



# Community United Methodist Church – CUMC Elm Grove

## STUDY OUTLINE

### “The **CYCLE OF GRACE**” by Trevor Hudson & Jerry Haas

*Are you soul weary? Do you struggle to make time for God in the midst of a packed schedule? Or do you sometimes stay so busy “doing things for God” that you cannot relax and just “be”?*

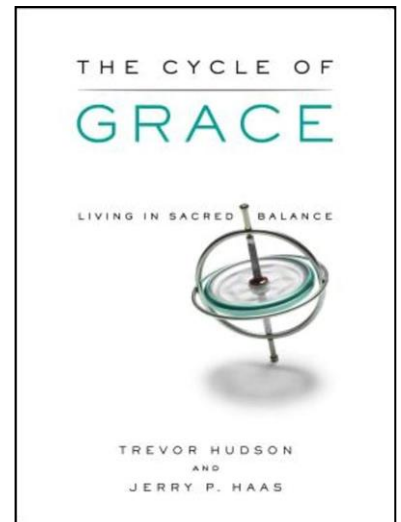
*Jesus faced amazing pressure and overwhelming demands throughout his ministry, but he did not experience the burnout so common among many Christians today. You can learn the rhythm of living that Jesus demonstrates – the Cycle of Grace – throughout the Gospels. The Cycle of Grace examines the 4 components of a grace-filled life: Acceptance, Sustenance, Significance, and Fruitfulness.*

This 6-week study will combine reading, journalling, videos, and discussion with personal reflection time and virtual “check-ins” and may just change your life for the better ...

**CLASS MEETINGS:** [Sunday mornings \(10:45am - Noon\) in Fellowship Hall](#)

### Weekly Study Dates and Topics:

- 1 Mar 9 \* **Welcome & Program Kick-off** \*
- 2 Mar 16 **CH 1 - Burnout, Jesus, & Grace**
- 3 Mar 23 **CH 2 - Sustaining Grace**
- 4 Mar 30 **CH 3 - You are a Sign**
- 5 Apr 6 **CH 4 - Fruitfulness & Cycle of Works**
- 6 Apr 13 **CH 5 - A Grace-filled Way to Live**
- 7 Apr 20 \* \* **EASTER Sunday** \* \*
- 8 Apr 27 **CH 6 - Congregational Vitality & Cycle of Grace**



These sessions require a **personal commitment** to completing the readings, spending regular time in Prayer and Reflection and participating in the Group sessions.