

Be Still Series

This Lent, we have a **course** that gives you a chance to explore the simple, transformative practice of a daily quiet time with God.

The course will include videos and discussion based on ***Be Still: A Simple Guide to Quiet Times***, the new book from Brian Heasley.



The Be Still series will help us to develop a regular rhythm and deeper daily relationship with God.

Each of the five sessions of the Be Still series takes an hour, and includes:

- A video session with teaching from Brian Heasley and friends
- A small group discussion guide with questions to work through
- A practical challenge to develop your daily quiet time, and extra resources for going deeper

TUES pm: 12-1.30pm at St Mary's Lytchett Matravers

Feb 28th, Mar 7th, 14th, 21st and 28th

WED eve: 7.30-9pm at St Dunstan's

March 1st, 8th, 15th, 21^{st**}, and 29th,

****Please note, 21st is on a Tuesday evening**

For more information, email Matt on revmattsimpson@gmail.com