

GROW NIGHTS | SEPT 2018



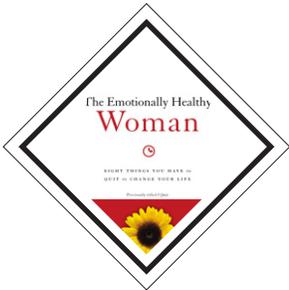
FORGIVE YOUR WAY TO FREEDOM

led by author GIL MERTZ

Cost: \$15

Dates: 8/8, 8/15, 8/22, 9/5

This is a four-week study to understand and experience the joy, power, and freedom of forgiveness. We all know we're supposed to forgive, but this class will show you how. No one benefits more than us when we forgive, and no one suffers more than us when we don't.



THE EMOTIONALLY HEALTHY WOMAN

led by KAREN BRYAN

Cost: \$15

Dates: 9/12-11/7

This eight-week study is about following Jesus and summoning the courage to let go of anything that does not belong to His kingdom, choosing to live in truth, and quitting those things that do not serve us anymore.

- Quit being afraid of what others think
- Quit lying
- Quit blaming...to name a few

If you are a woman who is ready to stop pretending that everything is fine, join us on Wednesday nights at 7:00 for a journey towards emotional health.



CONQUER SERIES

led by SCOTT BARRY

Cost: \$15

Dates: 9/11-11/7

Former Vietnam vet, Dr. Ted Roberts and his wife take men through a journey of recovery from addictive behaviors like porn, alcohol, anger, etc. The basis of the process is an acknowledgment that the battle is waged in the brain. The eight-week video series is both scientifically and Scripturally based.



JOURNEY THROUGH GRIEF

led by FRANK LADWIG, MSSW

Cost: \$15

Dates: 9/12-10/17

Losing someone close to you is very challenging. This six-week group is designed to assist you in healing from a major loss. With the loving help of God, the group setting offers a safe place to share and listen as the participants help one another to begin the healing process. Come - join us in helping one another through the journey of grief.



THE GENESIS PROCESS

Genesis Process for Men led by JIM HOPKINS

Genesis Process for Women led by KATRINA CAMPBELL

Cost: \$15

Dates: 6 months beginning 9/11

This biblically based process helps those who are stuck to find freedom from the things they would like to change. Whether it's an addiction (like alcohol or drugs), food abuse, anxiety, anger, a critical attitude, or spiritual stagnation, the Genesis Process can provide help and healing for those who are willing to change. Space is limited for this study.

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Looking Ahead...

Here's a sneak preview of coming attractions!



BOUNDARIES BY CLOUD & TOWNSEND

Do you have trouble saying no even when you want to? Are you tired of people taking advantage of your kind nature? Do you struggle with the idea of how a Christian should respond to others' requests? If any of this hits home, this biblically based study will teach you how to have the kind of healthy boundaries that God has designed us to have.



CONNECTIONS BY BRENÉ BROWN

Based on her best-selling book, *I Thought It Was Just Me (but it isn't)*, Brown presents effective strategies for dealing with the issue of shame resiliency. This universal problem is dealt with in a group setting, using personal exercises, handouts, and reading assignments to practice empathy and critical awareness, explore triggers and vulnerabilities, and how to reach out to others to create change connections.



CHANGES THAT HEAL BY HENRY CLOUD

Struggling with anxiety, loneliness and feelings of inadequacy can keep us from being the people that God created us to be...one made in His own image. But it's hard to be loving, caring people when we feel burned out. Renowned Christian Psychologist Dr. Henry Cloud helps us, through 4 basic ways, to grow into joy-filled, mature believers..

Questions? See us at the Care table in the lobby, call the church at (805) 480-9999, or email us at info@lighthousechurch.org and direct your inquiries to Pastor Terri Barton.