



Girlfriends in God will be starting new Bible Studies in January.

We will kick off the new year with a brunch on January 9 at 9:15 in room 207. Come join us for a little fellowship and a chance to look at the new studies being offered (If able, bring your favorite dish to share). If you are interested in participating in one of these studies, but can't attend the brunch, please contact the facilitator by January 9. Childcare is provided.

Philippians: To Live is Christ by Nancy McGuirk

To Live is Christ is an 8-week, verse-by-verse study on the book of Philippians. The Apostle Paul's letter to the Philippians has been the foundation for a life of contentment and joy to all who have embraced its message over the generations. Paul's secret of contentment is found in his well-known words "to live is Christ." In this way, he reveals how to rise above the circumstances of life, experience joy amidst adversity, and live with Christ at the center of your lives. Facilitator: Tricia Dovenspike, triciad623@gmail.com

Forgiveness: Breaking the Power of the Past by Kay Authur

Forgiveness: Breaking the Power of the Past is a 6 week Bible study and the work is done together in class. Unleash the Healing Power of Forgiveness, this study deals with the difficult questions of forgiveness, including; How can I forgive when the pain is so great? Does forgiving mean I have to forget the past? And, What if I choose not to forgive. AS you dig into what the Bible says on this vital topic, you'll encounter the depths of God's own mercy and discover how choosing forgiveness can free you to be the person God intends you to be. Facilitator: Cindy Sollenberger, fcsolly@verizon.net

The Daniel Plan by By: Rick Warren D.Min., Daniel Amen M.D., Mark Hyman M.D.

The Daniel Plan is a six week study that teaches simple ways to incorporate healthy choices into a reader's current lifestyle and helps them understand the kind of foods God created to keep them fit and strong. The book is categorized around five key concepts for optimal health that promote success: faith, food, fitness, focus, and friends. These concepts encourage readers to deepen their relationship with God and offer inspiration as they make positive choices each and every day.

Facilitator: Devan Dodd, dsup61508@yahoo.com