

**Unbinding Your Heart – Small Group Schedule**  
**Sundays at 9:15 am and 11:15 am**

<b>Date</b>	<b>Prep <u>before</u> session</b>	<b>Topic of session</b>
Jan 24	None	Get to know each other, receive book
Jan 31	Read Introduction	Discuss Introduction
Feb 7	Read Chapter 1	Discuss Chapter 1
Feb 14	Begin Prayer Journal (week 1) Read Chapter 2	Discuss Chapter 2
Feb 21	Continue Prayer Journal (week 2) Read Chapter 3	Discuss Chapter 3
Feb 28	Continue Prayer Journal (week 3) Read Chapter 4	Discuss Chapter 4
Mar 6	Continue Prayer Journal (week 4) Read Chapter 5	Discuss Chapter 5
Mar 13	Continue Prayer Journal (week 5) Read Chapter 6	Discuss Chapter 6
Mar 20	Continue Prayer Journal (week 6)	Wrap up