

I'll Start Again Monday

*Breaking The Cycle of Unhealthy Eating Habits with
Lasting Spiritual Satisfaction by Lysa Terkeurst*

WEEK	DURING SMALL GROUP	AT HOME READING
Week 1	<i>KICKOFF BRUNCH Choose & Buy Book</i>	<i>Read Into.</i>
Week 2	<i>Intro To Small Groups Discuss Intro</i>	<i>Read Chapter 1 & 2</i>
Week 3	<i>Discuss Chapter 1 & 2</i>	<i>Read Chapter 3 & 4</i>
Week 4	<i>Discuss Chapter 3 & 4</i>	<i>Read Chapter 5 & 6</i>
Week 5	<i>Discuss Chapter 5 & 6</i>	<i>Read Chapter 7 & 8</i>
Week 6	<i>Discuss Chapter 7 & 8</i>	<i>Read Chapter 9 & 10</i>
Week 7	<i>Discuss Chapter 9 & 10</i>	<i>Read Chapter 11 & 12</i>
Week 8	<i>Discuss Chapter 11 & 12</i>	<i>Read Chapter 13 & 14</i>
Week 9	<i>Discuss Chapter 13 & 14</i>	<i>Read Chapter 15 & 16</i>
Week 10	<i>Discuss Chapter 15 & 16</i>	<i>Read Chapter 17 & 18</i>
Week 11	<i>Discuss Chapter 17 & 18</i>	
Week 12	<i>FINAL BRUNCH</i>	



I'll Start Again Monday

*Breaking The Cycle of Unhealthy Eating Habits with
Lasting Spiritual Satisfaction by Lysa Terkeurst*

WEEK	DURING SMALL GROUP	AT HOME READING
Week 1	<i>KICKOFF BRUNCH Choose & Buy Book</i>	<i>Read Into.</i>
Week 2	<i>Intro To Small Groups Discuss Intro</i>	<i>Read Chapter 1 & 2</i>
Week 3	<i>Discuss Chapter 1 & 2</i>	<i>Read Chapter 3 & 4</i>
Week 4	<i>Discuss Chapter 3 & 4</i>	<i>Read Chapter 5 & 6</i>
Week 5	<i>Discuss Chapter 5 & 6</i>	<i>Read Chapter 7 & 8</i>
Week 6	<i>Discuss Chapter 7 & 8</i>	<i>Read Chapter 9 & 10</i>
Week 7	<i>Discuss Chapter 9 & 10</i>	<i>Read Chapter 11 & 12</i>
Week 8	<i>Discuss Chapter 11 & 12</i>	<i>Read Chapter 13 & 14</i>
Week 9	<i>Discuss Chapter 13 & 14</i>	<i>Read Chapter 15 & 16</i>
Week 10	<i>Discuss Chapter 15 & 16</i>	<i>Read Chapter 17 & 18</i>
Week 11	<i>Discuss Chapter 17 & 18</i>	
Week 12	<i>FINAL BRUNCH</i>	

