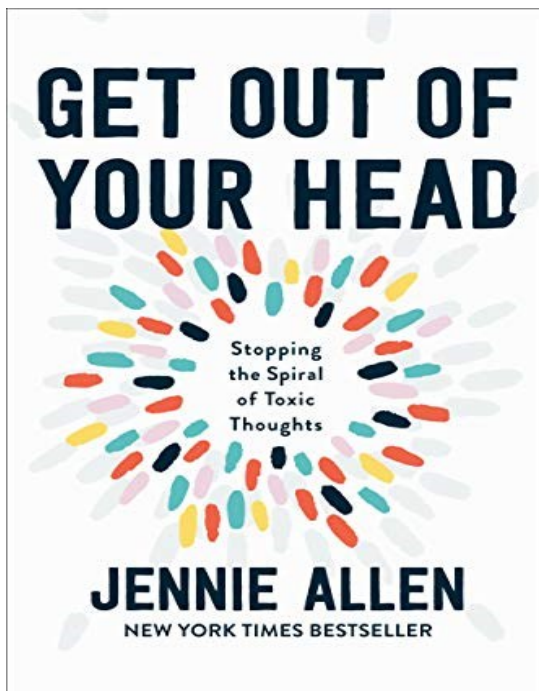


Get Out of Your Head

Led by Kristy Powell



Are your thoughts holding you captive? Jennie Allen knows what it's like to swirl in a spiral of destructive thoughts, such as *I'll never be good enough. Other people have better lives than I do. God couldn't really love me.* In this study on the book of Philippians, we learn we don't have to stay stuck in toxic thinking patterns. Freedom comes when we refuse to be victims to our thoughts and realize we have already been equipped with power from God to fight and win the war for our minds. When we submit our minds to Christ, the promises and goodness of God flood our lives in remarkable ways. It starts in your head. And from there, the possibilities are endless.

Meeting Day: Sunday at 5pm

Location: Hybrid - Alternate meetings in person (Madison) and via Zoom. Childcare provided for in person meetings.