**Study: Keeping in Balance (KIB)**

 **Location: SPX Munro Room Time: 6:30-8pm**

 **Materials: *The Bible* and *Keeping in Balance* study guide**

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| Session One |  10/12/22 | Lesson 1: Connect Coffee Talk: Getting a Grip Through Authenticity |
| Session Two |  10/19/22 | Lesson 2: Balance Through Authenticity |
| Session Three |  10/26/22 | Lesson 3: Balance Through Priorities |
| Session Four |  11/02/22 | Lesson 4: Balancing Expectations |
| Session Five |  11/09/22 | Lesson 5: Connect Coffee Talk: Getting a Grip Through Relationships |
| Session Six |  11/16/22 | Lesson 6: Balance Through Relationships |
| Session Seven |  11/30/22 | Lesson 7: Balance Through Worship |
| Session Eight |  12/07/22 | Lesson 8: Balancing in Your Schedule |
| Session Nine |  01/04/23 | Lesson 9: Balance Through Rest |
| Session Ten |  01/11/23 | Lesson 10: Connect Coffee Talk: Getting a Grip Through Rest |
| Session Eleven |  01/18/23 | Lesson 11: Balance Through Service |
| Session Twelve |  01/25/23 | Lesson 12: Balance Through Contentment |
| Session Thirteen |  02/01/23 | Lesson 13: Balance Through Simplicity |
| Session Fourteen |  02/08/23 | Lesson 14: Connect Coffee Talk: Getting a Grip Through Simplicity |
| Session Fifteen |  02/22/23 | Lesson 15: Balancing our Cravings |
| Session Sixteen |  03/01/23 | Lesson 16: Balance Through Self-Discipline |
| Session Seventeen |  03/08/23 | Lesson 17: Balance Through Surrender |
| Session Eighteen |  03/15/23 | Lesson 18: Connect Coffee Talk: Getting a Grip When It All Falls Apart |
| Session Nineteen |  03/22/23 | Lesson 19: Balance Between Mediocrity and Perfectionism |
| Session Twenty |  03/29/23 | Lesson 20: Balance in our Thought Life |
| Session Twenty-one |  04/19/23 | Lesson 21: Balance Through Engaging Culture |
| Session Twenty-two |  04/26/23 | Lesson 22: Connect Coffee Talk: Getting a Grip in Culture |

 No sessions on 11/23/22, 12/14/22, 12/21/22, 12/28/22, 2/15/23, 4/5/23 and 4/12/23 due to Holidays.`