



walking with purpose

## STUDY: KEEPING IN BALANCE

**LOCATION: VIRTUAL- USING ZOOM**

**TIME: 6:30-8:00**

**MATERIALS: *THE BIBLE AND KEEPING IN BALANCE* STUDY GUIDE**

Meet and Greet	Sep. 28	Virtual Meet and Greet to Practice Our Zoom Skills
Session One	Oct. 5	Lesson 1: Connect Coffee Talk: Getting a Grip Through Authenticity
Session Two	Oct. 12	Lesson 2: Balance Through Authenticity
Session Three	Oct.19	Lesson 3: Balance Through Priorities
Session Four	Oct. 26	Lesson 4: Balancing Expectations
Session Five	Nov. 2	Lesson 5: Connect Coffee Talk: Getting a Grip Through Relationships
Session Six	Nov. 9	Lesson 6: Balance Through Relationships
Session Seven	Nov. 16	Lesson 7: Balance Through Worship
Session Eight	Dec. 7	Lesson 8: Balancing in Your Schedule
Session Nine	Dec. 14	Lesson 9: Balance Through Rest
Session Ten	Jan.11	Lesson 10: Connect Coffee Talk: Getting a Grip Through Rest
Session Eleven	Jan. 18	Lesson 11: Balance Through Service
Session Twelve	Jan.25	Lesson 12: Balance Through Contentment
Session Thirteen	Feb.1	Lesson 13: Balance Through Simplicity
Session Fourteen	Feb. 8	Lesson 14: Connect Coffee Talk: Getting a Grip Through Simplicity
Session Fifteen	Feb. 22	Lesson 15: Balancing our Cravings
Session Sixteen	Mar. 1	Lesson 16: Balance Through Self-Discipline
Session Seventeen	Mar. 8	Lesson 17: Balance Through Surrender
Session Eighteen	Mar.15	Lesson 18: Connect Coffee Talk: Getting a Grip When It All Falls Apart
Session Nineteen	Mar. 22	Lesson 19: Balance Between Mediocrity and Perfectionism
Session Twenty	Apr. 12	Lesson 20: Balance in our Thought Life
Session Twenty-one	Apr. 19	Lesson 21: Balance Through Engaging Culture
Session Twenty-two	Apr. 26	Lesson 22: Connect Coffee Talk: Getting a Grip in Culture