

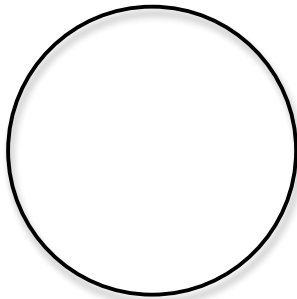
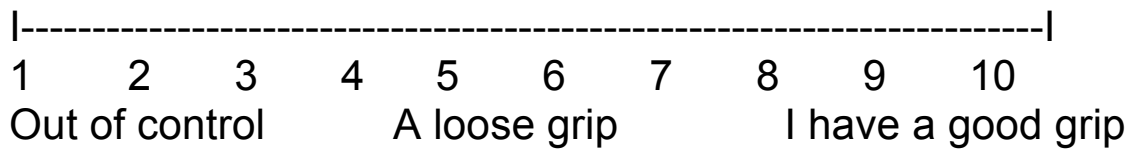
Getting a Grip Getting a Grip on Your Life

God Is Always First

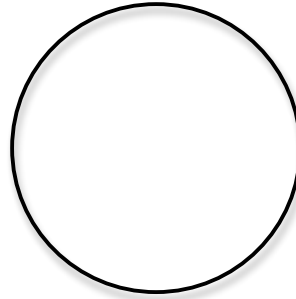
Relationships Are a Close Second

Inner-Life Is Essential (Soul Care)

Practices that Strengthen Your Grip Are Essential



What my life looks like



What I want my life to look like

Key Passages: Genesis 1-3; Matthew 22; Psalm 139