



LifeGroups

9 WEEKS OF ZOOM SESSIONS BEGINNING 26TH FEBRUARY
Spring 2023



Featuring “20” (in ’23) Groups Weekdays

Mondays

Group/#	Facilitator/Topic	Virtual or In Person (Church)	Time	Audience/ Interest	Phone
COED03	Eld. Robert & Sis Sandra Goodwin – Unstuck	Zoom ID: Passcode:	6:30p	Seniors	618.632.6542
WOM06	Edna Jeffries – Self Care through Yoga – Mind, Body, and Soul w/ Meditation	Zoom ID: Passcode: Hybrid & In Person	6:30p	Women	618.632.6542
LB110	Sis. Shannon Easton—Life is a Journey Our New LifeBuilders Class begins 1/23!	Zoom ID: Passcode:	6:30p	Beginners to NLC	618.632.6542

Tuesdays

Group#	Facilitator/Topic	Virtual or In Person (Church)	Time	Audience	Phone
WOM04	Sis. Brenda Brooks—Book of Philippians	Zoom ID: Passcode:	630p	Women	618.632.6542
WOM03	Min Dagne Barton – Women Evolve	Zoom ID: Passcode:	6:30p	Women	618.632.6542

Wednesdays

Group/#	Facilitator/Topic	Virtual or In Person (Church)	Time	Audience	Phone
CARE01	Eld. Marjorie Fulton—The Peaceful Caregiver	Zoom ID: Passcode:	6:30p	Anyone	618.632.6542
COED04	Sis. Cherii Palet – Relational Intelligence by Dr. Dharius Daniels	Zoom ID: Passcode:	6:30p	Singles	618.632.6542
MEN03	Elder Roman Wells - Play the Man by Mark Batterson	Zoom ID: Passcode:	6:30p	Men	618.632.6542
WOM02	Dr. Maggie Glover—Twelve Women of the Bible	Zoom ID: Passcode:	6:30p	Women	618.632.6542
GROW01	Eld. Amelda Thomas-Jones – Intercessory Prayer	Zoom ID: Passcode:	6:30p	Anyone	618.632.6542
GROW06	Eld. Mary Leige--Galatians	Zoom ID: Passcode:	6:30p	Anyone	618.632.6542
GROW03	Eld. Carolyn Marshall – The Ezekiel Bible Study Foundations	Zoom ID: Passcode:	6:30p	Anyone	618.632.6542
FPU01	The Hardiman’s—Financial Peace University	Zoom ID: Passcode:	6:00p	Anyone	618.632.6542
WOM12	Sis Deborah Dorsey – Bad Girls of the Bible	Zoom ID: Passcode:	6:30p	Widows Women	618.632.6542

Thursdays

Group/#	Facilitator/Topic	Virtual or In Person (Church)	Time	Audience	Phone
FPU02	Samuel Douglas—Financial Peace University	Zoom ID: Passcode:	6:00p	Anyone	618.632.6542
COED02	PG2—The Millennial Master Class (SIC)	Zoom ID: Passcode:	6:30p	Young Adults	618.632.6542
COU01	David/Vanniecia Brown & Al/Barb Williams—Made to Last: 8 Principles to Build Long Lasting Relationships by Bryan Carter	Zoom ID: Passcode:	6:00p	Married/ Engaged	618.632.6542
WOM01	First Lady Glenda Dudley– Grace and Growth from Glenda’s Garden	Zoom ID: Passcode:	6:30p	Women	618.632.6542

GROW05	Eld. Sherry McDonald—Spiritual Formation & Devotional Intimacy with Gary Thomas	Zoom ID: Passcode:	6:30p	Anyone	618.632.6542
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Fridays

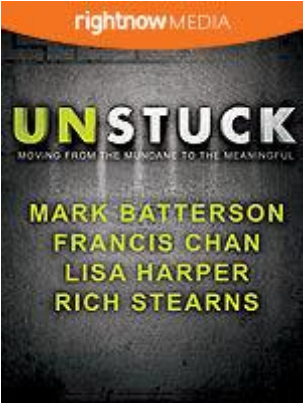
Group/#	Facilitator/Topic	Virtual or In Person (Church)	Time	Audience/ Interest	Phone
WOM10	Min. Annetta Salley - BIBLE 365 - A Scripture Reading Journey for Women	Zoom ID: Passcode:	8:00 AM	Women	618.632.6542
CARE02	Sis. Angela Sweetland--GriefShare	Zoom ID: Passcode:	12pm Noon	Those Grieving	618.632.6542

LIST OF TOPIC DESCRIPTIONS

Sessions begin the week of the 26th of February 2023 via Zoom. You can choose from any of these Groups in the Spring:

CONNECT:

Our Seasoned Saints group:



Unstuck

Are you stuck in a rut?

It's easy for Christians to find themselves caught up in the life of cluttered schedules, rhythms, and routines dictated by our culture. Many feel stuck in the routine of life—their jobs, relationships, and daily circumstances. They know it's not the life they dreamed of. And they feel stuck in a life yearning for deeper meaning.

The Unstuck Bible study has been designed to help guide you out of the ruts and pitfalls that so often ensnare us all. You will be inspired and equipped through the powerful biblical teaching of Mark Batterson, Francis Chan, Lisa Harper and Rich Stearns.



Each of these teachers will draw from the lessons of the award-winning short film Journey to Jamaa—a true story about two kids who are forced to search for hope in a broken world.

The dynamic combination of the film, profound biblical teaching and powerful real-life stories from everyday people will help you and your group get unstuck and back on the path to a life of purpose that God intends for you!



See the trailer [here](#).

Facilitated by The Goodwin’s (& all their “Good Ones”) Mondays at 6:30 PM.

Our Young Adults Group [SIC]:

The Millennial Master Class [SIC] by PG2

To **spark** your relationships, **inspire** you to use your gift, and **create** the pathway for your purpose.

How do we build community? How does it grow? In times like these where we look to re-build, re-plant, and go deeper, there’s a glimmer in our midst to recapture a sustainability that empowered by the Spirit reimagines life as it was meant to be by the One who knows the end from the beginning to get us to the place that sacred space where we begin to live in the beyond even now as we await what is yet to come.

Topics in these initial sessions will include:

- Sparking our relationships
- Using our gifts at work and home
- Learning how to have a growth mindset
- Finding your lane and winning in it

To top it off with a capstone project in collaboration with a local business

Buckle up and get ready to **Spark**, **Inspire**, and **Create**!

Facilitated by Elder PG2 Thursdays at 6:30 PM.



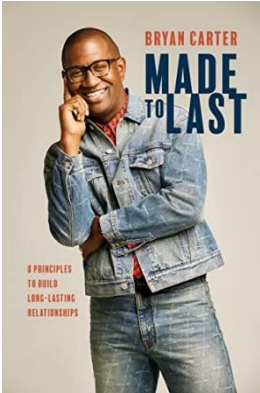
Our J20’s Couples’ group:

Made to Last: 8 Principles to Build Long Lasting Relationships by Bryan Carter

Relationships. They mean everything to us. They can be the source of our greatest joys and our greatest frustrations. Building long-lasting relationships don't happen by accident but by intention. Virtually all of us intuitively know we could use help. But we don't need fluff; we need clear insights, a way to tap into the love and power of God, and practical, effective steps to improve our most important relationships.

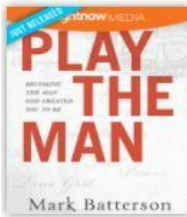


In this book, Bryan Carter provides these essentials. With wit and humor, personal examples, excellent research, and sound biblical principles, he helps us build better connections with the people we love.



Facilitated by The Brown’s (& all their many “Partners”) Mondays at 6:30 PM.

Just for Men [MoV]:



Play the Man by Mark Batterson

In this series, Mark Batterson, highlights seven virtues of manhood to offer clear insight into what it means to be a faithful man of God. Keying in on the story of the martyr Polycarp, Mark teaches through engaging stories to inspire men towards biblical discipleship that can transform the generations to come. Each lesson provides practical truths for immediate application so that men everywhere can be the brothers, husbands, fathers, and leaders God created them to be.



See the trailer [here](#).

Facilitated by Elder Roman Wells Wednesdays at 6:30 PM.



Our One 2 Wholeness group:

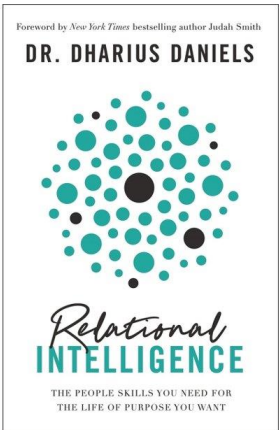
Relational Intelligence by Dr. Dharius Daniels NEW! (Available at Wal-Mart)

Relational Intelligence by Dr. Dharius Daniels is your guide to increasing your relational skills so that you can accomplish your purpose, advance your career, and improve the spiritual, physical, and emotional quality of your life.

Relational Intelligence is your action plan for getting smart about who you surround yourself with. Using Jesus's relational framework for choosing the twelve disciples, this book gives you the tools you need to define, discern, align, assess, and activate your relationships to unlock your greatest potential.

Years of ministry leadership experience have taught Dr. Dharius Daniels that there's no such thing as a casual relationship. All of our relationships either push us forward into our God-given purposes or hold us back from who we're meant to be. If you're serious about taking your life to the next level, you should be serious about taking your relationships to the next level, too.

Scripture gives us a blueprint for the way relationships should be managed, and this blueprint helps us construct and grow relationships that are fruitful. It tells us that our spiritual, physical, financial, emotional, and professional progress is greatly impacted by who we allow to be a part of our lives and what part we allow them to play. *Relational Intelligence* reminds us that with our destiny on the line, relationships are too consequential to nonchalantly roll the dice in managing them.



Daniels shows us that relationships were part of God's design, and when we understand and apply what God has to say about them, we can finally learn to:

- Reflect on the people that God has placed in our lives
- Avoid unnecessary relational turmoil
- Be intentional in each of our relationships
- Accomplish our God-given purpose



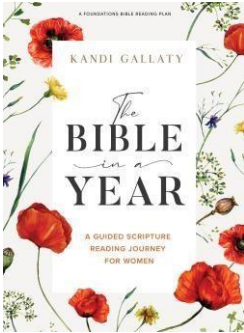
When your purpose is on the line, the cost of relational unintelligence is too great to pay. Join Daniels as you uncover the secret to gaining the relational intelligence you need to build the purposeful life that you want.

Facilitated by Cherii Palet Wednesdays at 6:30 PM.



Our Women’s groups:

BIBLE 365 - A Scripture Reading Journey for Women (Available on Amazon)



God wants you to experience the life change that happens when you prioritize spending time with Him. In this one-year journey from Genesis through Revelation, walk through key passages of the Bible at a manageable, five-days-per-week pace. Based on the 260-day Foundations Bible reading plan, you'll engage with daily devotional content, interactive questions, and Scripture memorization challenges, all designed to grow your relationship with God and your knowledge of Him. By using the H.E.A.R.T. journaling method, you'll learn to highlight, explain, apply, respond to passages, and record the truths you find in Scripture, allowing for practical application throughout the year-long plan.



Facilitated by Min. Annetta Salley Fridays at 8 AM.

Twelve Women of the Bible (TerKeurst, Morgan, Stevens, Brown, Zacharias, Fincher)

It's not easy being a woman in today's world. The demands and expectations you face can be overwhelming. And deep within, there is a longing to meet with God and be changed in his presence. Through powerful insights from six trusted Bible teachers—Lysa TerKeurst, Jonalyn Fincher, Naomi Zacharias, Elisa Morgan, Amena Brown, and Jeanne Stevens—you'll meet twelve biblical women who encountered God, and whose lives were forever changed. These remarkable women will encourage you through their failures as well as their successes.



See the trailer [here](#).



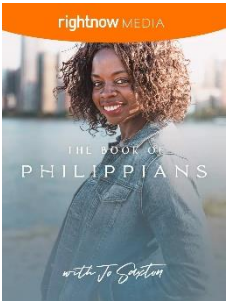
Facilitated by Dr. Maggie Johnson-Glover Wednesdays at 6:30 PM.



Book of Philippians (Available for free download on RightNowMedia)

The life Jesus invites us into when we follow him is one of sacrifice. But does sacrificial living mean the Christian life should be riddled with sorrow? Paul answers that question in his letter to the Philippians with a resounding no. Paul, and the Philippians with him, lived joyfully in the midst of persecution, prison, and poverty.

In this eight-session series, Jo Saxton takes us through Philippians to encourage us to follow Jesus no matter what life throws at us. Through Paul's words and example, learn how joy and sacrifice can go hand-in-hand



See the trailer [here](#).

Facilitated by Brenda Brooks Tuesdays at 6:30 PM.

Grace and Growth from Glenda’s Garden.

Cultivating the Growth in your own Garden.

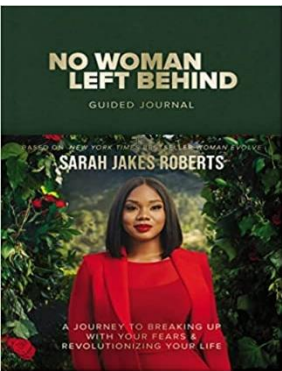
Ladies have you ever grown/cultivated a garden? Our own Lady Glenda has for many years. This LifeGroup is designed to help you grow deeper in your faith using some of the same principles for having a successful garden.

Isaiah 58: 11:

The LORD will guide you always; he will satisfy your needs in a sun-scorched land and will strengthen your frame. You will be like a well-watered garden, like a spring whose waters never fail

How much light will it take for the dark areas? What seeds are you planting? What weeds will you need to prune? What elements are the most conducive for your faith/life to grow? Do you want to be fruitful and have a bumper crop in 2023 or not? Answer this and many more questions in our LifeGroup!

Facilitated by First Lady Dudley Thursday’s at 6:30 PM.



Women Evolve by Sarah Jakes Roberts

Reimagining the story of Eve, Sarah Jakes Roberts draws lessons from Scripture and from her own life that show women how to use the mistakes of their past to overcome the challenges of today.

A New York Times bestseller! With life lessons she's learned and new insights from the story of Eve, Sarah Jakes Roberts shows you how past disappointments, struggles, and even mistakes can be used today to help you become the woman God intended.

Who would imagine being friends with Eve--the woman who's been held responsible for the fall of humanity (and cramps) for thousands of years? Certainly not Sarah Jakes Roberts. That is, not until Sarah discovered she is more like Eve than she cares to admit.

Everyone faces trials, and everyone will mess up. But failure should not be the focus. Your focus should not be on who you were but rather the pursuit of who you can become. In Woman Evolve, Sarah helps you understand that your purpose in life does not change; it evolves.

Making her mistake in the Garden of Eden, Eve became the first woman to deal with rebuilding her life in the aftermath of her past. Eve knew better, but she didn't do better. With scriptural lessons, Eve as the framework, and Sarah as your guide you will discover and work through:

- Past issues and insecurities that haunt you
- Seeing yourself as God sees you and trusting Him with who you really are
- How to come out of darkness and pursue a real relationship with God
- Why it's important to truly care for yourself
- Setting in motion the beautiful seed that God planted in you



Your fears and insecurities may have changed how you viewed God, others, and yourself, but in Woman Evolve, you can break through and use past mistakes to revolutionize your life. Like Eve, you don't have to live your future defined by your past. Join the Aunties and Nieces as we delve into another great topic across generations!

Optionally, a guided [Journal](#) and/or [workbook](#) are both available.

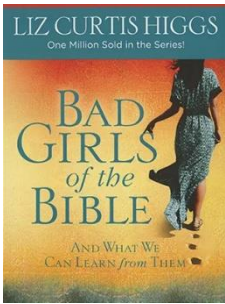
Facilitated by Min. Dagne Barton Tuesdays at 6:30 PM.

Bad Girls of the Bible by LIZ CURTIS HIGGS

Join two dozen women in a cozy coffeehouse setting, as author and speaker Liz Curtis Higgs explores the lives of ten of the Bible's best-known femmes fatales. From Eve to Jezebel to Delilah, each woman's story and struggles come to life, as Liz brings home this vital truth: “No one is good—except God alone” (Luke 18:19).

Divided into ten lessons—each lasting ten to twelve minutes—the Bad Girls of the Bible study offers a fresh way to engage with the truths found in the best-selling book, whether used for personal enjoyment or in a group setting. Find out why women everywhere say, “You have to hear Liz teach!”

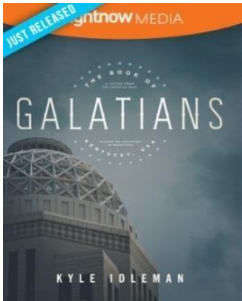
See the trailer [here](#).



Facilitated by Sis. Deborah Dorsey Wednesdays at 6:30 PM.

GROW:

Our Bible Based Groups:



[Book of Galatians](#) (Available for free download on RightNowMedia)

New Life is goin’ deeper in ’23 with passages from Galatians leading the way. Why not join this Life Group to go deeper in God’s Word in Galatians to Connect, Grow, & Go!

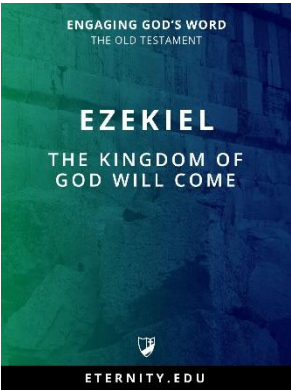
If someone asked you to explain the gospel, what would you say? What is the good news of the Christian faith? Writing to the Galatians, Paul made it clear how easily we can be tempted to turn toward fraudulent gospels, especially those that teach we can earn God’s love through our works. Though they may have the appearance of truth, they are lifeless and leave us empty in the end.

In this Book of the Bible series, Kyle Idleman dives into the book of Galatians, one that contains some of the clearest explanations of the gospel in the New Testament. Through biblical study and engaging lessons, Kyle shows that true freedom is found in surrender, not self-dependence. Because our gospel is not one based on our works, but faith in the finished work of Jesus Christ.

See the trailer [here](#).

Facilitated by Elder Mary Leige Wednesdays at 6:30 PM.

[Ezekiel: The Kingdom of God Will Come](#) by Ernesto Duke (Available for free download on RightNowMedia)



What do Ezekiel's prophecies mean? Is he talking about the past, present or future (or all of the above)? What's so important about Ezekiel's vision of the temple? Why does he lay on his side and eat weird foods?

Engaging God's Word is an in-depth exploration of the Bible, designed to help you make sense of what you’re reading and help you find your place in God’s great unfolding story.

Originally developed for students at Eternity Bible College, these courses have been adapted from our year-long Old Testament Survey to fit seamlessly into the busiest of schedules.

Whether you watch on your own, or in a small group setting, these quick, engaging videos will help take you deeper into God’s Word.



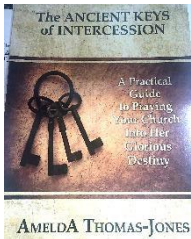
Facilitated by Elder Carolyn Marshall Wednesdays at 6:30 PM.

Our Prayer Group:

Combined Class on: Prayer & Intercession

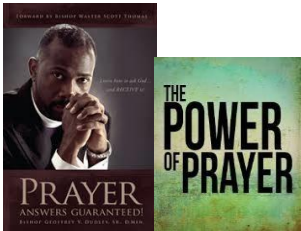
Ancient Keys to Intercession (Available from Elder Amelda in Class)

The church is in dire need of raising up the next generations of intercessors and people of prayer. There are generations who need to be trained how to cultivate an intimate relationship with their loving Heavenly Father to hear and respond to His voice. This Life Group and this book will do just that EQUIP YOU TO BE AN INTERCESSOR!



&

Taking Your Life Back Through Prayer (Available at NLC Bookstore)



Prayer is one of the most important components of the Christian life. We simply can't know God without it. Learn the essentials of prayer. We will be looking at the fact that we pray to a Father who always honors his name, and that prayer, by nature, is surrender. We will also look at practical aspects of prayer, such as developing a prayer lifestyle, examining the guidelines God has given us for prayer, and learning how to pray for ourselves and others.

Facilitated by Elder Amelda Thomas-Jones Wednesdays at 6:30 PM.

Our Spiritual Growth Focused Group:

Spiritual Formation and Devotional Intimacy with Gary Thomas, M.A., D.D. [NEW!]

An introduction to the biblical and historical roots of Christian spirituality.

This seminar was presented at the Lord's Grace Church in Vancouver, British Columbia. In this class, originally titled "Christian Spirituality 101," Dr. Thomas provides an introduction to the biblical and historical roots of Christian spirituality, the spiritual disciplines, spiritual direction, and the pursuit of personal and corporate holiness.



**Lecture 6, Sacred Pathways (Part 2), is not available.

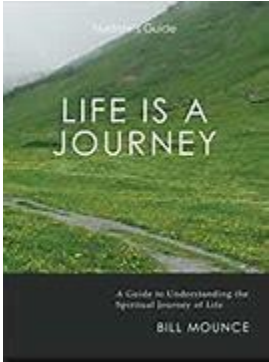
Facilitated by Elder Sherry McDonald Thursdays at 6:30 PM.

New Foundations class LifeBuilders:

Life is a Journey by Bill Mounce [NEW!]

This is for all new LifeChangers upon completing the 101 course.

Welcome to *new* class to renew, review, or just introduce the central concepts behind our faith. This group is designed for anyone who wishes to better understand why we believe what we believe by returning to the basics and foundation of the roots of our faith to confirm what it means to follow Christ in today's challenging world. This course is continuous and will repeat throughout the year for anyone who wishes to connect anew to the foundations of our faith. Questions can be addressed to those seeking to better understand their core beliefs.



It is a 12-part course that will guide you in your walk of faith and give you a tool you can use to mentor others. In a typical week, you will interact with a biblical text and be encouraged to begin journaling, praying and memorizing biblical passages. Then you can listen to a thirty minute talk with study notes provided, work through the reflection questions and then have two more days to reflect over what you are learning.



While the course was originally designed for new believers, we have found that it functions well as a foundation class for all believers.

When we became a follower of Jesus, we started on the spiritual journey of our life. We went through the gate of conversion and started up the path of discipleship. As we travel the path, we will start to change, not because we have to but because we want to. We won't always make the right decisions; we will stumble, but Jesus and your fellow travelers are there to help you get back on your feet. The further you travel, the more you will learn about God, how to listen to him and how to talk with him. You will learn more deeply who God is, who Jesus is and what he did, and who the Holy Spirit is and what he does for us. And you will learn about walking with other believers (the "church") and inviting others to join you ("evangelism"). Because life is a journey, God does not expect you to get everything right the first time; we are all on a learning curve and God is patient with us. However, we were never intended to walk alone. We were saved into a new family, with new brothers and sisters, and a new Father. In this study you are encouraged to find an older traveler and invite them to walk with you.

See the trailer [here](#).

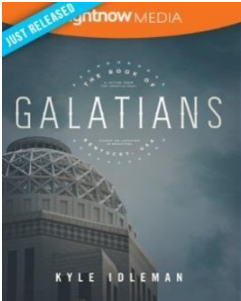
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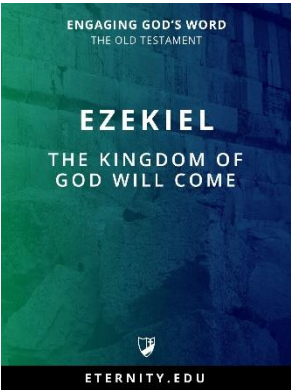
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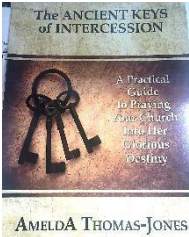
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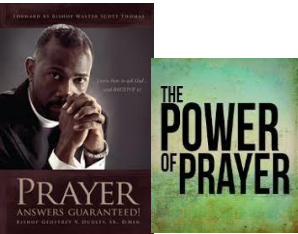
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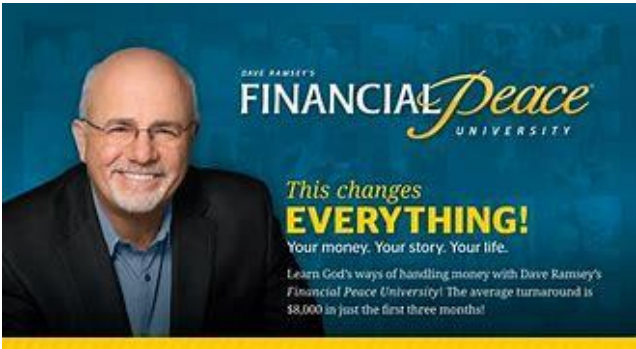


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Facilitated by Elder Sherry McDonald Thursdays at 6:30 PM.

Financial Peace University (FPU) by Dave Ramsey

Tired of debt? Do you want to be debt free? Make Your Money Work for You! Learn How to Budget, Payoff Debt, Invest, and More. Change your life with **Financial Peace University**! Say bye to debt with their 8 step plan. Plan for your future. Win with money. Dump debt. Build a Legacy.



Your choice from 2 Courses Facilitated by:

The Hardiman’s on Weds at 6pm
or
Samuel Douglas on Thurs at 6pm.

GO

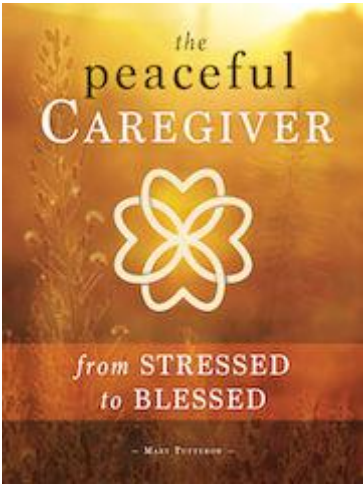
Our Care Giving Groups:

[The Peaceful Caregiver](#) by Mary Tutterow

Peace is possible...regardless of your circumstances. When you are a family caregiver, that may seem impossible, but anything is possible with God.

Fellow caregiver, author and teacher, Mary Tutterow shares insights from scripture and her personal experiences from more than 25 years as a caregiver. She offers instruction on how to “practice” peace for immediate and long-lasting results. As you move through the difficult emotions and responsibilities associated with caring for loved ones, discover how God wants to care for you. His peace is waiting for you. You can get from stressed to blessed.

The Peaceful Caregiver™ is the second study in a ministry resource series dedicated to supporting caregivers by addressing issues specific to their spiritual needs. In addition to meeting the spiritual needs of caregivers, The Heart of the Caregiver® study series aims to equip local churches with quality resources as they minister to families caring for those with chronic illness, disability, mental illness, or age-related issues.



See the trailer [here](#).



Facilitated by Elder Marjorie Fulton on Wednesdays at 6:30 PM

GriefShare



GriefShare is a friendly, caring group of people who will walk alongside you through one of life’s most difficult experiences. GriefShare is a friendly, caring group of people who will walk alongside you through one of life’s most difficult experiences. You don’t have to go through the grieving process alone. GriefShare groups meet weekly to help you face these challenges and move toward rebuilding your life. Each GriefShare session has three distinct elements: Video, Support Group, Workbook based personal study & reflection.

Facilitated by Sis. Angie Sweetland Fridays at 12 PM.

Our Health & Wellness Course:

Hybrid Self Care: Mind Body & Soul by Edna Jefferies

(Available from Edna Jeffries in Class) What things are weighing you down? Is it Pandemic, Post Holidays, Depression, Anxiety, Family, Stress, Relationships, Grief Trauma, Caregiving and/or Recovery. Join Edna for a 9-week session of Yoga and discover the healthy benefits that Yoga can bring to your life as we connect and grow together along with the richness of meditation.



The discussions will be on Mindfulness, Meditation and the combination of Mindful Meditation. The intent is to teach attendees how to slow down racing thoughts, let go of negativity, and calm both the mind and body. We'll be going deeper into Psalms 139:13-14.



The format will be 30 minutes of discussion followed by 30 minutes of mindful meditation and movement. We will use the free Meditation App 'Eternal Sunshine' created by Londrelle Hall. Purchase of Londrelle's book [Eternal Sunshine](#) is recommended but not mandatory. I will be sharing insights from the book which is available for purchase on Amazon for \$16.99.

The hybrid offering will be the option to attend via Zoom and to attend some meetings in person at my home studio. CDC Covid guidelines will be followed.

Please do note this is a hybrid class and available either in person or via Zoom per each participant's preference.

Facilitated by Sis. Edna Jeffries Mondays at 630pm.

-----**(to quick register now, complete below & turn in at the table in the lobby) --tear here-----**

LIFEGROUP QUICK CARD

Name: Dr./Mr./Mrs./Ms./Miss (circle)

First _____ Last _____ Suffix _____

Address: _____ **City** _____ **St** _____ **Zip** _____

E-mail Address: _____

Mobile Phone _____

Today I am connecting:

- ☐ I want to register myself for LifeGroup# _____
- ☐ If Couples Group, Spouse name _____
- ☐ I also want to register myself for a 2nd LifeGroup # _____

