

# M a k a r i o s - Keith & Cindy Larson

It has been a couple months since the Genesis of the newest ABF at First Free, and I wanted to share a few things about this exciting new ministry.

1. Steve and Jill Rose along with Cindy (Larson) and I have taken on a leadership role in the new group.
2. I have enjoyed getting to know the group and sharing a time in the teachings of Jesus together.
3. The group has a mature Christian faith and has had some great discussions in class.
4. Jay Pound recently took on a couple weeks of some well thought-out teaching and challenged our Sunday morning class.
5. In the short life of this class we helped celebrate the birth of, Emily Garcia, the first child of Carlos and Erika Garcia. We also celebrated the marriage of Jordan Goodman and Katie Hucek.

We started our time together with a challenge by seeking answers to a question: If Jesus came and evaluated how we do church and compared and contrasted what we have made the church to what He intended for it, how would we do? We have made a very intentional effort to stay in the teachings of Jesus as we have sought the answers to our challenge.

Our name comes from Jesus' teaching in the Sermon on the Mount. The word: Makarios (Blessed) used by Jesus in the beatitudes is a word that does not have an equivalent word in English. It is a word that refers to the highest level of living under the blessing of God. Cindy and I are praying that our new class will experience Makarios in their lives in a growing and deepening relationship with Jesus.

The future of First Free is bright and as we watch this newest ABF begin and take root, let us pray that we will all together experience Makarios living, and people will see and praise the Giver of this blessing.

Blessings,  
Keith Larson

## M a k a r i o s

(Upstairs Loft, Behind Balcony)  
Singles, Couples & Newlyweds in their 20's  
Facilitators: Keith & Cindy Larson  
(612)-869-1843 or keilar@mn.rr.com  
Current Study:  
The Gospel of Matthew & The Beatitudes

### NURTURE THROUGH MAKARIOS Christy Fleming

Keith and Cindy have been a Makarios blessing to our class. In our first few weeks, Cindy and Keith made sure our class time had structure to it, and Keith taught from the Beatitudes in Matthew 5. We discussed, grappled with, and came to appreciate the concept of Makarios (blessing): what we want to be for others and what we also hope to find in this group. We also appreciated having small group discussion and group activities incorporated into the teaching each week.

But beyond the wisdom that Cindy and Keith have shared with us, they have nurtured us by listening and giving us opportunities to talk through what we are hoping to have in this Adult Bible Fellowship. They are nurturing by giving us a space to explore and develop ideas for our group.

We know our needs are different from those of our parents and the groups that have gone before us. Keith and Cindy realize this and are helping create an environment where we can explore what that means while taking ownership of our class. It is allowing us to discover what God wants to do in our midst, to seek it creatively and in community. It leaves room for growth. It leaves room for life. It leaves room for Makarios.



# Adult Bible Fellowships

## What Are ABF's?

Adult Bible Fellowships are "mini-churches" or "mini-congregations" within the larger congregation. Each ABF is a mix of ages which is organized by peer group or similar "life" situations.

Each ABF has a number of goals. First, they are the place for adults to connect to the body. The celebration of our worship service does not allow people to become known or to get to know others. The ABF's do.

ABF's make the follow up contact with guests who have come and invite them back to church. It is through the ABF's that fellowship, socials, and the care of the body take place. Becoming connected into the body here at First Free goes way beyond just becoming a member. It means being part of a mini-congregation, an Adult Bible Fellowship.



Second, ABF's are a place to develop mature disciples of Jesus Christ. In each of our ABF's the study of God's Word is essential. Typically the majority of the time each week is spent in study of scripture and prayer. Each ABF has the freedom to decide what they want to study and who their teachers are going to be. We do look for spiritual growth as the supernatural impact of God's Word changes lives.

A third goal is for each of the Adult Bible Fellowships to practice our 5 purposes. Each ABF does "Evangelism", does "Fellowship", does "Teaching", does "Equipping" and does "Worship".

Now that you know more about Adult Bible Fellowships, why not discover one and become connected?

## M e t a m o r p h o s i s

Post High School, College & Early Career  
Facilitators: Wayne & Julie Danielson  
(612-869-0874 or jdanielsen@frandsenfinancial.com)  
Current Study: "God's Call on My Life--What He Requires"

## C h a i m

Singles, Couples & Young Families  
in their Late 20's, 30's, Early 40's  
Facilitator: Tim Audette (952-893-0681  
or tbaudette@earthlink.net)  
Current Study: I Peter with Bob Chapman

## S o j o u r n e r s

Singles, Couples & Families  
in their Late 30's, 40's, Early 50's  
Facilitator: Troy Holliday  
(612-724-7310 or tjholliday@myexcel.com)  
Current Study: The Kingdom

## A g a p e

Singles, Couples & Families in their 50's & 60's  
Facilitator: Dick Miller (952-997-3374)  
Current Study: The Gospel of John & Testimonies

## S e n i o r s

Singles & Couples in their 70's & Up  
Facilitator: TBA  
Current Study: Heaven with Lowell Larson

## S e e k e r s

International Students & Professionals  
Facilitators: Audrey Sollie (651-686-6508 or sollie@att.net),  
Bob Gu (651-206-1339 or guhong@hotmail.com), &  
Dee Huanca (952-884-2873)  
Group I: Sermon Discussion (Audrey Sollie & Dee Huanca)  
Group II: Gospel of John (Gene Xiao & Ron Sollie)  
Group III: Gospel of John (Bob Gu, Sam Song &  
Shana Schrock)

## P r a y e r T e a m

All Ages  
Facilitator: Grace Elasky (612-861-8060)  
Join us regularly or as you are led for a time of prayer