone or in secret. God has entrusted us with the great and mighty gift of the gospel, something too precious and life-giving to keep to ourselves.

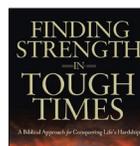
Begins 1/17 10am-Noon No Childcare 6 Weeks \$13

### Women

#### Finding Strength in Tough Times

A book study by Ron Wagley

Led by Fran Martin



This study offers direction for those searching for ways to cope with hardship or crisis. This is done without dodging the tough questions such as: Does God love me? Why is this happening to me? How can I get my life back? Dig deep to find real help for surviving a hardship or crisis, for being in the midst of one, or simply being prepared for the inevitability of future struggles.

Begins 1/17 10am-Noon No Childcare 14 Weeks \$12

## Wednesday Evening

### Recovery

#### Grief Share

A video study

Led by Kathy Lehmann & Garry Moon



A safe place to process the deep hurt of loss resulting from the death of a family member, friend or loved one. You will learn valuable Biblical resources to help you recover and rebuild your life.

Begins 1/18 6:30-8:30pm Childcare 13 Weeks Free