



New Way Program Class Descriptions

Discovery Bible Study – 4 weeks

Actively engage with God's Word

Discovery Bible Study is an opportunity to discover and understand God right where you are in your faith journey. Bible knowledge is not necessary. It is a question driven study which is what gives it its name, *Discovery Bible Study*.

This type of Bible study is designed to educate and encourage seekers and believers to actively engage with God's Word in all ways. Ultimately, it offers an opportunity to contemplate the lessons from Bible passages so that you can find practical ways to apply them to your own life and circumstances.

Successful Living – 10 weeks

A roadmap for living successfully

Successful Living is a class designed to provide you a basic road map for living successfully. Within the context of this class, successful living is not a set of things you must achieve, such as the type of job you have or how much money you earn. Instead, success is measured around five Biblical principles. Within these principles, you will discover your core values, which will give insight into better time management. Additionally, this class will give you skills to manage stress, conflict, anger, and boundaries. It will also cover topics for understanding your personality, how to express love through your actions, and how to live with increasing hope. Each week covers a new topic and provides you with suggestions for how to practice your successful living skills at home.

Boundaries – 10 weeks

Building healthy relationships

Drs. Henry Cloud and John Townsend uncover the secrets to cultivating the habit of setting and maintaining healthy boundaries that provide the framework for rich, productive relationships. Healthy relationships and sound living depend on maintaining effective personal boundaries. But many people don't know where to start. Based on the bestselling book by Drs. Henry Cloud and John Townsend, these interactive sessions can December 2023

make a life-changing difference. Drawing on principles from the Bible, Boundaries guides small groups on a journey of discovery and practical application. As a participant, you'll learn how to live your life more fully and display truth and love more freely. It's the centerpiece for insights, exercises, and spirited group discussion that can profoundly improve the quality of your relationships in every sphere of life—marriage, family, friendships, Church, and the workplace.

Tasting Grace – 10 weeks

Nutrition and cooking class

Enrich your mind, body, & spirit to the glory of God, by joining us for an exploration on fundamentals of good nutrition and home cooking on a budget. The first segment is an informative, multi-dimensional study of nutrition, followed by a hands on, enlightening cooking focus. Each week biblical principles are beautifully woven into lesson plans to lift the importance of health and wellness in God's call for us to live full lives, In His Name! In this hands-on class of discovery and exciting, exploratory assignments, some of the things participants will learn are:

- A. How to understand and utilize the “Choose My Plate” nutritional initiative
- B. How to create a food journal
- C. How to create a 4-week meal plan
- D. Effective grocery shopping for different kinds of foods
- E. Tips and tricks for cooking and food storage

Affirming Potential – 12 weeks

Realizing goals and personal potential

Affirming Potential introduces people to a life-changing journey by helping them face and accept their past, better understand their present, and embrace their future with Christ. Affirming Potential seeks to uncover and affirm the potential that exists within each of us. Participants are asked to dream again or for the first time ever; to set goals, to evaluate their goals, and to develop action steps toward achieving those goals. This class includes small group discussion for deeper understanding of self and to gain new perspectives. It is also possible to enter into a mentor type relationship with a Trail Guide after this class ends. Trail Guides can help you actualize your dreams by supporting you through action steps towards your goal(s). This requires a strong desire to make positive changes in your life and a consistent meeting commitment. Affirming Potential instills the truths that we are valuable, we are important, that our lives are meaningful, and that overcoming struggle is possible!

Financial Future – 12 weeks

Creating spending plans to reach goals

Financial Future is a course that explores the various elements of personal budgeting and planning so that each individual gains the confidence towards becoming financially stable. The class tracks real life situations from a Biblical perspective with tips and techniques for understanding basic financial matters. Facilitators and Financial Advocates walk with participants through the class as a support in providing clarification and encouragement, assistance in filling out required forms, deciphering credit reports, and providing insights into new financial behaviors. One-on-one meetings with a Financial Advocate can be set up within this class to address your specific concerns or questions and support your financial journey.