



Deep Discipleship in Christ: The Lifestyle Who is Christ

**Meetings: Saturdays, Starting
September 14th 8:30-11:00**

**Schedule: Every Other
Saturday (September-May)**

8:00-8:30 Food and Fellowship
8:30-11:00 Teaching and Interactive,
small group facilitated activities and
discussions.

Books will be available for \$25;
proceeds will be used for food and
beverages for the 8:00-8:30 food and
fellowship. If you cannot pay for a
book, no worries, funds are available,
and a book will be provided to you. We
do not want any barriers to your growth
in Christ.

Location:
First Baptist Church Rockwall
610 Goliad Street
Rm C202

Open to any Christian

The Lifestyle Who is Christ: A Journey into Deep Discipleship in Christ

For Who: This one year journey
(September-May) is for men and women
age 18+ who know Christ and have a heart
for developing a deeper relationship with
Christ (which we all can benefit from, no
matter how long we have known Him or
how involved we are in ministry).

To do What: Grow deeper in Christ. To
cultivate a depth of intimacy and love for
the Savior in a practical way that is seen in
our day-to-day decisions.

Based on: Paul's epistles with
practical tools from the psychological,
neuroscience, and medical sciences that are
meaningful because of the way God the
Designer has designed us in our humanity.

The Hope: To truly walk/live as
Overcomers in the messiness of the world
and the challenges of our own flesh.

**No matter your church, your background,
your years in Christ – if you want to know
the Savior more intimately and grow your
faith in Christ join us as we journey with
Paul through a model of spiritual formation,
using psychology and neuroscience.**



**DISCIPLESHIP
AND
SPIRITUAL
FORMATION**

First Baptist Rockwall

The Modules:

September Module 1: Detoxification

Focused on developing a deeper awareness of our selves to facilitate surrender and dependence on Christ.

October Module 2: Infusion

Focused on the importance of God's Word – Genesis to Revelation for our spiritual nourishment.

November/December Module 3:

Digestion

Focused on shifting from head knowledge to a deeply digested heart knowledge anchored in love for Christ.

January/February Module 4: Heart Check

Focused on cultivating a deeper hear for Christ flowing from infusion of His Word and digestion of His truth.

March Module 5: Faith Walk

Focused on building faith muscles and deepening the desire to walk by faith and not by sight.

"I am a mature Christian, attend church, and read the Bible and I found there is more every day to love about Jesus. I found community and growth in this journey of Christ Who is a Lifestyle.

April Module 6: Immunity

Focused on the empowering and protective power of the Holy Spirit as Guide, Comforter, and Advocate.

May Module 7: Personal Growth Plan

Focused on a personalized growth plan developed from your journey to live the Lifestyle Who is Christ.

2024-2025 Dates:

September 14, 28
October 12 and 26
November 9 and December 14
January 11 and 25
February 8 and 22
March 8 and 22
April 12 and 26
May 10

Can I be of Service? If you have a heart for discipleship and small group facilitation, please contact Dr. Katherine Pang.

Facilitators: Teaching by Dr. Katherine Pang, PhD (Practical Theology), PhD (Psychology), ThM, MDiv Founder the Christian Life Institute and Psychologist
Dr. Shanon Thomas, DMin, MA, Pastor Rockwall Friendship Baptist Church and Licensed Professional Counselor

The Format: Teaching with group table activities and discussions facilitated by sisters and brothers in Christ with a heart for small group discipleship and spiritual formation.

Register at:



For More Information:

Contact Dr. Katherine Pang at
kpang@christianlifeinstitute.com
<https://christianlifeinstitute.com>