

# GRACE

## UNITED METHODIST CHURCH

### GROW GROUPS

Wednesday Grace Grow Groups allows you to dig deeper into the word of God in a community setting. It is open to men, women, single or married. Our Wednesday Studies will vary from specific books of the Bible, topical studies to seasonal reflections. A perfect place to grow together with your Grace Family. Grow Groups will take place at 6, just after snack supper. Join us for that too!

This summer we will be offering the following groups for adults:

1. **Stuck by Jennie Allen** - Starts 6/13 Room: Parlor So many of us live stuck. Stuck trying to seem perfect. Stuck in the sadness. Stuck feeling numb. Stuck pursuing more stuff to make us happy. Stuck in something we can't even name. These stuck places often go unattended inside of us and they are shaping our lives more than we would like to think. We've been trying to fix this feeling with everything but...God. He has a plan for these spaces inside of us, the places we feel broken, but we have to go to Him. Stuck is a journey to take an honest look at the fight going on inside, leading us to the God who has a plan to restore it, to restore us. Led by Sue Clinger

2. **Stressed Out by Todd Friel** - Starts Wed 6/6 Room: TFEC 103 One of the first stories in the Bible is about anxiety. God asked Cain, "Why has your countenance fallen" (Genesis 4:6)? In other words, Cain was depressed. He may have been the first human to suffer from anxiety, but he most certainly is not the last. EVERYONE, without exception, wrestles with anxiety or depression. So many people have sought relief in all the wrong places when the Bible offers clear, reliable, and effective means for not just ending anxiety, but having a peace that surpasses all understanding. There is great hope, anxiety sufferer. How caring is our God? Here is a book to let you know with no platitudes and no patronizing. Prepare to discover 12 anxiety relievers from Jesus Christ that will get to the root of your anxiety problem and give you the tools you need to replace your anxiety thoughts with profound, settled, hopeful joy. Led by Nancy Klingbiel

3. **Divine Mentor by Wayne Cordeiro** - Starts Wed 6/13 Room: TFEC 108 Many believers--no matter where they are in their walk with God--settle for a spiritual routine that lacks God's presence. But what they truly want, and truly need, is a dynamic, vital, and intimate relationship with God. In his new book, Wayne Cordeiro gently but directly shows readers how to move from routine to relationship--from mundane actions to fresh encounters--by learning to hear Him speak to them through the Bible. Just as the disciples had a fresh, daily walk with Jesus on earth, God intends for Christians to have communion with Him through His Word and His Holy Spirit. Through stories, lessons, and anecdotes, Cordeiro equips readers to listen to the promptings of the Holy Spirit as they read God's Word, enabling them to revolutionize their daily quiet time with the Lord. Led by Pastor Robin