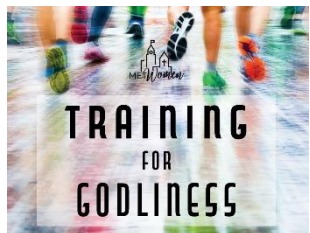


METWomen Studies

Fall 2022



Training for Godliness

Train yourself for godliness; for while bodily training is of some value, godliness is of value in every way, as it holds promise for the present life and also for the life to come. 1 Timothy 4:7b-8

Join us as we pursue greater intimacy with Jesus by deepening our understanding and practice of spiritual disciplines. Found throughout the Bible, spiritual disciplines are given by God to strengthen his people. For centuries faithful Christians have been shaped by these means of grace. This year we want to inspire one another, with the help of the Holy Spirit, to draw closer to Jesus by embracing these disciplines more and more - even amid our chaotic modern culture. And don't worry, no matter how long you have been a believer, there is always room to grow! So, let's train for godliness together, desiring to know Jesus better and to grow in his likeness.

Topics include God's Word, prayer, confession, worship, serving, giving, evangelism, relational discipleship and lifelong learning.

Let us know; let us press on to know the Lord. Hosea 6:3

This study will run Sep 14 - Dec 7 at 9:30-11:15 am and 7:00-8:45 pm onsite at the Met. We will have a limited number of hybrid groups (mostly online with 3 in-person sessions) to accommodate those for whom attending onsite presents significant challenges.

