

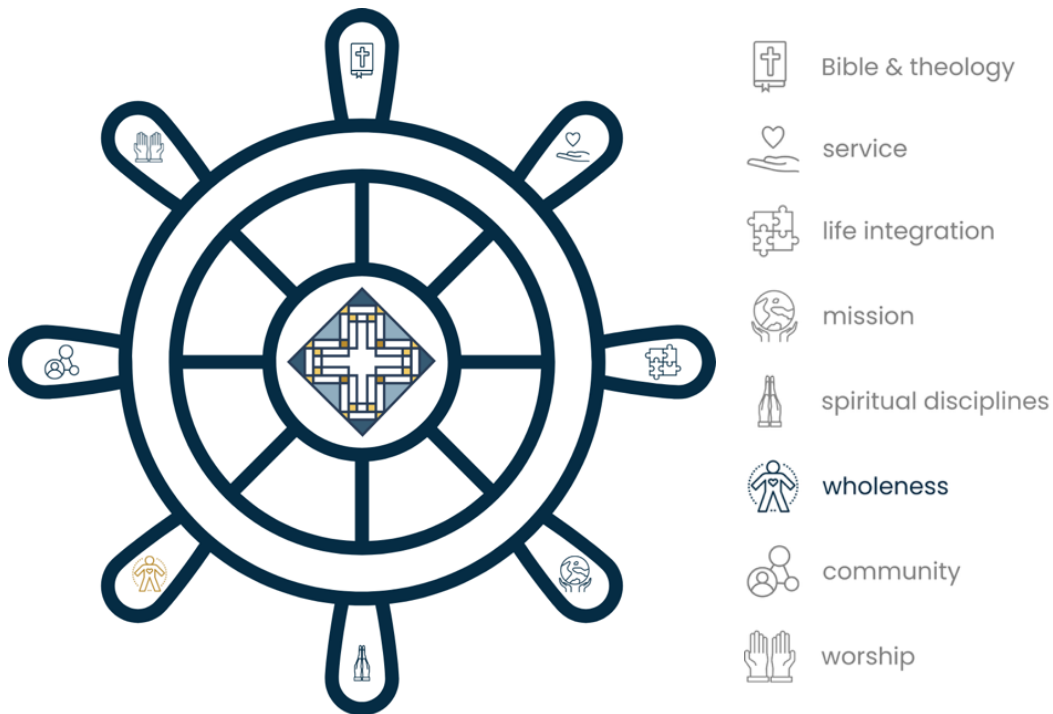


# Culture of Discipleship

## Wholeness

*“Blessed be the God & Father of our Lord Jesus Christ, the Father of mercies & God of all comfort, who comforts us in all our affliction, so that we may be able to comfort those who are in any affliction with the comfort with which we ourselves are comforted by God.”*

- 2 Corinthians 1:3-4



It's easy to sit in church week after week accumulating knowledge *about* God, but it's a whole other thing for this knowledge to take root in our hearts, transforming us, healing our brokenness, & enabling us to experience God's extravagant love for us. We all have real-world hurts, wounds, & untrue belief systems that complicate our ability to feel the love of God & to grow as healthy, mature disciples. Part of God's call on us is to pursue **Wholeness** of body, mind, & spirit—integrating our head & heart but not at the expense of our mind or body.

**Consider** your current physical, mental, & emotional health.

**Pray** about how walking with Christ can affect one area.

**Respond** to the ways Jesus might be calling you to act.

## Programs at TGC

- DivorceCare & DivorceCare 4 Kids: offered periodically
- GriefShare: offered periodically
- Mentorship & Friendship program: coming soon!
- Women's Ministry:
  - Oasis: 1<sup>st</sup> Thursdays at 6:30 PM
  - Moms in Prayer: Fridays at 11:30 AM (Fellowship Hall)
- Men's Ministry:
  - Bible Study: biannual study, Fridays at 6:30 AM (100)
  - Zoom Prayer: Tuesdays at 6:30 AM
- Just Older Youth (JOY): regular events for seniors
- Come talk to a pastor about what's on your mind & heart!

## Resources

### Books

- John Mark Comer, [\*Live No Lies: Recognize & Resist the Three Enemies that Sabotage Your Peace & The Ruthless Elimination of Hurry. How to Stay Emotionally Healthy & Spiritually Alive in the Chaos of the Modern World\*](#)
- Derwin Gray, [\*The Good Life: What Jesus Teaches About Finding True Happiness\*](#)
- Max Lucado, [\*various books about fear & worry\*](#), including *Anxious For Nothing* for adults & young readers
- Peter Scazzero, [\*Emotionally Healthy Discipleship: Moving from Shallow Christianity to Deep Transformation\*](#) & [\*Emotionally Healthy Spirituality\*](#)
- James Bryan Smith, [\*The Good & Beautiful Life: Putting on the Character of Christ\*](#)

### Podcasts

- Dr. Alison Cook, [\*The Best of You\*](#)
- Christopher Cook, [\*Win Today\*](#)
- John Mark Comer & Jefferson Bethke, [\*Fight Hustle, End Hurry\*](#)
- Geri Scazzero, [\*Emotionally Healthy Woman Podcast\*](#)
- Peter Scazzero, [\*Emotionally Healthy Leader Podcast\*](#)
- Preston Morrison, [\*The Leader's Cut\*](#)

### Other Media

- [\*Kidz at Heart\*](#): free age-appropriate resources for families
- [\*National Association of Evangelicals\*](#): resources for mental health, marriage, family, end of life, & many other topics
- [\*RightNow Media\*](#): includes a curated playlist