

Group Mtg	Video Sessions (2 /week)	Book Ch(Prep)
	SESSIONS	FEATURING TIME
Jan 10	1. Introduction	Matt Heard 5 MINS Intro
Jan 18,19,20	2. Realize Life While You Live It	Matt Heard 9 MINS Ch 2,3,
Jan 25,26,27	3. Recognize What You're Longing ...	Matt Heard 8 MINS Ch 4
Jan 25,26,27	4. Live Free	Matt Heard 10 MINS Ch 5,6
Feb 1,2,3	5. Fight for Your Heart	Matt Heard 9 MINS Ch 7
Feb 1,2,3	6. Savor the Beauty	Matt Heard 9 MINS Ch 8
Feb 1,2,3	7. Turn off the Dark	Matt Heard 8 MINS Ch 9
Feb 8,9,10	8. Live the Great Story	Matt Heard 7 MINS Ch 10
Feb 8,9,10	9. Bow Down Daily	Matt Heard 8 MINS Ch 11
Feb 15,16,17	10. Be a Conduit of God's Love	Matt Heard 6 MINS Ch 12
Feb 15,16,17	11. Seize the Life from Your Days	Matt Heard 9 MINS Ch 13
Feb 22,23,24	12. Steward Your Pain	Matt Heard 8 MINS Ch 14
Feb 22,23,24	13. Remember Your Destiny	Matt Heard 11 MINS Ch 15