

# Outpour

*at The Well*

*February 2026*



## The Well Mission Statement

Our Mission and Purpose is to help women grow deeper in their faith, deeper in their relationships - both with God and the people in their lives - and deeper into their God-given purpose.

Hello ladies!! I'm writing this on Saturday, January 31st...on my couch, under my favorite blanket and watching the snow fall. While I LOVE the snow, I don't love that we'll be missing church again tomorrow. I'm so excited about our new study that I was really looking forward to talking to as many of you as possible about it!

I read ***Get Out of Your Head*** by Jennie Allen about two years ago, after Karen Britt mentioned it in one of our group meetings. I've always struggled with overthinking (although I didn't know what that was) for as long as I can remember. I initially grabbed it on Audible and while I loved listening to Jennie read the words, I figured out pretty quickly this was a book I needed to have in physical form. I knew this was one that would have highlights, underlines and notes I would go back to again and again. I learned so much from the book and a little over a year ago was thrilled to find out Jennie had written a 100-day devotional to go along with the book and the Bible Study we're about to start. I had never finished a 100-day devotional in my life....ever. But this one was different; it was grounded in scripture and had practical steps to actually apply to my life. When I finished the devotional, I had no idea how much I would need the lessons learned over the coming months.

The last half of 2025 was tough - family health issues, my job changing so drastically that I didn't recognize it anymore and then losing my Mom three days before Christmas. I can tell you with 100% certainty that I would not have been able to go about my daily life had I not done this work.

Our six-session Bible Study is through the book of Philippians; my favorite book of the Bible. There are so many lessons in these six chapters - learning to love others, learning to be content so God can use you, forgetting the past so you can move forward and focusing your thoughts on the things that will bring you peace that surpasses all understanding. And remember, Paul wrote all of this while in a Roman prison. That fact alone makes me want to sit up and listen.

I hope you'll join us for the first night of our study on Monday February 9th - you won't regret it!

***Catherine***

STUDY GUIDE + STREAMING VIDEO

STUDY  
& SEE

# GET OUT OF YOUR HEAD

SIX-SESSION BIBLE STUDY IN PHILIPPIANS

JENNIE ALLEN

## The Well – Winter Study Get Out Of Your Head by Jennie Allen

Are your thoughts holding you captive? Jennie Allen knows what it's like to swirl in a spiral of destructive thoughts, such as: I'll never be good enough. Other people have better lives than I do. God couldn't really love me. But Jennie also knows we don't have to stay stuck in toxic thinking patterns.

As she discovered in her own life, God built a way for us to escape that downward spiral. Freedom comes when we refuse to be victims to our thoughts and realize we have already been equipped with power from God to fight and win the war for our minds.

In this six-session video-based Bible study through Philippians, Jennie inspires and equips us to transform our emotions, our outlook, and even our circumstances by taking control of our thoughts. Our enemy is determined to get in our heads to make us feel helpless, overwhelmed, and incapable of making a difference for the kingdom of God. But when we submit our minds to Christ, the promises and goodness of God flood our lives in remarkable ways. It starts in your head. And from there, the possibilities are endless.

- Study starts on **Monday, February 9th** and will continue **every Monday night for 6 weeks (through March 16<sup>th</sup>)**
- **Jennie Allen event on March 20th** (see **Upcoming Events page**)
- Stay tuned for info on our **Spring Study beginning in late March.**
- Right now, this study book is **on sale for \$15.76 on Amazon:** [Get Out of Your Head](#)

## ***Love: As Revealed to Us in the Scripture***

*by Sandy Pace of the International Order of The King's Daughters & Sons*

February.....“when our hearts turn to love”. I think that should be year-round, but that is the saying that we hear in February.

If you are like me, I forget the different kinds of love expressed in the Scripture. Regretfully, we don't have the richness of multiple forms of expressions of love that were used in the Scripture. We love pizza and we love one another with the same word! I searched my Bible dictionary to refresh my memory.

Because of the hundreds of references to love in the Bible, it is certainly the most remarkable book of love in the world. It records the greatest love story ever written - God's unconditional love for us that sent His Son to die on the cross.

Agape (pronounced: *Uh-GAH-pay*) is the highest of the four types of love in the Bible. This term defines God's immeasurable, incomparable love for humankind. It is the divine love that comes from God. Agape love is perfect, unconditional, and pure.

***Beloved, let us love one another, for love is from God, and whoever loves has been born of God and knows God.***

***Anyone who does not love does not know God, because God is love.***

***In this the love of God was made manifest among us, that God sent His only Son into the world,  
so that we might live through Him.***

***In this is love, not that we have loved God but that He loved us and sent His Son to be the propitiation for our sins.***

***Beloved, if God so loved us, we also ought to love one another.***

*1 John 4: 7-11*

Love is not only one of God's attributes; it is also an essential part of His nature. “God is love,” the Bible declares. He is the personification of perfect love. Such love surpasses our powers of understanding. Christian love is the fruit of the Spirit of Jesus in the believer (*Galatians 5:22*).

His love is also:

Everlasting

*“...the Lord appeared to him from far away. I have loved you with an everlasting love; therefore I have continued my faithfulness to you.”*  
Jeremiah 31:3

Free

*“I will heal their apostasy; I will love them freely, for my anger has turned from them.”*

Hosea 14:4

Sacrificial

*“For God so loved the world, that He gave His only Son, that whoever believes in Him should not perish but have eternal life.”*

John 3:16

Enduring to the end

*“Now before the Feast of the Passover, when Jesus knew that His hour had come to depart out of this world to the Father, having loved His own who were in the world, He loved them to the end.”*

John 13:1

The other terms for love are:

**Eros (pronounced: AIR-ohs):** the Greek word for sensual or romantic love.

**Storge (pronounced: STOR-jay):** a term for love in the Bible with which you may not be familiar. This Greek word describes family love, the affectionate bond that develops naturally between parents and children, and brothers and sisters.

**Philia (pronounced: FILL-ee-uh):** the type of intimate love in the Bible that most Christians practice toward each other. This Greek term describes the powerful emotional bond seen in deep friendships. Philia originates from the Greek term *philos*, a noun meaning “beloved, dear ... a friend; someone dearly loved (prized) in a personal, intimate way; a trusted *confidant* held dear in a close bond of personal affection.”

We cannot understand the depth of GOD’s love. It is just one of His incomprehensible characteristics. We can only bask in it. It is inexhaustible.

Reach out and show someone love this month. Real love is in short supply!

# Resources

## **Rocky River Church Bible Study**

- ***We are studying the Book of Revelation!***
- Every Wednesday night in RRC's Worship Center from 7:00-8:15pm
- If you can't make it on Wednesdays or you need to miss a night, you can access the audio playback at the link below.
- Pastor Jimmy does an incredible job of bringing Scripture to life by adding the context of history and culture to the study.

[RRC Bible Study](#)

## **The Brook – Wednesday Kids**

- Wednesday night kids' program for ages 4 years through 5<sup>th</sup> grade. Bring your child to The Brook and stay for Bible Study with Pastor Jimmy.

## **Gracefully Hers Circle**

- Life changes can feel overwhelming. Whether you're navigating career shifts, personal transitions, or redefining who you are after challenges, it's easy to feel lost or alone. Gracefully Hers Circle was created to provide a supportive, empowering community where women can rediscover themselves, gain clarity, and rebuild confidence in a judgment-free space.
- Guided workshops, journaling and reflection tools, community support and practical steps for growth.
- Their mission: To empower women in transition. We believe every woman deserves a space to heal, grow, and step confidently into her next chapter – without shame, judgment, or comparison.

[Gracefully Hers Circle](#)

## **Faith Gateway**

- Bible Study sale – up to 60% off + an extra 15% off if you spend \$50+ with code: WINTER15
- Mix and Match your Bible Studies by getting an extra 15% off any 5 or more (on top of the sale above!)
- *The Footsteps of the Savior* – following Jesus through the Holy Land – a FREE online study by Max Lucado starts March 2<sup>nd</sup>
- Valentine's books for kids – any 4 for \$20

[FaithGateway](#)

## **Upcoming Events in Our Area**

### **David Phelps' Speak of Love Tour, Kannapolis Church of God, Kannapolis, NC, March 7<sup>th</sup>**

Known for his soaring tenor and Christ-centered worship, David will lead a powerful evening of music that points hearts back to the love of Jesus. David is credited among today's most spectacular voices. His seemingly endless vocal range, which extends more than three octaves, coupled with his gift for communicating a song, has brought the house down in the world's most prestigious venues. David has received numerous Dove Awards, Grammy Awards, and multiple platinum-selling recording projects.

[The Speak of Love Tour](#)

### **Living Joyfully Women's Retreat, Bethany Church of Lexington, Lexington, NC, March 14<sup>th</sup>**

Join speakers Tiffany Johnson, Michele Wilson and Niki Hardy along with worship leader, Sarah Davison of High Road Music for an encouraging and uplifting event like no other. Register by March 1st (\$25) and registration includes worship, speaker presentations and Q&A, a special gift, light morning refreshments and a boxed lunch.

[Living Joyfully](#)

### **Jennie Allen's Fight Your Lie Tour, Forest Hill Church, Charlotte, March 20<sup>th</sup>**

If you've ever wondered if freedom is possible, it is. And it starts here. Join Bible teacher and New York Times bestselling author, Jennie Allen on tour as she helps you identify and fight the one lie you don't know you believe that's been keeping you stuck. We've all been there – exhausted, anxious, or trapped in cycles we can't seem to break. No matter how hard we try, the same thoughts, fears, and habits keep showing up. But what if the real problem isn't what you're doing...it's what you're believing?

[Jennie Allen's Fight Your Lie Tour](#)

### **Brandon Lake's King of Hearts Tour, Spectrum Center, Charlotte, NC, April 19<sup>th</sup>**

Don't miss out on this special night of worship with Brandon Lake and special guest, Pat Barrett.

[King of Hearts](#)



*“A new commandment  
I give to you,  
that you love one another:  
just as I have loved you,  
you also are to  
love one another.”*

*John 13:34-35*