

PURSUING LIFE WITH GOD

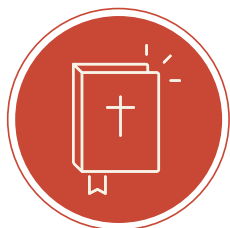
community rhythms *August*

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SPIRITUAL PRACTICE . SLEEP

What difference does being well rested have in your life? What changes for you when you are sleep-deprived versus being well rested? Our bodies are good gifts from God. They serve as our personal power packs to engage the world and to do good in partnership with God. The daily decision to treat our bodies with the respect to which God has endowed them is important for spiritual development. When we are not good stewards of our bodies we become exhausted and exhaustion can quickly lead us away from intimacy with God. *See Handout for More*



SIT WITH THE WORD . PSALM 23

"The Lord is my shepherd, I lack nothing. He makes me lie down in green pastures, he leads me beside quiet waters, he refreshes my soul. He guides me along the right paths for his name's sake. Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me. You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows. Surely your goodness and love will follow me all the days of my life, and I will dwell in the house of the Lord forever." *New International Version*



COMMUNITY CONNECTIONS . JULY

In order to continue hosting I-Help each week through the Tempe Community Action Agency, we are moving our weekly dinner and small groups to Thursdays!

Life Support Groups > *Mondays | 6:00 PM | Education Building or Zoom*

Your Story Bible Class Returns > *Sundays | 11:00 AM After Worship | Auditorium*

Garden Workdays > *Fridays | 5:00 - 7:00 PM | Tempe Church Community Garden*

Wednesday Bible Study Begins > *August 10 | 10:00 AM | Zoom*

New Year Garden Party > *July 19 | 5:00 PM | Foxtail Community Garden*

- Celebrate the beginning of another year at the Foxtail Community Garden.

Sun Devil Sunday > *August 21 | After Worship | Tempe Church Auditorium*

- Join us as we welcome new and returning college students and their families.

Garden Talk > *August 30 | 6:00 PM | ASU Memorial Union*

- Can sustainability and faith coexist? Join us for the conversation.

Small Groups Begin > *September 1 | 6:30 PM | Tempe Church / Oasis*

- Our new small groups begin on September 1st! We will offer an Alpha course, an in-depth study of scripture and our Life with God groups will begin.