

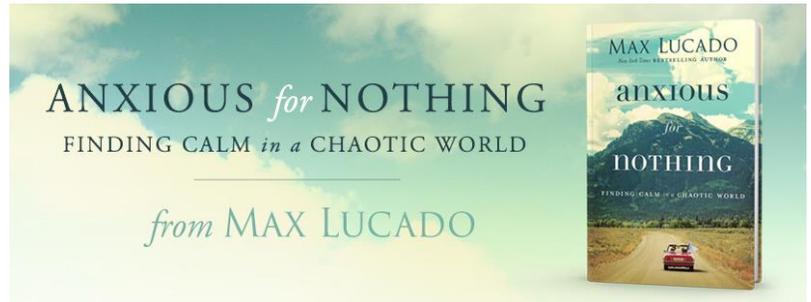
Ladies' Bible Study

A new study will begin **January 22 & 23**. The evening group meets Tuesdays at 6:30 pm. The morning group meets Wednesdays at 8:15 am. Both groups meet in the St. John-Jefferson Fellowship Hall.

For more information, contact one of the following Bible class facilitators.

Tuesday: Jill Gierach
jgtechloft@gmail.com
cell: 608-921-1258

Wednesday: Carla Morris-Robinson
carlarmor@yahoo.com
cell: 262-370-8084



Do you feel weighted down with worry? Does the uncertainty and chaos of life keep you up at night? Are irrational fears your constant companion? Could you use some calm?

In this five-session video Bible study, bestselling author Max Lucado explores God's treatment plan for anxiety found in Philippians 4:4–8. As you follow this prescription – celebrating God's goodness, asking for his help, leaving your concerns with him, and meditation on good things – you will experience God's peace. This is a peace that "transcends all understanding" and will help you reframe the way you look at your fears.

While anxiety is a part of life, it doesn't have to dominate your life. With God as your helper and his promises at your side, you can sleep better tonight and smile more tomorrow. You can talk yourself off the ledge and view bad news through the lens of God's sovereignty. You can discover a life of calm and develop tools for combating the onslaught of anxiety.

Session topics include:

1. **Rejoice in the Lord Always**
2. **Let Your Gentleness Be Evident to All**
3. **Present Your Requests to God**
4. **The Peace of God Will Guard Your Heart**
5. **Meditate on These Things**

Jill Gierach has ordered books for the women currently in our Bible study classes. She would seriously love to order more if you let her know before class begins. Or you can order your own at Amazon and other booksellers. (Be sure you get the Bible study guide, there is also a "regular" book with this title that is optional.)

We welcome new ladies to join us anytime you are able to attend!