



Enough is our Concordia University Texas theme for the 2023-2024 academic year.

CONNECT

with self and others:

Play the Joy G.A.M.E. Take 1-3 minutes to individually rest on each step then come to the group and share after each step.

Gratitude

think of something in the present moment that is worth appreciating.

Anticipation

something that you are excited about doing or experiencing in the next 2 days.

Memory

think of a memory that brings you joy from a prompt (example- from middle school, Christmas, playing a sport, or moments with family) and relive that memory for a few minutes in your mind.

Experience

What is an experience you will have in the next week?

ENGAGE

the Word.

Our theme this month around campus, in chapel, and in our Grow Groups is the line, "There's more than enough joy in human life." We are exploring tough life topics through biblical lenses during the January national celebration of Human Life Month in America. Some of these topics can be super tough to tackle, can bring up deep wounding, and leave us hopeless. That is not our goal.

The goal for this month is to go deep into the idea that God has designed us

READ
Philippians 4:4-9

NOTES: _____

