

# Safe in His Grace Ministry

## Fall Semester 2025

### Discipleship Group Details



**When:**

**Flagler College Bible Studies:**

***Tuesday mornings***

10:30am - 12:30pm

***Friday mornings***

10:30am - 12:30pm

*Feel free to stay as late or leave as early as you want!*

**Where:**

Coffee shops in downtown St. Augustine around campus

**When:**

**UNF Bible Studies:**

***Wednesday Nights***

6:30pm - 8:30pm

**Where:**

Mayday Ice Cream in Town Center

***Thursday mornings***

10:30am - 12:30pm

**Where:**

Ebar coffee in Town Center

*Feel free to stay as late or leave as early as you want!*

## Bible Study Reminders:

- **Respect the Flow of Discussion:** Remember not to interrupt or jump in when someone else is speaking. Discipleship group time should feel different from fellowship time.
- **Be considerate:** Let others finish talking before jumping in and sharing your thoughts. This is to ensure everyone feels seen, heard, appreciated and loved.

**Please remember to be kind and loving to one another.** It's not easy to show up and make an effort to get together in community. We are all unique and created by God. Let's celebrate our differences, including personalities, and ensure no one feels afraid to show up as their true self!

## Christian Resources:

**Music:** Worship and Christian Music Playlist I made: [@ COE22 1825 Women's DG](#)

[Click here](#)

**Sermon:** Jen Johnson (founder of Bethel Music with her husband Brian Johnson) video on forgiveness: [@ Forgiveness - Jenn Johnson](#)

[Click here to watch](#)

**Book:** A really helpful tool is deep breathing, when we are tense or anxious, or have been sitting for long periods of time (studying!) and this book is an amazing resource to have as it helps you incorporate the power of God through scripture and His Word. I would consider this meditating on scripture as the Bible says to do.

[@ Breath as Prayer: Calm Your Anxiety, Focus Your Mind, and Renew Your Soul – The Perfec...](#)

*Book on friendship I mentioned, it's been a long time (over ten years!) since I read this, so I don't know if I fully endorse everything in it, but I remember it being really helpful for the season I was in (graduating college) and with it being on a topic no one was really talking about (losing friendships, or friendships drifting apart) and is still one that doesn't have a lot of resources, I still wanted to share (I don't think it is from a Christian perspective either...):*

[@ What Did I Do Wrong?: What to Do When You Don't Know Why the Friendship Is Over](#)

[Click here for Amazon link](#)

**Book:** God Will Make a Way: What To Do When You Don't Know What to Do. Really wonderful book by Dr. Henry Cloud (who co-wrote famous book called Boundaries with John Townsend). So helpful for whenever you just feel lost, any transition time in your life (changing schools, cities, apartments, dating) [@ God Will Make a Way](#)

[Click here for Amazon link](#)

**Book:** Helpful for anxiety and learning how to be in control of your thoughts. *Battlefield of the Mind*: Joyce Meyer.

⊕ *Battlefield of the Mind (Spiritual Growth Series): Winning the Battle in Your Mind*

**Podcast:** Really good and helpful conversations on anxiety on Sadie Robertson's Whoa That's Good Podcast

Lauren Daigle:

⊕ How to Stay in Control During a Panic Attack | Sadie Robertson Huff & Lauren Daigle

Brandon Lake:

⊕ 'You Complete Me' Is an Unrealistic Expectation of Your Spouse | Brandon & Brittany Lake

Sadie's mom:

⊕ A Messy Conversation About Anxiety | Sadie Robertson Huff & Korie Robertson

**Podcast:** Candace Cameron Bure and Bianca Oltoff series is so good!

⊕ It's Just Me And Jesus | Season Four, Episode 13

**Fiction Book Series:** A Voice in the Wind: Mark of the Lion series is one of my all-time favorite fiction books, its historical fiction by a Christian female writer and references some Christian themes. Reading fiction is a great distraction if you're feeling overwhelmed or anxious, it gives your brain a break from all the thinking (or lets be real, over-thinking!)

⊕ A Voice in the Wind: Mark of the Lion Series Book 1 (Christian Historical Fiction Novel Set ...

**Book:** This isn't a Christian book, it is secular, but it is highly recommended and helps with extreme anxiety, there is also a free app if you are struggling with panic attacks and has helped me when I went through a season of anxiety and panic attacks (I didn't know what a panic attack was at the time and thought it was health related symptoms like my heart or stomach issues) it was anxiety.

⊕ *Dare: The New Way to End Anxiety and Stop Panic Attacks*

Practice: Deep breathing, progressive muscle relaxation and

\*I will add more!

*Thankful for each and every one of you!*

— Becca Barnes

**\*Upcoming Events for our Church and to be in Christian community!**

**Passion 2026 Conference for College Students**

**Date:**

Thursday, January 1, 2026 - Friday, January 3, 2025

**Cost:**

Currently are \$189 - Every year the conference sells out quickly! This doesn't include travel, hotels or meals.

**Location:**

Global Life Field Arlington, TX

**Link:**

[@ Passion 2026 | January 1-3, 2026 | Meet Us Here](#)

