



KEEPING IN BALANCE (KIB)

LOCATION:

TIME:

MATERIALS: *THE BIBLE* AND *KEEPING IN BALANCE* STUDY GUIDE (CONNECT COFFEE TALKS ACCESSIBLE ONLINE OR DVD PURCHASE)

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

* make-up date: May 6th, 2025