



Re-Up: Grow
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In order to GROW intentionally this year, I/we commit to:

Our ABF

To be involved in study, fellowship, and care in an Adult Bible Fellowship (ABF).

My Bible Fellowship: _____

The 3 - 1 - 1 Plan:

Married Adults -
To lead and nurture our family, we will commit monthly to:

- Three family nights.*
- One date night.*
- One service opportunity as a family.*

Single Adults -
To grow personally, I commit monthly to:

- Meet three times with a friend for accountability.*
- One night with friends who challenge and encourage me.*
- One service opportunity.*

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Need help
finding an

Adult Bible Fellowship?

Name: _____

Best Phone # to Reach Me: _____

Email: _____

Age Range that Best Describes You:

20-29 30-39 40-49 50-59 60-69 70 & Better

Marital Status that Best Describes You:

Engaged Single Married

If you have children, please check any age ranges represented in your family:

Newborn-5 year 7th-12th Grade
 Kindergarten-6th Grade College

I would like a call from someone in an ABF this week and would be willing to meet them next Sunday.



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