

Training For Life

As most of you know, this year has been a physical year of training for me. I began incorporating a much needed program of exercise in my life, specifically riding my bike. As the months passed, I remember reaching milestones that would encourage me to continue striving to reach my goal; rode 1000 miles... lost ten pounds... rode 2000 miles... lost twenty pounds. I also remember when the big hills didn't seem quite so big. I am to the point where I can now ride several hundred miles in a week, but I definitely didn't start there. I started by taking short rides and eventually making them longer. Had I tried to ride 50 miles my first time out, I would have failed. Enduring through the difficulties and riding even when I didn't always feel like it, has made me stronger and able to really enjoy my long rides.

The Christian life is also a race and how we train effects the way we live. Here at BBC we want to challenge you and prepare you in your spiritual journey. Whether it is participating in a community group, being actively involved in an on-going ministry, or perhaps even leading and helping others on their journey, it all begins with proper and regular training.

You will notice that we have several upcoming opportunities for you this month. We are offering two leadership training classes in addition to our regular weekly times of bible study. If you are "out of shape," that's ok, don't try to do everything at once. Perhaps all you need right now is to join a community group and begin fostering new relationships and begin some new life-changing habits. Others of you are ready to take on more responsibility now. Pray and ask what God wants you to do and check out some of these classes. Remember that taking a class doesn't commit you to anything. It is merely training for the future.

As we finish up the summer, make your spiritual training intentional. No matter what shape you are in, take that *Next Step* to help you in your journey with Him.

You won't regret it!

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BBC Family Update

- **GraceLife Ministries**—pray for Charlie Bing as he travels to Burundi and Kenya, Africa this month to teach at a pastor's conference.
- Congratulations to Charlie Bing for placing 10th in the pole vault event at the World Championship Track Meet. Way to go!
- Congratulations to Steve and Jamie Beth in the birth of Eden Marie. She weighed 8lbs 5oz and was 20 inches long.
- A big thanks to Chris and Amanda McMaster for spending some time with us during their busy summer. It was great to see you again!

small group

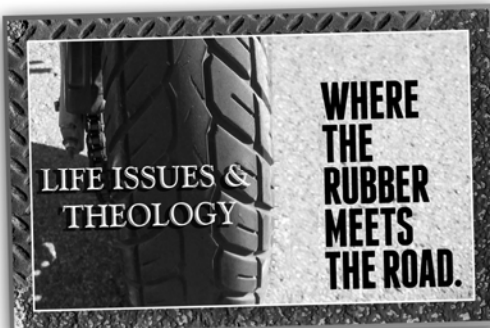
leader training

If you are currently leading a community group or are interested in leading one in the future, we encourage you to attend this leadership training class. For more information, please contact Roger Fankhauser. Class is open to everyone.

Saturday, August 20 • 9-11:30am

ADULT BIBLE FELLOWSHIP

new series



Join us Sunday mornings at 9:15am in the sanctuary.



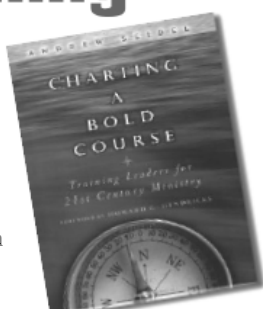
Big Event Join us weekly at our regular meeting time every **August 27th** **Thursday from 7-8:30PM**
For more information please contact Rick Bartmas at 903.241.0772 or Roger or Karen Jones at 817.707.5363

relationships leadership training

character leadership vision skills

August 13th
9-12pm

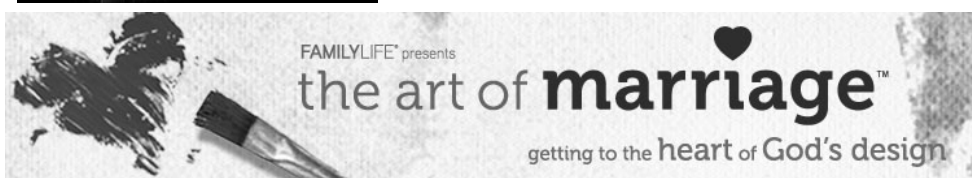
For more information, please contact the church office.



Evening of Prayer



August 1st at 7:00pm



Save the date! The Art of Marriage Conference is coming to BBC September 9-10. Registration is required and space is limited. This event will be open to the public, so register now! For more information, please contact the church office.