

Quieting a Noisy Soul Women's Bible Study

Tuesday evenings Kathy Nelson's home 7:00-8:30 p.m.

1105 Glenside Drive Virginia Beach

(757) 420-3571 bchsnowman@verizon.net

Part 1—The Way Down

- September 11 Lesson 1: Noticing the Noise in Your Soul
September 18 Lesson 2: Unmasking the Source of Your Noise
September 25 Lesson 3: Understanding the Solution
October 2 Lesson 4: Tracking "The Way Down" Part 1
October 9 Lesson 5: Tracking "The Way Down" Part 2

Part 2—The Way Back

- October 16 Lesson 6: Finding That God is More Than Enough
October 23 Lesson 7: Beholding the God of Love
October 30 Lesson 8: Beholding the God of Mercy
November 6 Lesson 9: Beholding the God of Faithfulness
November 13 Lesson 10: Beholding the God of Power
November 20 **Thanksgiving Break**
November 27 Lesson 11: Beholding the God of Wisdom

Part 3—The Way Out

- December 4 Lesson 12: Identifying Your Loudest Noisemaker
December 11 Lesson 13: Clearing Your Conscience with God
December 18 Lesson 14: Dealing with Your Side of the Wedge

Christmas/New Year's Break

- January 8 Lesson 15: Dealing with the Other Side of the Wedge
January 15 Lesson 16: Qualifying for Divine Help
January 22 Lesson 17: Overcoming Your Anxiety and Fear Part 1
January 29 Lesson 18: Overcoming Your Anxiety and Fear Part 2
February 5 Lesson 19: Overcoming Your Anxiety and Fear Part 3
February 12 Lesson 20: Overcoming Your Anger and Bitterness
February 19 Lesson 20: Overcoming Your Despair and Discouragement 1
February 26 Lesson 21: Overcoming Your Despair and Discouragement 2
March 5 Lesson 22: Overcoming Your Lust and Sinful Habits

Part 4: The Way Ahead

- March 12 Lesson 23: Keeping Your Soul Quiet
March 19 Dessert Fellowship

Quieting a Noisy Soul Women's Bible Study

Thursday mornings Lisa Diffley's home 10:00-11:30 a.m.

604 Bartell Drive Chesapeake

(757) 548-2746 diff46@cox.net

Part 1—The Way Down

- September 13 Lesson 1: Noticing the Noise in Your Soul
September 20 Lesson 2: Unmasking the Source of Your Noise

September 27 Lesson 3: Understanding the Solution
October 4 Lesson 4: Tracking “The Way Down” Part 1
October 11 Lesson 5: Tracking “The Way Down” Part 2

Part 2—The Way Back

October 18 Lesson 6: Finding That God is More Than Enough
October 25 Lesson 7: Beholding the God of Love
November 1 Lesson 8: Beholding the God of Mercy
November 8 Lesson 9: Beholding the God of Faithfulness
November 15 Lesson 10: Beholding the God of Power
November 22 **Thanksgiving Break**
November 29 Lesson 11: Beholding the God of Wisdom

Part 3—The Way Out

December 6 Lesson 12: Identifying Your Loudest Noisemaker
December 13 Lesson 13: Clearing Your Conscience with God
December 20 Lesson 14: Dealing with Your Side of the Wedge

Christmas/New Year’s Break

January 10 Lesson 15: Dealing with the Other Side of the Wedge
January 17 Lesson 16: Qualifying for Divine Help
January 24 Lesson 17: Overcoming Your Anxiety and Fear Part 1
January 31 Lesson 18: Overcoming Your Anxiety and Fear Part 2
February 7 Lesson 19: Overcoming Your Anxiety and Fear Part 3
February 14 Lesson 20: Overcoming Your Anger and Bitterness
February 21 Lesson 20: Overcoming Your Despair and Discouragement 1
February 28 Lesson 21: Overcoming Your Despair and Discouragement 2
March 7 Lesson 22: Overcoming Your Lust and Sinful Habits

Part 4: The Way Ahead

March 14 Lesson 23: Keeping Your Soul Quiet
March 21 Brunch Fellowship

Our Daily Portion Women’s Bible Study

Tuesday evenings Carrie Foldberg’s Home 7:00-8:30 p.m.

5715 Carillo Avenue, Norfolk

805-423-0678 cfoldberg@sbcglobal.net

September 18 Introduction and Invitation

- The purpose of the Introduction session is to provide an overview of the course. You will hear Carrie’s testimony, and we will review the course syllabus so that you can have an idea of the both the content and time commitment of the course. You will also have an opportunity to ask any questions you may have. There will be some homework from the Introductory session, after which you can decide if you want to commit to the 10-week course.

October 16 Lesson 1: The Gospel

October 23 Lesson 2: Image-Bearing
October 30 Lesson 3: Our Worship Disorder
November 6 Lesson 4: Repentance
November 13 Lesson 5: The Biblical Process of Change
November 20 Lesson 6: Putting Off
November 27 Lesson 7: Mind Renewing
December 4 Lesson 8: Putting On
December 11 Lesson 9: Carrying Out the Plan
December 18 Dessert Fellowship