



walking with purpose

### STUDY: KEEPING IN BALANCE

LOCATION: ST. ANTHONY OF PADUA – PLB RM. 205

TIME: MONDAY, 7:00-8:30PM

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

Session One	9/10/2018	Lesson 1: Connect Coffee Talk: Getting a Grip Through Authenticity
Session Two	9/17/2018	Lesson 2: Balance Through Authenticity
Session Three	9/24/2018	Lesson 3: Balance Through Priorities
Session Four	10/01/2018	Lesson 4: Balancing Expectations
Session Five	10/15/2018	Lesson 5: Connect Coffee Talk: Getting a Grip Through Relationships
Session Six	10/22/2018	Lesson 6: Balance Through Relationships
Session Seven	10/29/2018	Lesson 7: Balance Through Worship
Session Eight	11/05/2018	Lesson 8: Balancing in Your Schedule
Session Nine	11/12/2018	Lesson 9: Balance Through Rest
Session Ten	11/26/2018	Lesson 10: Connect Coffee Talk: Getting a Grip Through Rest
Session Eleven	12/03/2018	Lesson 11: Balance Through Service
Session Twelve	12/10/2018	Lesson 12: Balance Through Contentment
Session Thirteen	12/17/2018	Lesson 13: Balance Through Simplicity
Session Fourteen	01/14/2019	Lesson 14: Connect Coffee Talk: Getting a Grip Through Simplicity
Session Fifteen	01/28/2019	Lesson 15: Balancing our Cravings
Session Sixteen	02/04/2019	Lesson 16: Balance Through Self-Discipline
Session Seventeen	02/11/2019	Lesson 17: Balance Through Surrender
Session Eighteen	02/25/2019	Lesson 18: Connect Coffee Talk: Getting a Grip When It All Falls Apart
Session Nineteen	03/04/2019	Lesson 19: Balance Between Mediocrity and Perfectionism
Session Twenty	03/18/2019	Lesson 20: Balance in our Thought Life
Session Twenty-one	04/01/2019	Lesson 21: Balance Through Engaging Culture
Session Twenty-two	04/08/2019	Lesson 22: Connect Coffee Talk: Getting a Grip in Culture