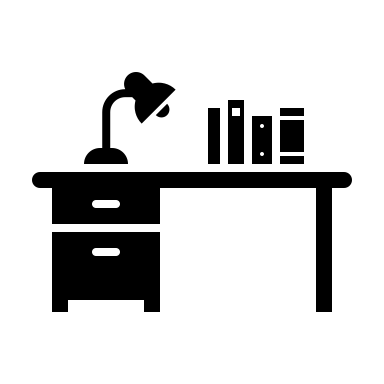
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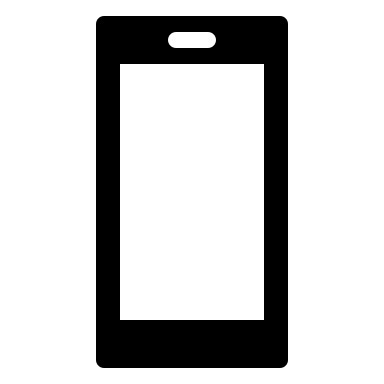
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**BOOK CLUB SYLLABUS**

**Materials**

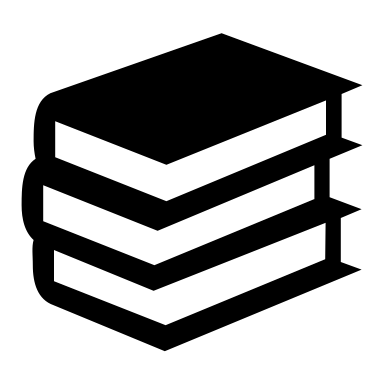
To participate in this Book Club, you will need:

1. [*Spiritual Disciplines: How to Become a Healthy Christian*, by Mason King](https://www.amazon.com/Short-Guide-Spiritual-Disciplines-Christian/dp/1087768489/ref=sr_1_1?crid=1Y60TH21V6NU4&dib=eyJ2IjoiMSJ9.liqHGC_i8O2QziPX-Ihnu0BeLcFWzLnX1i6kH4NEgRF5q2fd7bfBNJjuehygNo3aKrZMo4jRakMHoQrg9B22rgyUarfsN7OHp5Kfo1zbQQQ.dbaBe6j4syH5G7lT2n8-sFX_jZ3qbhx6PuRn55erYrk&dib_tag=se&keywords=spiritual+disciplines+how+to+become+a+healthy+christian&qid=1721393973&sprefix=spiritual+disciplines+how+to+become+a+healthy+christian%2Caps%2C121&sr=8-1)
2. The Woodmen App (in the App store, search for *Woodmen Valley Chapel*)

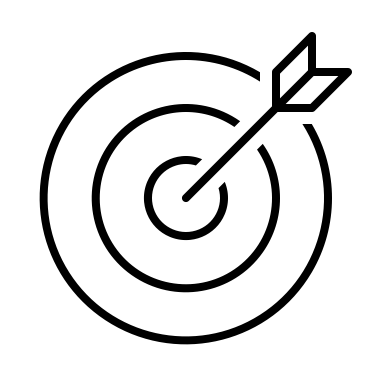
 **Book Club (Woodmen App)**

If you’re looking to deepen your understanding of topics that arise from Scripture, Book Club is for you. Book Club is a guided learning environment that takes place exclusively on the Woodmen App so you don’t have to worry about missing a meeting date—no matter your busy schedule!

*Book Club is designed to enhance learning and provoke rich dialogue among participants; however, it’s not the optimal platform to build community. Book Club is ideal for individuals who want to incorporate learning into their regular life rhythms.*

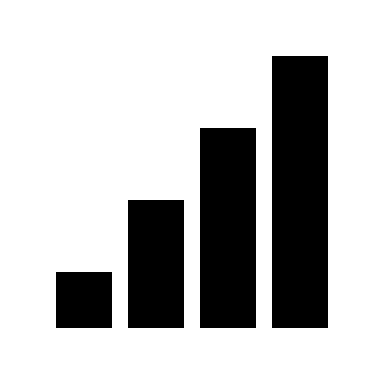
**Book Description**

**Every Christian wants to grow into the person God made him to** **be**. Every Christian has a healthier, more spiritually mature version of herself in mind. Every Christian looks upon the future's horizon and imagines a relationship with God ever-increasing in vibrancy and strength.   
  
But how does a Christian get there? How does a sapling with good intentions actually*become* an oak of righteousness?  
  
You might think the answer is "regularly read the Bible, pray often, and share the gospel consistently." And those practices are certainly part of it. But in this book, Mason King expands your thinking beyond basic spiritual practices (which typically emphasize what you must *do*) into a more holistic picture of what a full and flourishing life with God can look like when it is cultivated well (focusing instead on who you might *become*).  
  
In these pages, learn how you can become a vibrant, healthy Christian by regularly offering to God three main dimensions of your life—***your attention, your emotions, and your limits****—*for when you are disciplined in cultivating these environments at the root, you will grow into the right kind of tree.

**Book Club Objectives**

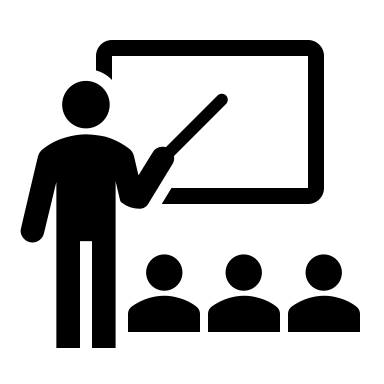
This book club will:

1. Guide participants to ask, “What does a healthy life with God look like?”
2. Invite participants to practice being present with God in three areas of life
3. Provide participants with suggested disciplines to grow in godliness

**Learning Outcomes**

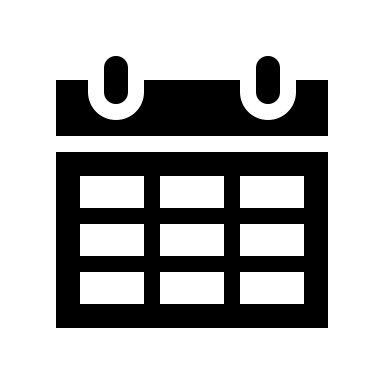
Upon completion of this book club, *all* participants will be able to:

1. Explain how everyone depends upon a story to make sense of life’s experiences
2. Articulate key obstacles that hold us back from growing in godliness
3. Provide a strategy for disciplining your attention
4. Provide a strategy for disciplining your emotions
5. Provide a strategy for discipling your limits

 **What to Expect**

Here’s what participants can expect:

1. There are no in person meetings or zoom calls before, during or after the Book Club dates. All participation (writing and responses) takes place on the Woodmen App.
2. Weekly participation is expected. Since there are no in-person meetings, participation on the discussion board is needed to help all participants learn
3. The Book Club facilitator will enable participant access to the discussion board on the Woodmen App a few days before Book Club begins
4. The Book Club facilitator will post discussion questions every Monday on the Woodmen App discussion board for that week’s required reading
5. Participants will respond to these questions no later than Thursday of that same week
6. From Thursday to Sunday, participants are encouraged to respond to at least two other Book Club participants
7. Participants are encouraged to post questions or insights they gain from their reading
8. The facilitator will participate in some (though not all) discussions and will assist in answering questions that participants post on the discussion board
9. All participants will achieve the learning outcomes posted above

**Dates**

1. Week 1 (Sept 9 – Sept 15): Introduction & chapter 1
2. Week 2 (Sept 16 – Sept 22): Chapters 2 & 3
3. Week 3 (Sept 23 – Sept 29): Chapters 4, 5 & 6
4. Week 4 (Sept 30 – Oct 6): Chapters 7 & 8
5. Week 5 (Oct 7 – Oct 13): Chapters 9, 10 & 11