

Introducing

FRESHEN UP

If this pandemic has knocked some of the stuffing out of you and you'd appreciate something to refresh and revitalise your personal relationship with Jesus, then one of our friendly **Freshen Up** Grow Groups will get you growing again..



The group will help you get back into the Bible in a new way, discovering how to learn the Word **and live it** ...not just hear it or read it. Many times, we flit from verse to verse, read a bit here, snatch a bit there, yet never making any real progress through God's Word. If this describes you, then the first six weeks in the group could be life changing, as they were for Ann & I when we did the 40 Days in the Word journey that we will be doing, and got hold of some tools that revolutionised our times in God's Word.

How FRESHEN UP works

- **DAILY GUIDE** Every day you will have a guide focused on a verse or a short bit of the Bible (from either Philippians, Mark, James, or Psalm 1) and it will take you about 15 minutes to fill in the answers to some thought provoking questions from that verse
- **DIFFERENT WAYS** As you go along you will try six different methods of getting into the Word, because not one method suits all. You'll find the Bible starts to open up to you as never before and you will find the Lord speaking in a really understandable way to you. But you must carve out 15 minutes every day to do this.
- **WEEKLY GROUP GET TOGETHER** Each week we will get together for an hour to encourage each other, ask questions, share discoveries, and pray for the Lord to increase his presence in our lives. There will be a short talk from the leaders

explaining how to go a bit deeper into the Bible in the next week. These times will be so good! Growing together! These group meetings will be in our new church centre (socially distanced of course!)

- **FREE REFILLS** At your group meeting you will get a free refill for your Daily Guide folder of the next weeks guides. You'll also get a special key ring and each week a key Bible verse that clips onto it for us to learn together. It's cool! You'll have the Word of God with you wherever you go!
- **OPTIONAL:** Optional seminars 'digging deeper' looking at topics that you can choose from like 'How do we know the Bible came from God?' 'So many Bible versions, what's the difference?'
- **FAMILIES:** for those with children and grandchildren you can get them involved in **Freshen Up** with 40 fifteen-minute bitesize sessions using: thegreateststoryever.org Its particularly good! Imagine the Freshening Up effect on your family if you had everyone spending 15 minutes a day with God and getting fresh inspiration for their life!

Give yourself a fresh start after all the demanding days we've been through. Put back in what has been taken out of you without you probably realising it! This will be a great help for those who have never really got a handle on the Bible yet, as well as going deeper in it for those who love God's Word – as deep as you want to go!

It's for all of us who want to do better at living the Bible way in these strange and stressful days we live in, becoming people of the Word and the Spirit, knowing Jesus alive in us

WHATS NEXT?

So, we can get everything ready for you, please let me know as soon as you decide you want to belong to one of the Freshen Up Grow Groups, and which one. Call, or Text me at 07861749400 or email me les.ball47@btinternet.com



**Loving the Word
Learning the Word
Living the Word,
knowing Jesus better**