

Rhythms Of Renewal

Trading Stress & Anxiety for a Life of Peace & Purpose by Rebekah Lyons

WEEK	DURING SMALL GROUP	AT HOME READING
Week 1	<i>KICKOFF BRUNCH Choose & Buy Book</i>	<i>Read Introduction</i>
Week 2	<i>Intro To Small Groups</i>	<i>Read Chapter 1,2,3</i>
Week 3	<i>Discuss Chapters 1,2& 3</i>	<i>Read Chapter 4 & 5</i>
Week 4	<i>Discuss Chapters 4 & 5</i>	<i>Read Chapter 6 & 7</i>
Week 5	<i>Discuss Chapters 6 & 7</i>	<i>Read Chapter 8,9,10</i>
Week 6	<i>Discuss Chapters 8, 9 & 10</i>	<i>Read Chapters 11 & 12</i>
Week 7	<i>Discuss Chapters 11 & 12</i>	<i>Read Chapters 13 & 14</i>
Week 8	<i>Discuss Chapters 13 & 14</i>	<i>Read Chapters 15,16 & 17</i>
Week 9	<i>Discuss Chapters 15, 16 & 17</i>	<i>Read Chapters 18 & 19</i>
Week 10	<i>Discuss Chapters 18 & 19</i>	<i>Read Chapters 20 & 21</i>
Week 11	<i>Discuss Chapters 20 & 21</i>	<i>Read Chapters 22, 23 & 24</i>
Week 12	<i>Discuss Chapters 22, 23 & 24</i>	<i>Read Chapters 25 & 26</i>
Week 13	<i>Discuss Chapters 25 & 26</i>	<i>Read Chapters 27-28</i>
Week 14	<i>FINAL BRUNCH Discuss Chapters 27-28</i>	



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