

F3 FAMILY FAITH FORMATION

#DigIN
TO YOUR

SPIRITUAL | PHYSICAL | MENTAL | EMOTIONAL
RELATIONAL | FINANCIAL | VOCATIONAL

HEALTH

Classes meet Wednesdays at 6:30pm | January 3– February 7, 2018

EMOTIONALLY HEALTHY SPIRITUALITY – Led by Bob Watters

Emotionally Healthy Spirituality, written by Pete Scazzero, helps you unpack core biblical principles to guide you into an experience of lasting transformation in your relationship with Christ. We'll learn how to 'go back in order to go forward', deal with grief and loss, what it means to be an emotionally mature adult, and more. We will be experiencing *Emotionally Healthy Spirituality* as a series in Worship beginning December 30/31 and throughout the F3 session. This group DVD study pairs with what is being shared in worship each week and provides participants with the opportunity to apply what they are learning to their lives in a bigger way. There is a study guide (\$6.00) - the book is optional (\$12.00). This section led by Bob Watters, the class meets **6:30-7:30pm**.

LEGACY JOURNEY– Led by Matt & Kara Nalley

The Legacy Journey is a seven lesson, biblically based class that teaches you how to truly live and leave a legacy for generations to come. This class will lead you deeper into investing, basic estate planning, purposeful living, safeguarding your legacy, and discovering the keys to generational wealth and true generosity. Through video teaching, class discussions and interactive small-group activities, you'll learn a biblical framework for living intentionally now so that later you'll be able to leave a legacy that will secure your family's future and make a lasting impact on the world around you. There is a kit that is associated with this course and the cost is \$105.00 for the kit (only one kit needed per individual or couple taking the course—you may also bring your own if you already have one). This class is led by Matt & Kara Nalley, and it will meet **6:30-8:00pm**. Please note the extended class meeting time.

WELLNESS REVELATION– Led by Melanie Brown

Looking to make change inside and outside in the New Year? The *Wellness Revelation* is a study aimed to help you to get fit physically AND spiritually. The goal of this 8-week class is to help you to lose "weight" that you are carrying around—weight that makes your heart heavy and weight that keeps you from serving the Lord as He has called you to do. The *Wellness Revelation*, written by certified fitness professional Alisa Keeton, will challenge you to get fit with God so that He can free you to complete His purpose for your life. **PLEASE NOTE:** For the full experience of this class, the study requires 2-3 hours of your own time each week in addition to the weekly class meeting, during which you may be asked to exercise, keep a food log, and maintain a spiritual journal. This course will run beyond the regular six weeks of the F3 session. Don't miss this amazing study—together we will get healthy & whole! There is a study guide for the course and the cost is \$12.00. This class is led by Melanie Brown and meets **6:30-7:30pm**.

LOVING OUR KIDS ON PURPOSE– Led by Kurt & Jessica Younhouse

The family is the vehicle for generational revival. *Loving Our Kids On Purpose* is a method of parenting that reveals the Father's heart and will help to show you how to best represent Him to your children. With a blend of story-telling, teaching, Scriptures, and Questions, this study by Danny Silk brings a fresh perspective on the role of parenting. You can reduce fear by eliminating the tool of punishment and strengthening the hearts of your children to fulfill their destiny. There is a workbook for this course at a cost of \$16.00. This class is led by Kurt & Jessica Younhouse and meets **6:30-7:30pm**.

BIBLE STUDY: EPHESIANS – Led by Pastor Mark Gearig

Join us as we walk through Paul's letter to the Ephesians and be reminded of the amazing truth of the Gospel and the way it shapes our everyday lives. We will utilize the Bible only for this study. This class is led by Pastor Mark Gearig and meets **6:30-7:30pm**.

The logo features the text 'F3 FAMILY FAITH FORMATION' in a bold, white, sans-serif font. The 'F3' is significantly larger than the other text. The background is a black and white photograph of a complex, geometric wooden truss structure, possibly from a church roof, with light filtering through the beams.

CHURCH MEMBERSHIP

BASICS 1 & 2 – Led by Pastor Eric Trickey (Wednesdays)

Basics 1 & 2 is a course formed on the essential foundations of all that we say, do, and believe here at St. Paul's Lutheran Church. Participants will learn more about St. Paul's, including our history, values, beliefs, and outlook. You will also engage in activities involving key passages of the Bible, discovering why we stand firm in our faith. The class meets in the Conference Room from **6:30-8:30pm on Wednesdays** (10 week session—moves to Thursday evenings February 15th—March 8th). Childcare is provided for the duration of the class. Materials are provided. *Please note the extended class meeting time on Wednesdays and number of sessions.*

YOUTH MINISTRY

CONFIRMATION (GR. 7 & 8) – Led by Scott Powers | Wednesday Class begins 1/ 10

Students and parents gather together in the Great Room for our confirmation teaching program. This course covers the six chief parts of Luther's small catechism. Students will continue to focus on learning: the Creed, Confession and Forgiveness, and Communion. Materials are provided. This course meets on **Wednesdays from 6:30-7:30pm** (OR on Sundays from 9:20-10:20am).

THRIVE (GR. 9-12) – Led by Matt Black & Matthew Gruenwald

Our THRIVE group continues to meet on Wednesday nights, keeping in line with the rest of our F3 schedule! We will spend time in study, service, and fellowship in Room 122. Also, be on the lookout for other events to come such as Winter Jam, Lock-Ins, and more! Materials are provided unless otherwise noted. This group is led by Matt Black & Matthew Gruenwald (meets **6:30-7:30pm**).

Connect on Facebook at facebook.com/groups/SPLYOUTH

CHILDREN'S MINISTRY

SPL KIDS: F3– Led by the SPL KIDS TEAM

3YRS TO KINDERGARTEN (Room 206) - Bible App for Kids: Bible Adventure

"On your mark, get set go on a Bible adventure!" Join us for play, prayer, awesome age-appropriate teaching videos, singing, dancing, and Bible time! Class meets 6:30-7:30pm and is led by SPL KIDS Team.

1ST– 4TH GRADE (Room 213) - Life with God for Children

"The Bible is filled with stories of God in relationship with people. In these stories he reveals himself. Through these stories he cultivates the soil of love and relationship. In *Life with God for Children* the Scriptures are the anchor, and spiritual disciplines are used as a means of engaging in relationship. The curriculum is based on the people profiles in *The Life with God Bible*. The intention is not only to inform and teach children these stories, but to give children the tools and opportunities to explore the Scriptures themselves." Class meets 6:30-7:30pm and is led by Jennifer Power & SPL KIDS Team.

5TH & 6TH GRADE (Room 211) - Life with God for Children

"The Bible is filled with stories of God in relationship with people. In these stories he reveals himself. Through these stories he cultivates the soil of love and relationship. In *Life with God for Children* the Scriptures are the anchor, and spiritual disciplines are used as a means of engaging in relationship. The curriculum is based on the people profiles in *The Life with God Bible*. The intention is not only to inform and teach children these stories, but to give children the tools and opportunities to explore the Scriptures themselves." Class meets 6:30-7:30pm and is led by Jamie Clubbs & Hannah Buenting.

Learn more at SPLDECATUR.ORG/CHILDREN or connect on Facebook at facebook.com/groups/SPLKIDS

Dinner is served Wednesdays at 5:30pm in the Dining Room (Free Will Offering)

REGISTER NOW! SIGN UP AT SPL OR ONLINE AT SPLDECATUR.ORG