



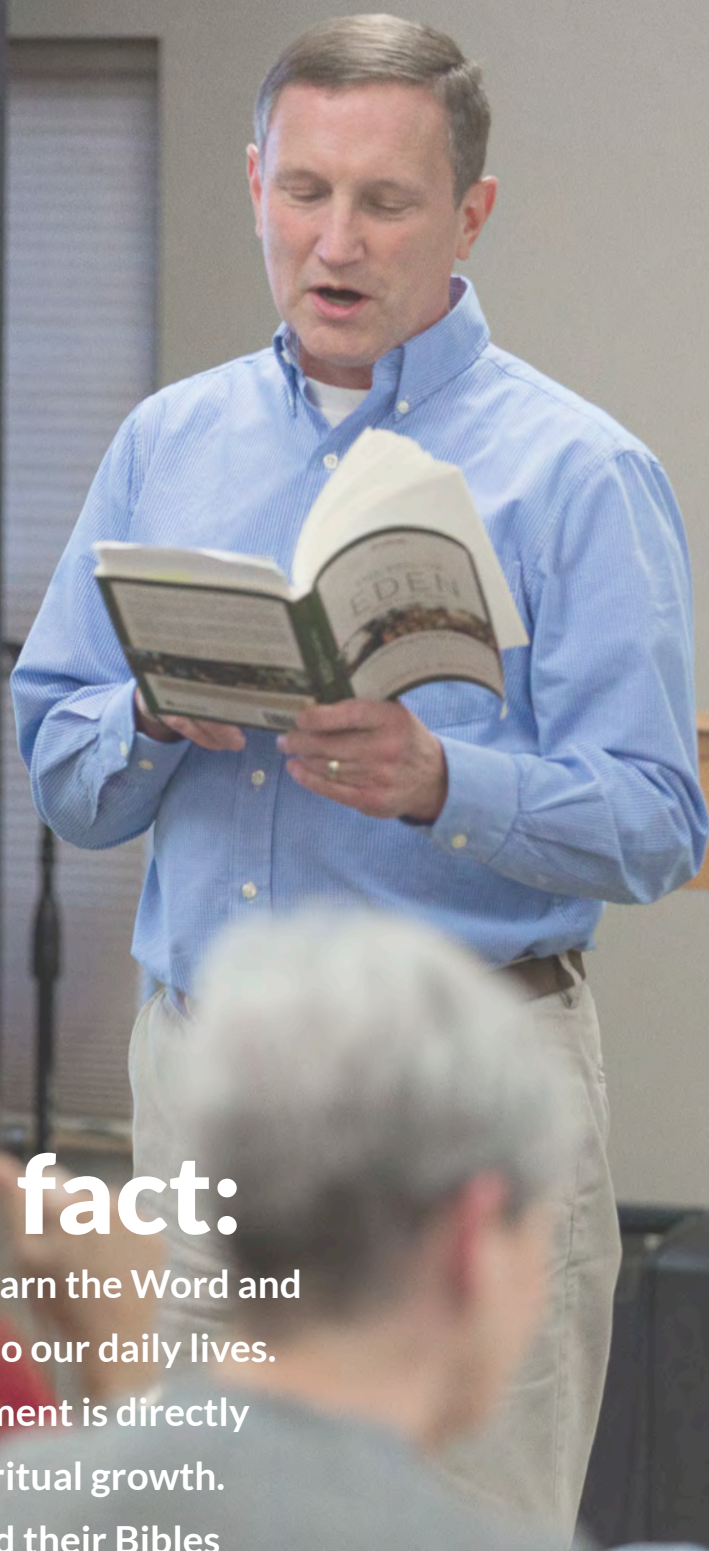
DISCIPLESHIP: **FALL CLASSES** 2018

LEARN IT, LIVE IT.

Studying God's Word and principles is key to a closer relationship with Him. And forging a close, personal relationship with Jesus equips you to go out and further God's kingdom,

HELPING OTHERS FOLLOW JESUS.

This fall, you'll have the opportunity to dig into the teachings of Christ through a variety of discipleship classes covering a wide range of topics. From financial peace to spiritual warfare to life care, it's all in His Word. We just need to learn it and then apply it to our daily lives.



It's a fact:

We need to learn the Word and then apply it to our daily lives.

Bible engagement is directly related to spiritual growth.

57 % only read their Bibles four times a year or less, per Religion News Service.

ONGOING CLASS

Women of the Word

Wednesdays

10 am

Room 2818

Instructor: Gail Knox

No cost or registration

FALL CLASSES

Disciple Bible Study (DBS)

Tuesdays, August 7, 2018 - May 7, 2019

Thursdays, August 9, 2018 - May 9, 2019

6:30-8:30 pm

Room 2818

Instructor: Dr. Vaughn Story

Cost: \$140 per person or \$270 per couple

Registration: To sign up, you must attend ONE of the preview nights held on July 24, July 31, July 26 or August 2 from 6:30-7:30 pm in Room 2818, child care available on Tuesday's only starting August 7.

Disciple Bible Study is a 34-week Bible study course that explores the books of the Bible in sequential order. This is a yearlong course, spending 17 weeks exploring the Old Testament and 17 weeks exploring the New Testament.

GriefShare

Wednesdays, August 29 - November 28

3-4:30 pm OR 6:30-8 pm (child care, evening only)

Room 2319

Coordinator: Nellene Eldridge

Cost: \$15

Registration: myasburytulsa.org

Why walk through grief alone when you can participate in GriefShare's highly acclaimed 13-week video-based support group with others experiencing the same? This group offers a comfortable environment where the emotions and process of grief are understood and welcomed. You will learn practical strategies for grief recovery through the workbook and group discussion. Individuals may begin attending this group at any time.



DivorceCare and DivorceCare for Kids (DC4K)

Tuesdays, September 4 – December 11

(will not meet October 16 and November 20)

6:30–8 pm

Family Room

Facilitators: Andrea Stephens, Janie Hedrick and others

Cost: \$20

Registration: myasburytulsa.org

Divorce Care for adults and DC4K (ages 5-12) is a family-focused divorce recovery program to help you and your children heal from the hurt and confusion that comes when a family divides. Adult program includes DVD teaching by experts and a workbook that contains a note-taking outline for the video sessions and a daily Bible study that reinforces the information presented on the videos. The kids program includes video clips, songs, activities, games and crafts to help them express their thoughts and explore their feelings. Both programs provide a safe place for hope and healing. Child care available for children under 5.

Precept Upon Precept - Inductive Study Deuteronomy - Blessing or Cursing? Life or Death? You Choose, by Kay Arthur

Wednesdays, September 5 - December 12

9-11 am

Room 2314

Facilitator: Mary Sommers

Cost: \$20.00

Registration: myasburytulsa.org

Moses led the people faithfully for 40 years. They are now ready to enter the land of promise; and through Moses, God tells His children how to live in that land. Discover what God expects of believers and how we should live as His children in the world today.

Heart Cry, by Jill Briscoe

Wednesdays, September 5 - November 7

6:30-7:30 pm

Parlor

Facilitator: Julie Barlow

Cost: \$5.00 payable in class

Registration: myasburytulsa.org, child care available

Jill Briscoe explores the insights of Ecclesiastes and offers you contemporary guidance for living your life in light of eternity. Like Solomon, you'll discover that only God can give you purpose and meaning in life. In Him alone will your heart find rest. This class will have no homework. A read-along book is available for \$5 (books are limited).

Every Man Complete in Christ, by Word Within International

Wednesdays, September 5 - November 7

6-7:30 pm

Room 2500

Facilitator: Gail Knox

Cost: \$20.00 (payable on the first day of class)

Registration: myasburytulsa.org

In Paul's letter to the church at Colossae, he warns against being deluded with man-made philosophies and traditions that contradict the Word of God. As in the times of Paul, we today are being bombarded from every direction with delusional teachings. We can stand strong against the barrage of these false teachings by increasing our knowledge of Christ, who He is and what He does for us. This easy-to-learn inductive Bible study from Word Within International takes you step-by-step through the book of Colossians. Approximately 1-2 hours of outside work each week is involved. Workbook is provided.

Precept – Hebrews Part Two: Jesus, Our High Priest Forever, by Kay Arthur

Tuesdays, September 11 – October 31

9–11:30 am

Room 2820

Facilitator: Jim Odor

Cost: \$20.00

Registration: myasburytulsa.org

Ever wondered how the New Testament connects to the Old? This fascinating study of Hebrews 5-10 explains relationships between the two covenants, the earthly and heavenly tabernacles, and the sacrifices of animals and the Son of Man. See how Jesus fulfilled the Law and the Prophets and became our great High Priest.

The Epic of Eden - Ruth, by Sandra Richter

Tuesdays, September 11 – October 16

9:30–11 am

Room 2821

Facilitator: Cindy Read

Cost: \$20.00

Registration: myasburytulsa.org

Set in the midst of one of the most corrupt eras of Israelite history, Ruth is a story about three compelling characters. Naomi is an elderly widow who has lost everything and returns to her homeland empty and bitter hoping simply to survive. Ruth is Naomi's young daughter-in-law, also a widow, and a foreigner, who at great personal cost refuses to let Naomi face the future alone. Boaz is the local patriarch—a man of wealth and influence who in this epic tale is given the opportunity to do the right thing, even though the right thing might not be the obvious thing.



Mothers' Fellowship

Wednesdays, September 12 - November 14

9:45–11:45 am

Room 2901

Cost: \$15.00

Registration: myasburytulsa.org, Child care available

As moms, we're under constant pressure. We have to get it right in all areas of life—work, home, family, and faith—because our children's futures hinge on our abilities. But those impossible standards leave us feeling worry, fear, anger and shame and threaten to steal all our joy. Together this fall through Jeanie Cunnions's, "Moms Set Free Bible Study," we will discover how the gospel message can empower us to mother in the freedom of God's sovereignty enabling us to breathe deeper, walk lighter and enjoy our children—and the parenting journey—more than ever before. God helps us to apply the message of this great champion of the faith to our lives today. spouses, children, friends, co-workers and even yourself will improve by becoming more genuine.



Epic of Eden - Isaiah, by Sandra Richter

Wednesdays, September 12 - November 7

6-8 pm

Room 2820

Facilitator: Pastor Guy Ames

Cost: \$20.00

Registration: myasburytulsa.org, child care available

Isaiah is often named the “fifth gospel”; the book of the prophet Isaiah has more to say about Israel’s coming Messiah than any other Old Testament book. All too often, though, when Isaiah speaks today, God’s people have trouble hearing. Why? We often miss the larger context. In the “Epic of Eden: Isaiah,” Dr. Sandra Richter takes participants back to the 8th century BCE. This eight-week study explains Israel’s religion and economy, explores the definition and role of prophets, and helps us to apply the message of this great champion of the faith to our lives today.

Boundaries: When to Say Yes, How to Say No to Take Control of Your Life

Wednesdays, September 12 - November 7 (will not meet October 17)

6:30-8 pm

Room 1506

Facilitator: Tammy Beals

Cost: \$10

Registration: myasburytulsa.org

Can you choose to set limits in your life and still be a loving person? Yes! In fact, clear boundaries (personal property line marks those things for which you are responsible) are essential to a healthy, balanced lifestyle. In this eight-session DVD and discussion focused class, Dr. Henry Cloud and Dr. John Townsend offer practical help, encouragement, insight and wisdom for learning to make changes and solve problems with one’s ability to express true needs. Your relationship with parents, spouses, children, friends, co-workers and even yourself will improve by becoming more genuine.

Gospel of John

Wednesdays, September 12, 2018 - April 17, 2019

6-8 pm

Room 2820

Facilitator: Pastor Dick Read

No cost or registration, child care available

As one of Jesus’ Twelve, John was known as “the disciple whom Jesus loved” and tells his Gospel story from a different vantage point than Matthew, Mark and Luke. John’s Gospel is filled with imagery, theology and life transformation. “I write these things that you might have life,” is what he tells us and life is what we find in these pages! Come as often as you can - glean as much as you are able - apply all you learn in your own walk with Jesus. Class format includes worship, teaching and table discussion.

Speaking the Truth in Love: How to Be an Assertive Christian

Wednesdays, September 12 – October 24 (will not meet October 17)

6:30–8 pm

Room 1335

Instructor: Betty Garrett, retired LPC

Cost: \$15

Registration: myasburytulsa.org

Ever wonder the best way to say something? Ever feel defensive, offended, too shy or fearful to actually put this scriptural principle into practice? Come learn to recognize passive, aggressive or passive-aggressive thoughts and behavior in yourself and others, then turn it into assertive Christ-like responses. Whether at home or at work, your personal stress will be reduced while your overall sense of effective communication increases. The results? A happier you! Content is based on Dr. Keith Haugk's book, "Speaking the Truth in Love," a Stephen Ministry resource.

The Meaning of Marriage: A Vision for Married and Single People

Wednesdays, September 12 – October 24, (will not meet October 17)

6:30–8 pm

Family Room

Co-Facilitators: Bill & Kelly Dudney, Trey & Jamie Cooper

Cost: \$10

Registration: myasburytulsa.org

Best-selling author and pastor, Timothy (and Kathy) Keller, offer solid insight on God's intention for marriage and facing the complexities of commitment with God's wisdom and strength in their book, "The Meaning of Marriage." Discover the six key foundational building blocks in understanding the uniqueness of Christian marriage and ways to make them work in your marriage or future marriage. Learning style includes video, table talk and weekly reading.

The Smart Stepfamily

Wednesdays, September 12 – November 7, (will not meet October 17)

6:30–8:30 pm

Room 2818

Facilitators: Brian and Beverly Bryan

Cost: \$20/couple

Registration: myasburytulsa.org

Whether you are remarried or planning to remarry, discover the key steps to building a healthy stepfamily with expert Ron Deal. Through eight engaging DVD sessions, you'll learn practical solutions for everyday living and gain valuable insight for raising your stepfamily the smart – not hard – way.

A close-up photograph of a woman with long, dark brown hair, looking off to the side with a thoughtful expression. In the foreground, the out-of-focus profile of another person with blonde hair and glasses is visible. The woman is wearing a red top with a blue and white floral pattern.

It's a fact:

a deeper involvement in church leads to a deeper connection with Christ. Then, as we strengthen our relationship with Him through discipleship, we can turn our focus outward and help others much more effectively.

BSF – BIBLE STUDY FELLOWSHIP

People of the Promised Land I

Thursdays, September 13 – May 2

9:15–11 am

Women and children (infant to kindergarten)

Check in at north entrance

Room: varies

No cost; only book needed is the Bible

Register: bsfinternational.org , check in at kiosk outside Sanctuary

People of the Promised Land I (PPLI) charts the journey of Israel's entrance into Canaan under the leadership of Joshua. From Joshua to Solomon, God's united people enter and flourish in the promised land. We will study the books of Joshua, Ruth, 1 and 2 Samuel, 1 Kings 1-11 and overviews of Psalms and Proverbs. Our classes also have a children's program for children from infant to kindergarten which are taught by two trained children's leaders in each classroom. Their Bible story is in line with the adult lessons.



Financial Peace University, by Dave Ramsey

Sundays, September 16 – November 18

11 am–12 pm, Flex Class (an hour-long course that allows the student to watch the DVD lesson prior to class. Class time is devoted to Q & A and group discussion.)

Administration Conference Room

Facilitator: Rick Boothe

Cost: \$95.00

Registration: myasburytulsa.org, child care is available

Sundays, September 16 – November 18

3–5 pm

Administration Conference Room

Instructor: Ron Carter

Cost: \$95.00

Registration: myasburytulsa.org, child care not available

Tuesdays, September 18 – November 13

6–8 pm

Room 2821

Instructor: John and Marcia Curley

Cost: \$95.00

Registration: myasburytulsa.org, child care is available

Financial Peace University will help you take control of your money, plan for your future, and transform your life. You will learn step-by-step how to create a budget, pay off your debt, make wise spending choices and save for your future.

What Do I Do Now? Practical and Legal Matters to Know Before Someone You Love Dies

Wednesday, September 19 – October 10

6–7:30 pm

Room 2500

Co-Facilitators: Rita King and Wendy Hardgrove

Cost: \$25/family

Registration: myasburytulsa.org

This hands-on course takes you through the process from death notification to preparing for probate and, finally, how to care for yourself. Course includes CDs, the book “ABA/AARP Checklist for Family Survivors: A Guide to Practical and Legal Matters When Someone You Love Dies,” and Asbury’s 3-ring binder, “What Do Now?”

Apologetics 108: Solid Answers to the Toughest Questions About God and Christianity, by Jim Burkett

Tuesday, October 16 – November 13

6:30–8:45 pm

Room 2820

Cost: \$60 person, \$110 family, 30 student

Registration: email ccccpastor@aol.com or apologeticsonfire@gmail.com

This course deals with the common questions and objections that are raised against Christianity including:

Is man just a material, biological creature with no soul or spirit? (Why is the conscious of man considered one of the strongest evidences for God?)

Does modern science confirm the existence of God or disprove God's existence? Does absolute truth exist? These and other topics will be discussed during this five-week study.

The Land Between, by Jeff Manion

Tuesdays, October 23 – November 20

9:30–11 am

Room 2821

Facilitator: Cindy Read

Cost: \$15.00

Registration: myasburytulsa.org

Jeff Manion has lived in the Land Between and powerfully shares out of his own journey through personal family tragedy. Reflecting on his own story, he draws insight from that of the Israelites' journey, wandering for years through the Sinai desert, feeling lost, frightened, uncomfortable and often frustrated. In this study, you will be challenged and equipped to accept the Land Between as an opportunity—even a gift—not to be wasted.

Jeremiah – Daring to Hope in an Unstable World, by Melissa Spoelstra

Wednesdays, October 24 – November 28

6:30–7:30 pm

Parlor

Facilitators: Julie Barlow and Carrie Neff

Cost: \$20.00

Registration: myasburytulsa.org

In this six-week study, Jeremiah offers women hope for living in an uncertain world by learning to navigate the challenges and circumstances of their lives. This study examines God's words of instruction to His wayward people through the prophet Jeremiah and provides women six guidelines for intentional living to overcome fear, worry and doubt as they surrender their wills to God's and put their hope in Him alone.



ONGOING SUPPORT GROUPS

It has been proven that sharing honest feelings with a group of people experiencing a similar situation can help a person

FEEL MORE CONNECTED

and less alone. Providing a safe and welcoming environment filled with compassion, reassurance, understanding and prayer are the goals of Asbury's support groups.

Alzheimer's Caregiver Support Group

This support group is for caregivers, family and friends of persons with dementia. Meets at Asbury on second and fourth Thursdays, 1-3 pm, Room 2821. Second Thursdays include a group for individuals diagnosed, so bring your loved one. To register, call Brenda at **918.894.2713** or Peggy at **918.232.4906**.

Bipolar/Depression Support Group (offered by Bright Tomorrows)

This group is for adults with bipolar disorder or major depressive disorder meets at Asbury on first & third Thursdays at 7 pm in Room 2820, September-May. This is a curriculum-based program that gives helpful tools to participants. Call **918.744.5761** for more information.

Cancer Care Support Group

Beginning in August, this group will meet on the first Wednesday at 1:30 pm in Asbury's Parlor and the third Tuesday at 6:30 pm in Room 1508. A cancer diagnosis comes as an unwelcome intrusion to life. Come be with others on the same journey. Contact Amy Payne amycpayne@cox.net or Rex Powell at jazzbanjorex@gmail.com.

Caregivers/Family Support Group (offered by Bright Tomorrows)

This support group for families of those with a physical, mental, or emotional difficulty meets at Asbury on second and fourth Thursdays at 7 pm in Room 2820, September-May. This is a curriculum-based program that is both hope-inspiring and Christian faith-affirming. Call **918.744.5761** for more information.

Celebrate Recovery

A Christ-centered recovery ministry dealing with any hurts, hang-ups or habits. Meets Mondays: praise and worship at 7 pm, small groups at 8 pm. Contact Glen Grusendorf at **918.694.5277**.

Divorce Support

Are you struggling with a broken relationship? Join us every Wednesday, 6:30 pm, Room 1502. Child care provided. Contact Jim Small at **918.697.4220** or asburydivorce@outlook.com.

Employment Support

OJT (Overcoming Job Transitions) desire to encourage, equip and Energize job seekers. OJT Tulsa provides help to any job seeker every third Tuesday of the month, 6:30–8:30 pm, Room 2319. Contact Russ Knight **918.640.6148** or email russ.knight.tulsa@gmail.com for more information.

Grandparents Raising Grandchildren

This support group meets at Asbury on second and fourth Wednesdays at 6:30 pm in Room 1507. Referrals for benefits are also provided. Call Sandie Sullivan at **918.381.1931** to confirm meeting dates. Child care available.

Infertility Care and Share (Resolve)

Join us the first Tuesday of each month at 6:30 pm in Room 1506 to share with others who understand the challenges of building a family. Receive resources from Resolve, a national infertility organization, as well as local professionals. Contact Andrea Stephens at astephens@asburytulsa.org or **918.392.1145**.

Mental Health Support for Families

For family members or caregivers of people affected by a mental illness. Meets the fourth Thursday of each month, 1 pm, Parlor. Contact Linda Lytle at **918.298.2707** or lindalytle43@gmail.com.

Moms in Prayer (College and Career)

Come join us for prayer every Wednesday 9-10 am in Room 1506, August through May. When moms of college kids and kids in the work force come together you will see what a difference prayer makes in the lives of your children. Contact Tracy at **918.630.4565**.

SMILE (Single Moms' Ministry)

Meet with other single moms for devotion, discussion, encouragement and support. Meets the third Wednesday of each month, 6-8 pm in Room 2301. Free child care. Contact Janet with questions at **918.688.3392** or asburysmile@ymail.com.

Widows' Ministry

Asbury's LifeCare has partnered with Stand in the Gap Ministries to serve widows in our community. Asbury hosts two Widow Small Groups that meet the third Monday of each month at 1 pm in Room 1506 and the fourth Wednesday of each month at 7 pm in Room 2201. Socials are also offered twice a year at Asbury. All are welcome! Contact Melissa Phenicie at melissa4141@cox.net or **918.640.7573** to learn more.





Asbury United Methodist Church

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