

# WELCOME TO NEW HOPE CHURCH

A Christ-centered community for all peoples, moving toward Jesus and taking others with us.



GIVE ONLINE

NEED PRAYER?

NEWS & GIVING REPORT

## Fall Kickoff Sunday: *Celebrate New Hope*

Sunday, September 10, 10:30am only, Worship Center. An all-church event to celebrate community, baptisms and the start of fall ministry season. Wear your NHC gear! Visit [newhopechurchmn.org/events](http://newhopechurchmn.org/events).

## Wednesday Nights

Begins September 13, 6:30-8pm. Programming for men, women, students and kids. Enjoy community over a delicious meal served from 5:30-6:15pm once a month (September 13). Meal cost: \$8 or \$4/10 & under.

## Life Groups Connection Event

Sunday, September 17, 5-6:15pm, Sandberg Chapel. Are you new to NHC or haven't connected with a Life Group yet? This Connection Event is for you! Free event. Register at [newhopechurchmn.org/lifegroups](http://newhopechurchmn.org/lifegroups) by September 11.

## Bible Studies & Discipleship Groups

Bible studies and discipleship groups for women and men are starting up. Visit [newhopechurchmn.org/women](http://newhopechurchmn.org/women) and [newhopechurchmn.org/men](http://newhopechurchmn.org/men).

## GriefShare Care Group

Tuesdays, September 12-December 5, 7-8:30pm, Kids Center. Care Group for those who have lost a spouse or loved one. Register online at [newhopechurchmn.org/caregroups](http://newhopechurchmn.org/caregroups) or call 763-536-3215.

## Men's Retreat

October 13-14, Wood Lake Camp (Grantsburg, WI). For men of all ages. This year's focus is learning to live, love, and lead like Jesus. Cost: \$75. Register by September 13 at [newhopechurchmn.org/men](http://newhopechurchmn.org/men).

## Join the Mission

Find a place to serve at [newhopechurchmn.org/serve](http://newhopechurchmn.org/serve).



Get the most current information at  
**NEWHOPECHURCHMN.ORG**

# DISCUSSION GUIDE

September 3, 2023

## THREE LAWS FOR EFFECTIVE SELF CARE 2 Timothy 4:9–18

### CONNECT

1. What objects of comfort (food, movies, books, etc.) are especially meaningful to you?

### GOING DEEPER

2. Read 2 Timothy 4. What does Paul's tone tell you about the season of life he is in and how he may have changed throughout the years?
3. Paul speaks to basic self care—friendships, a coat and his books. Why do we avoid good, healthy self care?
4. What in your life is a barrier to genuine rest? When you think of “rest” is that a positive sentiment or something negative?
5. Pay careful attention to 2 Timothy 4:14–16. Why is there power in venting with trusted friends about real hurts?

### ACTION

6. What one or two friendships can you cultivate to experience safety, flourishing and joy?
7. How might you read the Bible this week in a way that helps you to connect with God on a deeper level, rather than just gaining knowledge about Him?