



Soul-Care IS Self-Care:

Soul Connections

Sheri Clifton



**Making your way in the world today
Takes everything you've got;
Taking a break from all your worries
Sure would help a lot.
Wouldn't you like to get away?**



**Sometimes you want to go
Where everybody knows your name,
And they're always glad you came;
You want to be where you can see,
Our troubles are all the same;
You want to be where
everybody knows your name.**



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"The need for connection
and community is primal,
as fundamental as the
need for air, water, and
food."

-Dean Ornish

ljgcandles.com



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Matthew 22:36–40

“Teacher, which commandment in the law is the greatest?” He said to him, “You shall love the Lord your God with all your heart, and with all your soul, and with all your mind.’ This is the greatest and first commandment. And a second is like it: ‘You shall love your neighbor as yourself.’ On these two commandments hang all the law and the prophets.”





I am one in whom Christ dwells and delights. I live in the strong and unshakeable kingdom of God. The kingdom is not in trouble and neither am I.

James Bryan Smith



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Romans 12:3–5

For by the grace given to me I say to everyone among you not to think of yourself more highly than you ought to think, but to think with sober judgment, each according to the measure of faith that God has assigned. For as in one body we have many members, and not all the members have the same function, so we, who are many, are one body in Christ, and individually we are members one of another.



Corinthians 12:12–14

For just as the body is one and has many members, and all the members of the body, though many, are one body, so it is with Christ. For in the one Spirit we were all baptized into one body – Jews or Greeks, slaves or free – and we were all made to drink of one Spirit. Indeed, the body does not consist of one member but of many.



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“If we have no
peace, it is because
we have forgotten
that we belong to
each other.”

~Saint Teresa
of Calcutta

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Wednesday Evening Prayer Circle in Prayer Garden

**Prayer and Anointing anytime
between 5–6pm through the series**

Zoom Prayer Room, Sundays, 10:30–11am



How to find a community?
bethany-umc.org/group-finder
or contact Pastor Thomas Johnson



GROUP FINDER

Are you looking for spiritual community in your life? Most of our classes and groups have moved online and would love to have you join them. Don't wait till after the pandemic to find a small group or Sunday school class!

For more information on Discipleship groups, please click on the contact's name in the group description that interests you or click on JOIN for that group. The group contact or leader will respond to you as soon as possible.

Find A Group

Any Class Type



Any Group Location



Any Meeting Day




Any Meeting Time




FIND GROUPS CLOSE TO YOU

Enter your full address

 **How has being in a Grow Group made a difference in your life?**

This has been the most impactful experience of my adult spiritual growth. My group group friends are incredibly important to me – I value and trust their perspectives, I seek their support, and I feel I am also making a difference in their lives

Personal Spiritual Accountability; Practice Bearing Personal Witness; Personal inspiration and Reflection; Community of Support and Prayer; Helped Me Develop a Stronger God-Centered Perspective



ing in a grow group constantly reminds me of God at work in my life and the lives of others. Sharing celebrations and struggles through the lens of "how is God working in the midst of this" helps me to keep proper perspective. I approach the joys with more gratitude and the challenges with more hope and patience. And I get to experience the joy of God working through me as I encourage someone else when it's their turn to share.

My Grow Group has been there for me during difficult times in my life. Just knowing that I was being thought of and prayed for helped me keep going. It gives me a time to be with others sharing at a deep level the challenges and successes each of us is having in our faith journey.



Without my grow group I would be..."

Less honest with myself, with others, and with God.

Likely in a very bad place right now.

More lonely during this period of COVID than I am. It helps with the lack of fellowship that I'm feeling because we cannot be together at church.

Spiritually treading water



The best part of being in my grow group is..."

the opportunity to be completely myself, full acceptance and support, when sharing my evolving relationship with Jesus

provides a structure for me to explore and grow my relationship with God, through Christian friends that provide support, hold me accountable, and share thought-provoking, spiritual growth opportunities for me each and every week.



**close friends that I've made with people that I
probably would not know otherwise
sharing at a deep level that helps me
understand that I am not the only one who has
struggles with their faith.**

**we encourage one another, we share our joys
and struggles in the context of how God is
moving.**



Why would you encourage someone else to join a grow group?

My grow group has been instrumental in the maturing of my faith and relationship with Jesus.

I believe that Grow Groups are the single best way to truly start to examine and grow your relationship with God in a supportive, friendly, and amazing way. If you aren't just looking to learn ABOUT God, but rather to KNOW God and develop a personal relationship with Him, this is a truly transformational experience!



So that they can experience the people from our church who are actively trying to be better disciples of Christ, to encourage each other through the difficult periods of life and learn to share their faith – both doubts and triumphs – with others in an honest way.



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I AM, BECAUSE YOU ARE.

Southern African philosophy of Ubuntu

www.ubuntufood.com