**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.`