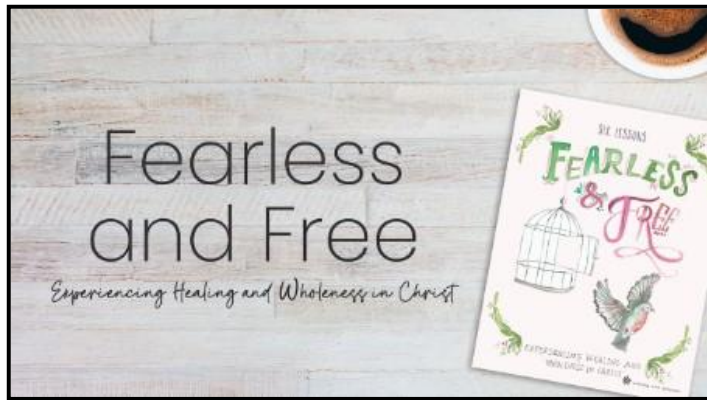


2023 Lenten Adult Small Group



Based on the Book of Ephesians, Fearless and Free Bible study focuses on healing and wholeness. Author Lisa Brenninkmeyer designed this Bible study for any woman confronting the reality that life isn't easy. When suffering slams into you and leaves you reeling, or you feel great one day and down on the mat the next, turn to this Scripture study.

In these six compassionate lessons, you'll learn how just the right passages in Scripture can waken you to the reality of who you are in Christ. You'll be coached as you wrestle with the battle in your mind and finally, be strengthened as the warrior to reclaim your footing and move forward in life, grounded in the truth of Scripture. This is not about surviving; it's about flourishing in Christ's love.

Adult Small Groups: Fearless and Free Beginning Friday, February 24, 2023

Friday Mornings: 9:45 a.m.

Name _____ Phone _____

Email _____

Address _____

City _____ State _____ Zip Code _____

_____ I will need a copy from the Church and will pay \$20.00

_____ I will need a copy and I have paid with my Faith Formation family fee!

Return registration form **no later than February 15** to:

Luke Gregory, Sacred Heart Catholic Church

Call: 641-792-2050 ext. 224 or

Email: shlifelongff@gmail.com for more information.