



\*

## COURSE NAME: KEEPING IN BALANCE (KIB)

LOCATION: HOLY INNOCENTS, ST. ROSE CHURCH

TIME: WEDNESDAYS, 10:00AM - 11:45AM

MATERIALS: *THE BIBLE* AND *KEEPING IN BALANCE* STUDY GUIDE

Session One	SEPT. 27	Lesson 1: Connect Coffee Talk: Getting a Grip Through Authenticity
Session Two	OCT. 4	Lesson 2: Balance Through Authenticity
Session Three	OCT. 11	Lesson 3: Balance Through Priorities
Session Four	OCT. 18	Lesson 4: Balancing Expectations
Session Five	OCT. 25	Lesson 5: Connect Coffee Talk: Getting a Grip Through Relationships
Session Six	NOV. 1	Lesson 6: Balance Through Relationships
Session Seven	NOV. 8	Lesson 7: Balance Through Worship
Session Eight	NOV. 15	Lesson 8: Balancing in Your Schedule
Session Nine	NOV. 29	Lesson 9: Balance Through Rest
Session Ten	DEC. 6	Lesson 10: Connect Coffee Talk: Getting a Grip Through Rest
Session Eleven	DEC. 13	Lesson 11: Balance Through Service
Session Twelve	JAN. 3	Lesson 12: Balance Through Contentment
Session Thirteen	JAN. 10	Lesson 13: Balance Through Simplicity
Session Fourteen	JAN. 17	Lesson 14: Connect Coffee Talk: Getting a Grip Through Simplicity
Session Fifteen	JAN. 24	Lesson 15: Balancing our Cravings
Session Sixteen	JAN. 31	Lesson 16: Balance Through Self-Discipline
Session Seventeen	FEB. 7	Lesson 17: Balance Through Surrender
Session Eighteen	FEB. 14	Lesson 18: Connect Coffee Talk: Getting a Grip When It All Falls Apart
Session Nineteen	FEB. 21	Lesson 19: Balance Between Mediocrity and Perfectionism
Session Twenty	FEB. 28	Lesson 20: Balance in our Thought Life
Session Twenty-one	MAR. 7	Lesson 21: Balance Through Engaging Culture
Session Twenty-two	MAR. 14	Lesson 22: Connect Coffee Talk: Getting a Grip in Culture
Session Twenty-three	MAR. 21	Closing Celebration