



## **GROUP DESCRIPTIONS - Winter 2025**

**(Harrison Lane Campus Only)**

### **Our Identity & Freedom in Christ**

Our Identity & Freedom in Christ group is a discipleship course designed to help every Christian break free from what is holding them back and become who they are made to be in Christ. It is for every Christian—from those who have been Christians for a long time to those who are brand-new followers of Jesus. Unlike many Christian discipleship courses today, the focus of this course is not on how to behave, but on what to believe. This group will equip you to embrace who you are in Christ and deal with whatever is holding you back from experiencing the abundant life in Jesus Christ. This is a foundational discipleship course. They meet on Thursdays at 6:30pm in Lenoir City.

### **Activating Prayer Group**

This is a 6-month experiential prayer training group designed by Novo that helps followers of Jesus fully discover their identity, equips them with prayer tools, and empowers them to step into the spiritual authority that has been delegated to them in the name of Jesus. So, how does the Cohort work? Cohort meetings will be two Sundays a month from 4:00 to 6:00pm for six months and run from September through February.

Meetings will include approximately 45 min of teaching, 45 min of lab time, and 45 minutes of discussion/Q&A/debrief. During the lab time, participants will break into “Huddles” of 3-5 to practice what they learned with each other. We will also meet a 2nd time each month and break into groups to share how we have been using the tools.

### **Men of Integrity**

Looking for a safe place to find hope, healing and freedom from pornography or sexual addiction? This men’s only recovery group is designed to support you in your quest towards wholeness. Incorporates resources from the Conquer Series at [www.conquerseries.com](http://www.conquerseries.com). They meet every Friday at 6:15am and Thursday at 6:30pm in the conference room.

### **Parents of Teens Group**

This group is for any parent of a teen (aged 13-19) that could use some encouragement, support, and wisdom as they navigate the ups and downs of parenting teenager(s). This group meets on Wednesdays at 6:30pm in the Worship Center during the middle and high school ministry program so parents can be a part of a group while their teenagers attend theirs.

*(more descriptions listed on back)*

### **Young Adults Group (YoPro)**

This group is for men and women aged 18-29 that would love to build community, make new friends, and dig in the Word. This group is always open to new members so you are welcome to bring a friend. There are usually between 10-20 in attendance each week. They meet Monday evenings in the Shed on the Harrison Lane Campus and host other special events.

### **Divorce Care**

For those who have experienced divorce, there is hope and healing. We are here to walk alongside you through one of life's most difficult experiences. We meet every Tuesday at 6:30pm in the Fireside Room during Groups cycles.

### **Grief Share, Cancer Care & Suicide Support Groups**

**Grief Share:** A grief support group for help and encouragement after the death of a spouse, child, family member or friend. We meet every Monday at 6:30pm at the Harrison Lane Campus in the River Room.

**Cancer Care:** Anyone who has been impacted by cancer, whether your own diagnosis, or that of a family member or friend, we are here for the journey – from diagnosis to life after cancer. We meet on the 2nd & 4th Tuesday of each month in the Worship Center Prayer Chapel at 7:00pm.

**Suicide Support Group:** A grief support group for help and encouragement for those affected by suicide. We meet on the 2nd & 4th Tuesday at 6:30pm in the Student Center Conference room on the Harrison Lane Campus.