

WHAT THE PERSONAL GROWTH COURSE OFFERS

Across six weeks, we walk together — slowly, thoughtfully — through themes that invite clarity, healing, and transformation. Each session offers space to breathe, reflect, and grow.

Session 1 — Foundations of Growth

Like preparing the soil before planting, we begin by creating a safe and trusting space.

- Group guidelines
- Beginning your three-part autobiography
- Learning to listen with compassion

Session 2 — Unmasking and Authenticity

A gentle time of sharing and prayer, as we look at the masks we wear and the tender reasons behind them.

Session 3 — Understanding Our Temperament

Discover the “inner landscape” God wove into you.

- Temperament insights
- Completing your autobiography
- Prayer & mutual encouragement

Session 4 — Navigating Conflict & Clarifying Values

Exploring the places where friction refines us and values light our way.

Session 5 — Seeing Through New Eyes

Opening our hearts to the ways relationships shape us — challenging, stretching, and strengthening our growth.

Session 6 — Identity & Integration

Through a group survival exercise and guided reflection, we gather the threads of the journey and begin to see more clearly who we are in God’s eyes.

A time of celebration, insight, and renewed identity.