

Seabrook SDA Church

GROWTH GROUPS

Spring 2025

What is a Growth Group?

Growth Groups are weekly meetings that help people grow in faith, service, and worship with the support and fellowship of others.

All are invited! You do not need to be a member of Seabrook SDA Church to register.

When Do Growth Groups Meet?

Spring 2025 Growth Groups will begin the week of February 9 and end the week of April 13.

Please refer to the catalog for the days and times planned for each group meeting and how or where each group will meet.

Growth Group Materials

Each Growth Group will follow a curriculum or book as detailed in the catalog. You may reach out to your Growth Group leader if you have any questions about the materials needed or if you need assistance in attaining a group's materials.

Registering for Growth Groups

Click the **JOIN** button below each group in the catalog to be taken to the online registration page.

growthgroups@seabrooksda.org (301) 577-6342
8900 Good Luck Road • Lanham, MD 20706

Growth Groups Testimony

The Growth Groups ministry saved my life physically and spiritually. I was drowning in loneliness and lack of spiritual growth. GG Ministry allowed me to connect with people struggling just like me. In fact, I met my best friend through a growth group. My best friend has brought me so much joy and personal connection to my life that I so desperately needed! I find such joy participating in Growth Group as coordinator.

Sherri Howard

Seabrook SDA Church GG coordinator

Praise From Pastor Johnson

It is impossible to quantify how impactful Growth Groups has been in the Seabrook Church. The countless life changing stories of those who have led or attended Growth Groups bear witness to the effect this ministry has had on our congregation. The discipleship value of this small group system is also evident in that many who would not normally volunteer for a position in the church do get involved in the leadership of Growth Groups after participating in a group.

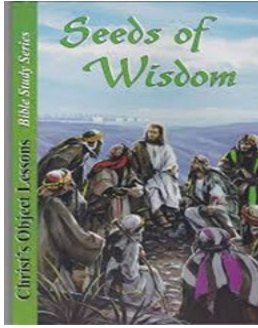
Perhaps, one of the strongest indications of the fruitfulness of this ministry is its endurance. While most small groups programs disintegrate or remain stagnant, Growth Groups at Seabrook has thrived as a system of small groups for over 10 years and continue to be a vital part of church life and ministry. It is with a grateful heart that I celebrate, with our church family and friends, the many years of Growth Groups ministry at Seabrook.

Pastor Damien Johnson

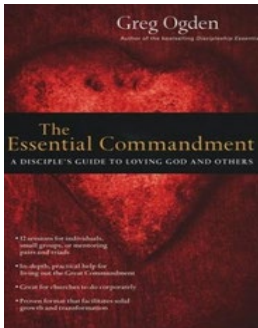


*Thank you, Leaders, for your dedication
of leading a Growth Group at Seabrook!*



01**Devotional Study (Phone)****Sunday | 11:00 AM****Leader:** Jerrie Davis**Location:** Conference Call**Book:** Christ's Object Lessons: Seeds of Wisdom

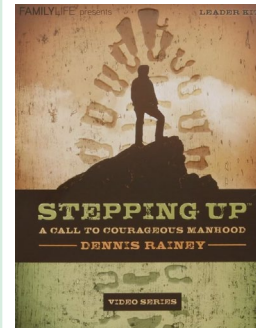
Christ came and dwelt among us that we might become acquainted with His character. He used real life experiences to connect us with the truths of His written Word.

[CLICK TO JOIN!](#)**02****Christian Living (Online)****Sunday | 4:00 PM****Leader:** Philip Conteh**Location:** Zoom**Book:** The Essential Commandment by Greg Ogden

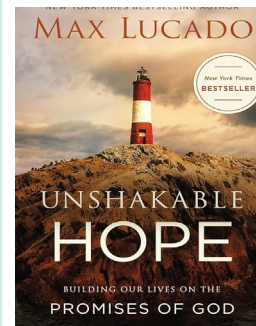
Is it possible to live out Jesus' Great Commandment in our everyday lives? Find out how!

[CLICK TO JOIN!](#)**CANCELED****04****Devotional Study (Online)****Tuesday | 7:00 PM****Leader:** Sherri Howard**Location:** Zoom**Book:** Steps to Christ Study Guide

This study guide will help you understand about Jesus' love for you, repentance, faith and acceptance, growing like Him, the privilege of prayer, what to do with doubt, and how to spend your days rejoicing in your best Friend.

[CLICK TO JOIN!](#)**05****Men's Personal Development (Online) Tuesday | 7:00 PM****Leaders:** Reuben Steele & Joseph Warren II**Location:** Zoom**Book:** Stepping Up: A Call to Courageous Manhood

Unpack what biblical manhood looks like and redefine mainstream's cultural definition of what a courageous man is in today's world.

[CLICK TO JOIN!](#)**06****Christian Living (Online)****Wednesday | 12:00 PM****Leader:** Damein Johnson**Location:** Zoom**Book:** Unshakeable Hope by Max Lucado

What is your life built on—the circumstances of life or the promises of God? The answer to that question changes everything. Join us as we take a closer look at Scripture's unbreakable promises.

[CLICK TO JOIN!](#)

CANCELED

10

Prophecy (Hybrid)

Friday | 6:30 PM



Leader: Chester Williams

Location: Zoom & In-Person

Book: Last Day Events by Ellen G. White

Learn the significance of earth's climatic events as we view them in their relation to the great controversy between good and evil!

[CLICK TO JOIN!](#)

08

Devotional Study - Spanish (Online) Thursday | 7:00 PM



Leaders: Lourdes Laurente & Judith Villanueva

Location: Zoom

Book: Semillas de Sabiduria (Seeds of Wisdom)

Cristo vino y habitó entre nosotros para que conozcamos su carácter. Usó experiencias de la vida real para conectarnos con las verdades de Su Palabra escrita.

[CLICK TO JOIN!](#)

11

Current Events (Online)

Monday | 7:30 PM



Leader: Eve Brunson

Location: Zoom

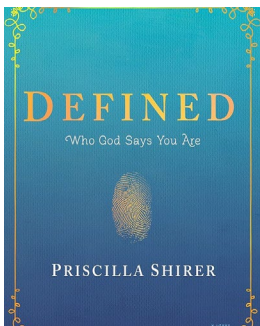
Topic: Elephant in the Room: Understanding Project 2025

Project 2025 is an initiative by the Heritage Foundation. The Project seeks to infuse Government and Society with conservative Christian values.

[CLICK TO JOIN!](#)

09

Teen Girls Discussion (Online) Thursday | 7:30 PM



Leader: Catrina LeSure

Location: Zoom

Book: Defined: Who God Says You Are by Priscilla Shirer

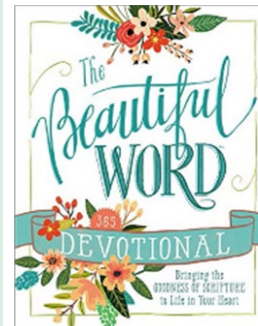
Culture will try to define you, your past may try to label you, the enemy will seek to deceive you, but no one has the authority to give you your name—your identity—except your Father. Join us as we discover what it means to be created in God's image.

[CLICK TO JOIN!](#)

12

Exercise (In-Person)

Sunday | 10:30 AM



Leaders: Michelle Hardy & Brenda Gentles

Location: Seabrook Gym

Book: The Beautiful Word Devotional

This group will refresh your body and heart daily as you seek to enjoy God's Word in a creative way!

[CLICK TO JOIN!](#)