

AC CONNECT

Equipping Christian leaders to change the world.



DEVOTION

Isaiah 40:31

"But they who wait for the LORD shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint."

AC RUNWITHME

This semester, wellness is our priority.

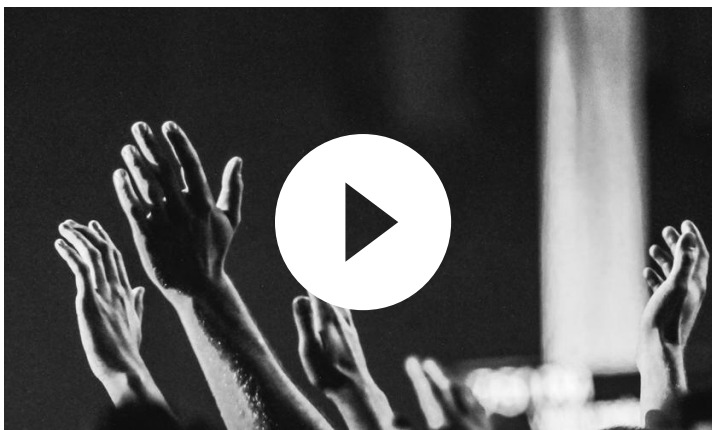
As a community lets spur each other on to exercise and enjoy the outdoors safely wherever you are.

Join our team on STRAVA to compete in weekly challenges, post pics of your adventures and have the chance to win prizes. Download the STRAVA app or go online and create your account here. Then, search for the club "AC RUNWITHME"

Get moving! #RunWithMe

WORSHIP

To The One - UPPERROOM



THE RABBIT HOLE

Resources to go deeper...



MAKE MEDITATION PART OF YOUR COVID SURVIVAL KIT

In the age of COVID-19, many of us are more on edge than usual. Developing a sense of calm in the eye of the storm is essential. Some Christians find engaging in "meditation" a way to bring peace and calm in these fragile times. Others might view the term "meditation" as a bit "suspect". But interestingly, this idea of meditating on Scripture has a long, long history in Christian spirituality.

CLICK HERE: [MAKE MEDITATION PART OF YOUR COVID SURVIVAL KIT](#)] by Dr Robyn Wrigley-Carr.