

# LINK UP MID-WEEK!

## Wednesdays AT THE LOOP CAMPUS



Every Wednesday @ 5–6:15p

Enjoy great food from area restaurants and The Café at Houston's First each Wednesday night in the Fellowship Center. To get started, just scan the QR code.



Wednesday Nights  
Jan 22–May 7

### PRESCHOOL (Check-in begins at 5:45p)

- 6–7p
- Wee Worship (Babies–1 yr)
  - W.O.W. (Worship our Way – 2s & 3s)
  - Uplift Preschool Choir (4 yrs–K)

- 7–8p
- Mission Friends (Birth–K)

### KIDLINK (Check-in begins at 5:45p)

- 6–6:50p
- Uplift Kids' Choir – Rm 303
  - The 4:12 (Preteen Leadership) – Rm 301

- 7–8p
- Breakout (Grades 1–3)
  - Friction (Grades 4–5)

### THE HUB STUDENTS (Doors open at 5:45p)

- 5:30p
- Elevate Student Worship (Grades 6–12) – Rm 362

- 6:30–8p
- Wired (Grades 6–8) – Rm 364
  - Seven7 (Grades 9–12) – Rm 363 and various locations around the city

### THRU THE ROOF (SPECIAL NEEDS) (Check-in begins at 5:45p)

- 6–8p
- TTR Suite – (Ages birth–elementary) – Rm 329
  - Rise Up! (Ages teen–adult) Rm 332

## WORSHIP & MUSIC REHEARSALS

### The Collective

- Meets the last Thursday of each month @ 7:30p – Chapel

### Worship Choir

- Wednesdays @ 7–8:30p – Rm 230 (Rehearsal Hall)

### Worship Orchestra

- Wednesdays @ 7–8:30p – Worship Center



Scan QR code  
for more information

## ESSENTIALS FOR SPIRITUAL FORMATION

# Equip

Equip is a discipleship opportunity that allows you to grow deeper in your walk with God through short (6 or 12-week) classes organized around specific topics.

Visit [HoustonFirst.org](http://HoustonFirst.org) or scan code for up-to-date class descriptions and information.



**Session 1: Jan 29–Mar 5 | Session 2: Mar 26–May 7**  
**Equipping Night: Wed, Mar 19**

**Equip will not meet on**  
**Wednesdays, Mar 12 & Apr 16**

## COURSE LISTING *Listed by category*

### EQUIP 101

	SESSION / DATES	TIME	LOCATION
<i>Equip 101: Discipleship Essentials Book 1</i>	Every Wed, Jan 29–May 7	6:30p	Rm 401
<i>Equip 101: Discipleship Essentials Book 1</i>	Every Sun, Feb 2–May 11	5p	Rm 262

### DEEPER DISCIPLESHIP

	SESSION / DATES	TIME	LOCATION
<i>Discipleship Essentials Book 2</i>	Every Wed, Jan 29–May 7	6:30p	Rm 401
<i>Discipleship Essentials Book 2</i>	Every Sun, Feb 2–May 11	5p	Rm 262
<i>Discipleship Essentials Book 3</i>	Every Wed, Jan 29–May 7	6:30p	Rm 401
<i>Discipleship Essentials Book 3</i>	Every Sun, Feb 2–May 11	5p	Rm 262
<i>Gifted2go: Unwrapping Your Spiritual Gift</i>	Every Wed, Mar 26–May 7	6:30p	Rm 262
<i>HeartCall: Sharing God's Love</i>	Every Wed, Jan 29–Mar 5	6:30p	Rm 262
<i>Knowing and Operating in Your Spiritual Gifts – Essentials</i>	Every Wed, Mar 26–May 7	6:30p	Rm 333
<i>The Link: No Greater Pursuit</i>	Every Wed, Jan 29–May 7	6:30p	Rm 144
<i>Precept Upon Precept: Hebrews – Part 3</i>	Every Wed, Jan 29–May 7	6:30p	Rm 143
<i>Pursuit of Holiness</i>	Every Wed, Jan 29–May 7	6:30p	Chapel
<i>Taking Up Your Cross Daily</i>	Every Wed, Mar 26–May 7	6:30p	Rm 334B

### FITNESS

	SESSION / DATES	TIME	LOCATION
<i>First Place for Health (AM)</i>	Every Tue, Jan 1–Mar 25	Noon	Rm 258
<i>First Place for Health (PM)</i>	Every Tue, Jan 1–Mar 25	6:15p	Rm 258
<i>Fitness Bootcamp</i>	Every Wed, Jan 29–May 7	6p	Group X Rm
<i>Wednesday Night Volleyball</i>	Every Wed, Jan 29–May 7	7–10p	Gym
<i>Women's Fitness Workout and Bible Study – Anxious for Nothing</i>	Every Wed, Jan 29–Mar 5	6:30p	Group X Rm

### GROW AT HOME

	SESSION / DATES	TIME	LOCATION
<i>Bags: Helping Your Kids Lighten the Load</i>	Every Wed, Jan 29–Mar 5	6:30p	Rm 336A/B
<i>Parenting When Parenting Isn't Easy</i>	Every Wed, Mar 26–May 7	6:30p	Rm 336A
<i>Special Needs Resources</i>	Every Wed, Jan 29–Mar 5	6:30p	Rm 334B

### MARRIAGE

	SESSION / DATES	TIME	LOCATION
<i>re   engage</i>	Every Wed, Jan 29–May 7	6:30p	Rm 253/254

### MEN

	SESSION / DATES	TIME	LOCATION
<i>Roles of a Man</i>	Every Wed, Jan 29–Mar 5	6:30a	Rm 252
<i>Warrior's Heart</i>	Every Thu, Jan 9–May 1	6:30a	Rm 158 (Garden Rm)

### WOMEN

	SESSION / DATES	TIME	LOCATION
<i>A Vision of Hope – Daniel, Part 1</i>	Every Tue, Jan 14–Mar 4	10a	Fellowship Ctr
<i>A Vision of Hope – Daniel, Part 2</i>	Every Tue, Mar 25–May 6	10a	Fellowship Ctr
<i>Grace &amp; Glory – Prayer Gathering</i>	Every Thu, Jan 23–May 1	11:30a	Rm 144 (Connection Ctr)
<i>Luke in the Land: Walking with Jesus in His 1st Century World</i> by Kristi McLelland	Every Thu, Mar 20–May 1	9a	Chapel
<i>MomCo (formerly MOPS)</i>	Every other Wed, Jan 22–Apr 30	9:30a	Fellowship Ctr
<i>Polished: Faith in the Workplace</i>	Monthly on Wed, Feb 12–May 21	11:30a	Fellowship Ctr
<i>Transformed: Embracing Your Complete Identity in Christ</i>	Every Thu, Jan 23–Mar 6	9a	Chapel

### MISSIONS

	SESSION / DATES	TIME	LOCATION
<i>Exploring Adoption and Foster Care</i>	Every Wed Jan 8–Feb 12	6:30p	Virtual
<i>Legacy Dad's Club</i>	Jan 14, Mar 18 & May 13	6:30p	Rm 158 (Garden Rm)
<i>Moms of the Heart (MOTH)</i>	Jan 16, Feb 20 & May 15	7p	The Oaks (Faith Center-Spring Branch)

### ESPAÑOL

	SESSION / DATES	TIME	LOCATION
<i>De Tus Sueños a Tu Destino</i>	Every Wed, Jan 29–May 7	6:30p	Rm 179 (Harbor)

Care and Support classes and groups are opportunities for people with similar needs to meet together for support, training, and fellowship.

### CARE & SUPPORT

	SESSION / DATES	TIME	LOCATION
<i>CanHope (Cancer/Chronic Illness Support)</i>	Every second Monday	6p	Fellowship Ctr
<i>Common Ground</i>	Every first Monday	10a	Rm 258
<i>Conquer (Purity/Pornography)</i>	Every Wed, Jan 1–Dec 17	6:30p	Rm 504
<i>Divorce Care</i>	Every Wed, Jan 29–May 7	6:30p	Rm 263
<i>Divorce Care for Kids (DC4K)</i>	Every Wed, Jan 29–May 7	6:30p	Rm 312
<i>GPS (Gathering Place)</i>	Every first Monday	10a	Fellowship Ctr
<i>Grief Share</i>	Every Thursday	7p	Rm 249
<i>Iron 2 Iron (Widowers)</i>	Every third Monday	11:45a	Reception Rm
<i>Joy Comes in the Mourning</i>	Monthly on Mondays	6:30p	Rm 144
<i>The Lie of Loneliness: Lessons to Learn</i>	Every Wed, Jan 29–May 7	6:30p	Rm 330
<i>Moms of the Heart (MOTH)</i>	Jan 16, Feb 21 & May 15	7p	The Oaks (Faith Center-Spring Branch)
<i>Phase 2 (Widows)</i>	Every second Thursday	11:45a	Fellowship Ctr
<i>Piecemakers</i>	Every Wednesday	9a	Rm 143
<i>Renew</i>	Every Wed, Mar 26–May 7	6:30p	Rm 252
<i>Sisters in Support</i>	Every Wed, Jan 29–May 7	6:30p	Pastors Conference Rm
<i>Waiting in Hope (Infertility and Miscarriage)</i>	Every other Mon, Jan 27–Apr 14	6:30p	Connection Center (144)

## Get started in your Discipleship Journey with Equip 101!

### Equip – Discipleship Essentials: Book 1

**Two Options:** Every Wed, Jan 29–May 7 @ 6:30p – Rm 401 | Every Sun, Feb 2–May 11 @ 4p – Rm 262

An introductory class to developing a strong foundation for your personal relationship with God, led by table facilitators in a small group format. You will go through the fundamentals of discipleship, enriching Bible studies, scripture memorization, effective quiet time tools, and how to deepen your prayer life. Advance registration is required. Email [Raul.Caban@HoustonFirst.org](mailto:Raul.Caban@HoustonFirst.org) to register.

**CornerBooks**  
 A MISSIONAL MARKETPLACE AND LIBRARY

Looking for a book or resource for Equip?

Find resources, gifts, books, Bibles, and MORE. Open Wednesday nights until 7p.

