

SBCC Adult Christian Education Winter 2017 Classes

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The Ice Berg Revisited: Emotionally Healthy Spirituality by Peter Scazzero*

Is there more to my life than this?

You love God and neighbor. You try to be the best person you can be and seek to follow God's will in your life. But something is missing. You aren't growing in the way you'd like to grow. If this describes you, the issue may be what's under the water line; those aspects of your life that are holding you back from becoming all God intends for you to become.

The truth is, we can't be spiritually mature while remaining emotionally immature. Let's grow together as we explore seven biblical, reality-tested ways to dive beneath the water line to reveal and experience the revolutionary life Christ meant for you.

Suggested Donation: \$15

Couples Enrichment Class: Every 4th Sunday *Calling all Couples!*

Regardless if you are married or dating, you still need Christ in your relationship! Join us as Dr. Craig Adams continues his couples' enrichment series from 9:15- 10:15 a.m. in the multipurpose room (MPR). Series continues Sunday, January 22, 2017 room 24C.

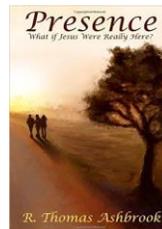
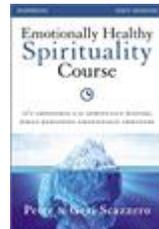
"And the Lord God said, 'It is not good that the man should be alone; I will create him and help mate for him.'
Genesis 2:18

Presence: What If Jesus Were Really Here? By R. Thomas Ashbrook

How would I enjoy and experience his presence?

People of all religions yearn for an actual relationship with a personal God who we find to be knowable, experience-able, and most of all, present and involved. Our imaginations have helped us come to know about Jesus in the past. What if we used our imaginations to interact with that same Jesus in the present? *Presence: What if Jesus were Really Here* is an imaginative story about Jesus relating to everyday people today and will give us a feel for what it might be like to experience Jesus as present in our own day-to-day lives.

Suggested Donation: \$15



Take My Hand Again: by Nancy Parker Brumett* *Caring for Our Aging Loved Ones*

When you were a child your parents took your hand and blessed you with support and guidance. Now the roles have changed and it is time to take their hands and assist them with the physical and mental challenges of aging. In a faith based context, supported by prayer and scripture, this course addresses the difficult decisions adult children face when these roles change. The focus is on equipping you to address these decisions and changes with hope and encouragement. It is also an opportunity to experience mutual support from others who share these challenges. Topics include, among others changing roles, living arrangements, emotional well being of your parent and you as caregiver, issues of grief, loss and independence and questions to ask of professionals and others involved in the care of your loved ones. An important topic is aging with grace -- celebrating legacy and lives well lived.

Suggested Donation: \$15

Wired Word for Men /Wired Word for Women *How do I view current events through Biblical eyes?*

Current events challenges us because there is a difference between kingdom wisdom and worldly wisdom. This thought-provoking course uses current events to stimulate discussion on how to guide us and apply God's living word for kingdom living in a secular world.

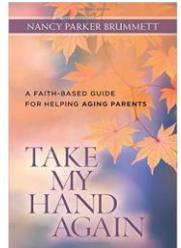
Suggested Donation: \$5

WOW Wednesday

Feeling flat and need a spiritual mid week pick me upper?

Please join WOW for a mid week Bible Study held Wednesdays nights from 7:00-8:30p.m. in the Bistro. As we finish up the book of James, come join us as we explore different books of the Bible to help us "Grow together", "Connect with God" and "Change the World."

Suggested Donation: \$5



SBCC Adult Christian Education Winter 2017 Class Schedule

Wednesday W.O.W.

Learning God's Ways	Greg Pierce	Jan 4. – April 5, 2017	7:00 - 8:30PM	Bistro
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Sunday

Emotionally Healthy Spirituality*	Tammy Long	Jan 8. – Mar 26, 2017	9:15-10:15AM	Room 25D
Presence: What If Jesus Were Here?	Marian Langford	Jan 8. – Mar 26, 2017	9:15-10:15AM	Room 22A
Take My Hand*	Sheila Stevens	Feb 5. – Mar. 26, 2017	9:15-10:15AM	Room 24C
Wired Word for Women	Debbie Smallwood	Jan 8. – Mar. 26, 2017	9:15-10:15AM	Bistro
Wired Word for Men	Various	Jan 8. – Mar 26, 2017	9:15-10:15AM	Jr. High Rm
Couples Enrichment Class	Dr. Craig Adams	4th Sunday every month		MPR

Course Categories

- SBCC Thematic Studies
- Old/New Testament Subjects
- Discipleship
- Mission and Ministry
- Realities of Life Studies
- Leadership Studies

*** Available on Amazon and iBooks**