



### STUDY: KEEPING IN BALANCE (KIB)

LOCATION: ST. JOHN XXIII  
ROOM G1, GROUND FLOOR

TIME: 10.00-11.30 AM, OR  
12.15-13.45 PM, OR  
6.30-8.00 PM

MATERIALS: *THE BIBLE AND KEEPING IN BALANCE STUDY GUIDE*

Session One	Sept 17	Lesson 1: Connect Coffee Talk: Getting a Grip Through Authenticity
Session Two	Sept 24	Lesson 2: Balance Through Authenticity
Session Three	Oct 1	Lesson 3: Balance Through Priorities
Session Four	Oct 8	Lesson 4: Balancing Expectations
Session Five	Oct 15	Lesson 5+ 6: Balance in Relationships
BREAK	Oct 22	SCHOOL HOLIDAY
Session Six	Oct 29	Lesson 7: Balance through Worship
Session Seven	Nov 5	Lesson 8: Balancing in Your Schedule
Session Eight	Nov 12	Lesson 9 + 10: Balance Through Rest
Session Nine	Nov 19	Lesson 11: Balance Through Service
Session Ten	Nov 26	Lesson 12: Balance Through Contentment
Session Eleven	Dec 3	Lesson 13 + 14: Balance Through Simplicity
Session Twelve	Dec 10	Lesson 15: Balancing our Cravings
BREAK	Dec 19-Jan 7	CHRISTMAS BREAK
Session Thirteen	Jan 14	Lesson 16: Balance Through Self-Discipline
Session Fourteen	Jan 21	Lesson 17 +18: Balance Through Surrender
Session Fifteen	Jan 28	Lesson 19: Balance Between Mediocrity and Perfectionism
Session Sixteen	Feb 4	Lesson 20: Balance in our Thought Life
Session Seventeen	Feb 11	Lesson 21+ 22: Balance Through Engaging Culture
BREAK	Feb 18	SKI BREAK
		LENT RETREAT

