

## Schedule

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### Sunday Evenings

6:00 PM—Light supper and fellowship

6:30 PM—Time of releasing of the cares of the day

6:40 PM—Instruction

7:10 PM—Sharing of successes and challenges

7:30 PM—Closing time of prayer



We start our journey using “Celebration of Discipline: The Path to Spiritual Growth” by Richard J. Foster.

For more information please contact Larry Shoup at (412) 498-6675 or [lshoup@zoominternet.net](mailto:lshoup@zoominternet.net)



### Hebron Presbyterian Church

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## Leading an Empowered Life

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God’s Way is not a matter of mere talk; it’s an empowered life. *1 Cor. 4:20 (MSG)*

*You are invited to a weekly gathering to support each other in practicing spiritual disciplines that lead to an empowered life.*



## Unleashing God's Power in Your Life

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Together we will learn about and support each other in experiencing God's power more fully through the classical spiritual disciplines of:

- Meditation
- Prayer
- Fasting
- Study
- Simplicity

## The Spiritual Disciplines: Door to Liberation

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As Christians we are promised the indwelling presence of God, by the Spirit. We hear of living water and bread from heaven, given to satisfy our souls. What we hunger for is an encounter, strong and genuine, with God. We yearn to be filled from within every day, a way to know we are accompanied by Him and not left on our own.

Together we will gain wisdom on the care and growth of the soul based on a solid biblical footing. And practical instruction in simple, daily practices that will continually open us to the life and touch and direction of God. With these spiritual helps, we will find liberation and satisfaction for our souls.

Come close to God, and God will come close to you. *James 4:8 (NLT)*

## Journeying Together

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We will learn from each other and support each other in this exciting journey to experience God more fully in our everyday lives. In addition to practical instruction in the spiritual disciplines, substantial time will be given to sharing our successes, struggles and encouraging each other. We will pray for each other and develop more intimate personal relationships.

So encourage each other and build each other up. *1 Thess. 5:11 (NLT)*



*Practice experiencing God's peace*