

# Sunday Groups

## Hope: An Anchor for the Soul

· **What:** The books of Isaiah, Jeremiah, Hebrews and 1 & 2 Peter offer us much in the way of hope. If there is a time when we need encouragement to be hopeful, it's 2020! Join us as we continue in the LHUMC 2020 Bible reading plan and discover how Scripture instructs us to live out of our hope in God.

· **When:** Sundays, August 23 - September 27. Groups will continue to meet online for now. Times may change when we eventually return to in-person gatherings.

· **Cost:** None

· The following Sunday morning groups will participate in "Hope: An Anchor for the Soul". You are welcome to join one of these groups at any time! Each lesson stands alone. Reach out to Gretel Roberts at [gretel@lhumc.com](mailto:gretel@lhumc.com) to connect with a group.

Descriptions of each group are on the LHUMC website at [www.lhumc.com/sunday-groups](http://www.lhumc.com/sunday-groups).

- Grace - 2:00pm
- L.I.F.E. - 8:00pm
- Link - 9:30am
- Bereans - 9:30am
- Connect - 9:30am
- Disciples - 9:30am
- Lyceum-Roundtable - 9:30am
- First Day - 9:00am
- Good News - e-mail discussion
- NEW ONLINE GROUP - 9:30am (If you have not connected with an LHUMC group before, now is your chance! Join Andy and Gretel Roberts for this 6-week series on hope!)

## Optical Conclusion: Seeing Jesus Clearly in 2020

· **What:** Groups view a short weekly video from "The Bible Project" (a series of summaries of each book of the Bible). Discussions will be based on "The Bible Project" video and the weekly Scripture from each Sunday's sermon.

· **When:** Sundays, October 4 - December 27. Groups will continue to meet online for

now. Times may change as we eventually return to in-person gatherings.

- Cost: None
- The following Sunday morning groups will participate in the sermon-based discussions. You are welcome to join one of these groups at any time! Each lesson stands alone. Descriptions of each group are on the LHUMC website at [www.lhumc.com/sunday-groups](http://www.lhumc.com/sunday-groups).

- L.I.F.E. - 8:00pm
- Link - 9:30am
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- First Day - 9:00am
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### ***Psalms: Managing Your Emotions*** – Grace (Ages 20s-40s\*)

· What: God created us to experience emotions, yet there are godly and ungodly ways to manage them. Discover how the writers of the Psalms wrestled with different emotions and expressed their trust in God in the midst of life's ups and downs. The Grace class will take a look at the Psalmist's understanding of anger, depression and uncertainty during these three weeks.

- When: Sundays, October 4 - 18 ~ 2:00-3:00pm
- Cost: None

### ***Anxious for Nothing*** – Grace Community

· What: Join Max Lucado as he explores God's promises in Philippians 4:4-8 and shows that while anxiety is part of life, it doesn't have to dominate life. We experience God's peace as we celebrate his goodness, ask for help, leave our concerns with him and meditate on good things.

- When: Sundays, October 25 - November 22 ~ 2:00-3:00pm
- Cost: \$10