



COMMUNITAS
—Nederland—

GET YOUR LIFE BACK

EVERYDAY PRACTICES FOR A WORLD GONE MAD

We live in soul-scorching times. The mad pace of life, the number of demands on our time and energy, and the overwhelming torrent of info coming at us 24-7 have left most of us feeling ragged, wrung-out, and emptied. This isn't the life we want, but how do we get off the roller coaster? If we have no margin in our lives, how do we find room to change anything?

In "Get Your Life Back", John Eldredge provides a practical, simple, and refreshing guide to taking your life back. By practicing a few wonderfully simple practices or "graces" you can begin to recover your soul, disentangle from the tragedies of this broken world, and discover the restorative power of beauty.

You don't have to abandon your life to get it back. Begin restoring your life here and now. Your soul will thank you for it.

Who is the course for and what topics will be covered?

See other side and find out.



TRANSFORMED LIVES
TRANSFORMED NEIGHBORHOODS
TRANSFORMED WORLD

In this six-session video-based Bible Study, John Eldredge distills a lifetime of wisdom into five simple, sustainable, and refreshing practices that can help you to "recover your life.....learn the unforced rhythms of grace....and learn to live freely and lightly." (Matthew 11:28-30, The Message). These "graces" include:

- learning to insert the One Minute Pause into your day;
- practicing "benevolent detachment" and truly letting it all go;
- offering kindness toward yourself in the choices you make;
- drinking in the simple beauty available to you every day; and
- taking simple steps to unplug from technology overload

This course will be offered in six weekly 90-minute online sessions (20:00 - 21:30) beginning on Wed, Sept 29th and ending on Nov 10th (skipping the week of Oct 20th). Participants will be required to purchase the "Get Your Life Back" book and study guide. The course will be offered free of charge. Tax-deductible gifts to help grow our Communitas Nederland ministry are most welcome.

COURSE FACILITATOR

Jack LoMonaco – jack.lomonaco@gocommunitas.org

Communitas International comes alongside the next generation of missional leaders worldwide, helping them to realize God's call on their lives to start, shape, and multiply missional communities. We've been doing this for the past 50 years and would love to come alongside you and fan into flame the work God is doing in you and through you.

WEBSITE: GOCOMMUNITAS.NL

EMAIL: NEDERLAND@GOCOMMUNITAS.ORG

SIGN UP FOR OUR NEWSLETTERS [HERE](#) OR FOLLOW THE QR CODE

