

Do you have Emotionally Healthy Spirituality?

New church-wide study to begin this Sunday

The last few Sundays, we have been going through spiritual habits that -- we as followers of Christ -- need to develop.

I am excited that our church will be kicking off an 8-week, church-wide small group study called Emotionally Healthy Spirituality (EHS) this **Sunday, February 4**, to continue helping to develop our spiritual habits.



This church-wide study is all about helping to make the church body emotionally and spiritual healthy. I truly believe we need each other to help us continue on a path of spiritual growth.

I am encouraging everyone -- whether you are a new to the faith, a lifelong believer, a teenager, or a 90-year-old -- to go through the study. You will experience life change like never before. If you put in the work and effort, you will see major changes happen in your life and the people around you.

What is the Emotionally Healthy Spirituality course?

Discipleship that deeply changes our relationship with God.

The EHS Course:

- Directly addresses the reality that emotional maturity and spiritual maturity are inseparable. It is not possible to be spiritually mature while remaining emotionally immature.
- Equips people to develop a personal, first-hand relationship with Jesus by incorporating stillness, silence, and Scripture as daily life rhythms.

The EHS Course moves people through 8 powerful life-changing sessions:

1. The Problem of Emotionally Unhealthy Spirituality
2. Know Yourself That You May Know God
3. Going Back in Order to Go Forward
4. Journey Through the Wall
5. Enlarge Your Soul Through Grief and Loss
6. Discover the Rhythms of the Daily Office and Sabbath
7. Grow Into an Emotionally Healthy Adult
8. Go the Next Step to Develop a “Rule of Life”

Why the Emotionally Healthy Spirituality course?

An estimated 85% of Christians are stuck in their relationship with Christ. Only 1% of church leaders say that the church is doing well in disciplining new and young Christians. Only 20% of church-goers participate in any type of discipleship activity. Only 1 in 4 Christians study the Bible to find God's will for their lives.

Only people deeply changed by Jesus will have a powerful, long-term impact in the world.

At Clay Center Christian Church, we value prayer, biblical teaching, family, outreach, and serving others. This study will help us pray in new ways, and it will give us strong biblical teachings that is grounded in God's word.

Sign up today by contacting the office at 402-762-3824 or office@ccchristian.org. You can also sign-up on the back of the welcome card as well. We have groups meeting on:

- **Sundays at noon,**
- **Mondays at 2 pm,**
- **Tuesdays at 6:30 pm,**
- **Fridays at 6:30 pm.**

Childcare is available at low-cost on Sunday afternoons and Tuesday nights. Lunch will also be provided during the Sunday group.

We look forward to having you join in our church-wide study on Emotionally Healthy Spirituality!

Pastor Kevin Whitmore,
Clay Center Christian Church



Upcoming Events



All 6th-8th graders are invited to [CIY: Believe](#) in Kansas City on **March 23-24** -- cost is \$100 per person by **Wednesday, February 21**, which includes transportation, hotel, conference & meals -- contact Steven VonSpreckelsen at 402-469-1701





We welcome guest speaker, Dan Buller of the [Crossroads Center Rescue Mission](#) in Hastings, to give the morning message at 10:30 am on **Sunday, February 25** -- contact the church office at 402-762-3824 or office@ccchristian.org



Join us for lunch and learn more about [Clay Center Christian Church](#), including our beliefs and what makes us unique, during the next Pathways Class on **Sunday, March 4** -- contact the church office at 402-762-3824 or office@ccchristian.org



[Financial Peace University](#) classes are meeting **Tonight, February 1**, at 7 pm and this **Sunday, February 4**, at 9:30 am -- contact the church office at 402-762-3824 or office@ccchristian.org



Join us as Pastor Kevin Whitmore kicks off his new sermon series on "The Gospel of Matthew" at 10:30 am this **Sunday, February 4**, in the Worship Center -- listen to past sermons [here](#)



No C4 Youth Group this Sunday, February 4 -- see you next at 6:30 pm on **Sunday, February 11** -- contact Steven VonSpreckelsen at 402-469-1707 or svon2002@gmail.com



Saturday, March 17th
Grand Island, NE

nebraska rural church conference 2018

The RCC is a day planned by Nebraska Churches to challenge, encourage, and uplift all who have a passion for the rural church, with a special emphasis on church leaders. David Bycroft from Tyro, Kansas is the main speaker this year with a number of choices for workshops throughout the day. Speakers for the day include Dawn Gentry, Aaron Asay, Jim Hardy and more.
(see below for information regarding speakers)

Location
3rd City Christian Church, 4100 W 13th St, Grand Island, NE
This conference site is Handicap accessible.

Schedule
Check-in begins at 8:15 a.m.
Individuals - \$15 (includes on-site lunch)
Churches - \$75 (for 6 or more, includes on-site lunches)
Programing begins at 9:00 am
Conference concludes at 4:00 pm
Childcare available for 5 yrs and above

For **On-Line Registration**, more details regarding Conference speakers or scheduling, go to <https://www.nechristian.edu/rcc>
OR registration forms available for mailing at church office

Contact Jane Jech for more information jane.jech@nechristian.edu / 641-751-7591

Everyone is invited to attend the [Nebraska Rural Church Conference](#), sponsored by Nebraska Christian College, at 9 am-4 pm on **Saturday, March 17**, at Third City Christian Church in Grand Island -- lunch and childcare provided -- ***we will pay your registration fee***; [sign up online](#) or in the church lobby -- contact the church office at 402-762-3824 or office@ccchristian.org



All couples are encouraged to attend an upcoming Weekend to Remember marriage retreat in **Lincoln (March 23-25)** or **Omaha (April 6-8)** -- [register online](#) and enter "claycenterchristian" in the group code - - contact the church office at 402-762-3824 or office@ccchristian.org



Help us minister to the Harvard Rest Haven at 3 pm on **Sunday, February 18** -- contact Ken Lockling at 402-762-5315 or nelogpro@gmail.com

Mission of the Month:



Read the [latest updates](#) from all the missions we support

3 Ways to Give

-  **In Person:**
put your offering in the plates on Sunday morning
-  **Online:**
give on a computer at www.ccchristian.org/give
-  **On our App:**
search "ccchristian", download and give

Giving [online](#) is easy -- thank you for helping people to know and love Jesus!

