

**AN 8-SESSION JOURNEY TO A MORE ABUNDANT**

**PHYSICAL & SPIRITIAL LIFE**

**How does God guide us to care for our physical bodies and our spirits?**

Join us for **Come Alive!,** an ecumenical small group Bible study program that **makes the connection** between our **spiritual** and **physical well-being.** Throughout the study, you will discover spiritual practices to strengthen your relationship with God, and proven ways to incorporate **anti-inflammatory foods & activities** into a more peaceful rhythm of daily life.

**Participants will…**

* Become more aware of God’s presence and His promises through Scripture
* Establish a mindful daily rhythm that draws you closer to God
* Create simple everyday habits for healthy eating and movement that fit YOU
* Be encouraged and encourage others as Christian believers

**Come Alive!** has 3 Bible-based principles: **Seek God First**, **Love & Be Loved**, and **Honor God with Your Body.** Learn more at [www.LivingAbundantlyMinistries.org](http://www.LivingAbundantlyMinistries.org) (a nonprofit organization).

**If you are interested: Bring yourself (& a friend!) to an INFORMATIONAL Meeting: Sunday, MONTH & DATE at TIME in the XXX Room** **(participant guides will be available).** Or Contact your Facilitators: Jane Smith or Mary Jones at [XXX@gmail.com](mailto:XXX@gmail.com) or 630-500-XXXX

**Where:** Your XXX Church in Room XXX, wear comfortable clothes! ☺

**When:** Sundays at 6:30 – 8:30, Beginning January XX – March XX (**8 sessions**)

**Cost:** $25.00 plus tax for the participant guide