



grow
FIRST

Bible Studies

YOUR GUIDE TO CHOOSE THE PERFECT STUDY
FirstChurchSpringdale.org/GrowFirst

FIRST 
CHURCH
United Methodist

SUNDAY EVENING SESSIONS | 5:30 - 7:00 P.M.

Caregiver Essentials: Everything You Don't Know You Don't Know About Caregiving with the Schmieding Center

We are excited to welcome partners from the UAMS Schmieding Center staff for a 6 session discussion of caregiving essentials, including must-know practical information about being a caregiver or helping a caregiver, caregiver emotions, caregiver grief, self-care, and community resources. We will meet on our church campus for sessions 1/28, 2/4, 2/18, 2/25, 3/3, and 13/10.

DAYTIME SESSION

When You Pray: A Study of Six Prayers in the Bible with Christine Williams

Do you have trouble thinking of words to say to God when you pray? Are you afraid some emotions are too intense to express to God? Do you reach the end of a day only to realize you haven't prayed at all? You're not alone. Prayer is the way we relate to God, but sometimes it's a struggle. Throughout God's Word, we encounter many voices who teach us how to pray. Written by a team of Bible teachers, When You Pray will help you study prayers in the Bible that can inspire your own. Join Christine Williams on Tuesday mornings from 10 to noon. The class will begin on 1/23 and run through 3/12. Books are \$25, which can be paid at the first session.

WEDNESDAY EVENING | MEAL 5:30 | SESSIONS 6:30 - 7:30 P.M.

Believe: Living the Story of the Bible to Become Like Jesus Part II with Pastor John

Believe allows groups of all sizes to learn, discuss, and apply the experience in this 30-session journey through the Bible by exploring 30 essential beliefs, practices, and virtues that every Christian needs to know and live. Pastor and author Randy Frazee presents 30 ten-minute teachings on how the story of Scripture helps us think, act, and be like Jesus. In each session, you will explore a key question, Scripture, concept, and application that helps you understand the 30 essential beliefs, practices, and virtues that will help us become fully devoted followers of Jesus. All are welcome to join in Part II: ACT as we explore the core practices of the Christian life.

WEDNESDAY EVENING CONTINUED

Fit Faith with Tiffany Eslick

Come together for a time of physical and spiritual movement. Tiffany will lead a 45-minute barre or cardio yoga workout followed by a time of discussion, reflection, and prayer. All ages are welcome to participate!

The Old Testament Tabernacle with Pastor Jen

Join Pastor Jen for a study of the building of the Old Testament tabernacle, the significance of its intricate design, its pivotal role in God's eternal plan, the grand fulfillment of its purpose by Jesus Christ, and its variety of meanings for your walk with God today. Open to men and women, this 11-week study will use a Beth Moore resource to provide a personal study experience five days a week, plus viewer guides for the group video sessions of this in-depth study.

Our United Methodist Identity with Pastor Josh

Who are we as a United Methodist Church? What does membership in the UMC mean? Join Pastor Josh this Spring as we explore Our United Methodist Identity through a survey of our history, our doctrinal standards and social principles, our polity, our practices of worship and mission, relevant issues and possibilities for the future. There is no required text/reading for participation in these discussions, though supplemental texts on particular topics for further exploration will be presented throughout the semester.

Social Justice Forum with Chelsea Hodge

This Spring, our ongoing Social Justice Forum will continue its work using Bryan Stevenson's Just Mercy: A Story of Justice and Redemption as its text. Stevenson was a young lawyer when he founded the Equal Justice Initiative, a legal practice dedicated to defending those most desperate and in need: the poor, the wrongly condemned, and women and children trapped in the farthest reaches of our criminal justice system. One of his first cases was that of Walter McMillian, a young man who was sentenced to die for a notorious murder he insisted he didn't commit. The case drew Bryan into a tangle of conspiracy, political machination, and legal brinkmanship—and transformed his understanding of mercy and justice forever. Just Mercy is at once an unforgettable account of an idealistic, gifted young lawyer's coming of age, a moving window into the lives of those he has defended, and an inspiring argument for compassion in the pursuit of true justice.