



Groups Guide



Multigenerational worship and discipleship are at the heart of who we are.

Welcome to our Groups Guide for Spring 2026! My hope is that this resource helps you easily find your place in a discipleship group this season. We believe everyone can benefit from connecting in a Sunday Morning Group and a Midweek Group or D-Group. Whatever your stage of life, there's a group where you can belong and grow.

At Forest Hills, multigenerational worship and discipleship are at the heart of who we are. We love seeing generations come together to study God's Word, encourage one another, and grow in our love for Jesus. Our groups are one of the primary ways we live that out at FHBC.

Take some time to look through all the groups available this spring. This guide is your go to resource for everything happening in our discipleship ministry. If you have questions or need help finding the right place to jump in, I'd love to help.

We're excited to see how the Lord is going to work through all our groups this spring!



Matt Longworth

MATT LONGWORTH
ASSOCIATE PASTOR OF DISCIPLESHIP

OUR MISSION

Forest Hills' mission is to glorify God by making Gospel-centered disciples who LOVE, GROW, SERVE, and GO.

Sunday Morning Groups

Sunday Morning Groups are weekly groups that are designed to be centered on deep, thoughtful Bible teaching that encourages meaningful discussion and real-life application. They're a place where authentic relationships are built—where you'll find encouragement, connection, and care in every season of life. Whether you're new to faith or have been walking with Jesus for years, you'll find a group to belong and grow. All of our groups meet at 9:45am in various locations around the campus and are organized by age, gender, stage of life, and more.

Midweek Groups

Midweek Groups meet seasonally and are designed to dive into specific topics and biblical truths that equip disciples to love, grow, serve, and go in their everyday lives. Each session is practical and rooted in God's Word—whether it's exploring a book of the Bible, strengthening different types of relationships, or learning how to live out your faith in today's world. These groups offer a short-term commitment and a great opportunity to grow in your understanding of Scripture while connecting with others. Our Midweek Groups offer something for every age!

D-Groups

D-Groups are intentional, 4-6 person gender-specific groups, dedicated to transformational growth through studying God's word, prayer, and accountability with the purpose of multiplying faithful disciples of Christ. Each group meets weekly or every other week for one year before multiplying into new groups. The format of a D-Group is not a teacher-student model, but a group discussion. Each group is encouraged to utilize the H.E.A.R. method in studying the Bible individually and use that as a guide for their discussion as they meet together.

Contents

Sunday Morning Groups

Preschool/Kids/Students	5
Adult Groups	5/6

Midweek Groups

WEDNESDAY MORNINGS

Women	7/8
-------	-----

WEDNESDAY EVENINGS

Fellowship Meal	9
Preschool	9
Kids	9
Students	9
Women's Groups	10
Men's Groups	10
Co-ed Groups	11
Ongoing Groups	12

<i>D-Groups</i>	13
-----------------	----

<i>Upcoming Events</i>	14
------------------------	----

<i>Summer Events</i>	15
----------------------	----

Schedule

SUNDAY MORNINGS

8:30am	Worship Services Preschool Groups
9:45am	Sunday Morning Groups (All Ages)
11am	Worship Service Preschool Groups

WEDNESDAY MORNINGS

9:30am	Women's Breakfast
10-11:30am	Women's Bible Studies

WEDNESDAY EVENINGS

5-6pm	Fellowship Meal
6-7:30pm	Preschool Groups Kid's Groups Student Groups
6-7:15pm	Adult Groups

Sunday Morning Groups

PRESCHOOL GROUPS | 8:30AM

GROUPS *New? Check in at the preschool check-in desk!* **ROOM**

Bears (Birth-Crawlers) **D105**

Zebras (Walkers) **D102**

Monkeys (2 Years) **D104**

Cheetahs (3 Years-PreK) **D112**

PRESCHOOL GROUPS | 9:45AM

Baby Bears (Birth) **D105**

Turtles (Crawlers) **D107**

Zebras (Walkers) **D102**

Monkeys (2 Years) **D104**

Lions (3 Years) **D109**

Cheetahs (4 Years-PreK) **D112**

PRESCHOOL GROUPS | 11AM

Bears (Birth-Crawlers) **D105**

Zebras (Walkers) **D102**

Monkeys (2 Years) **D104**

Lions (3 Years) **D109**

Cheetahs (4 Years-PreK) **D112**

KID'S GROUPS | 9:45AM

GROUPS *All kid's groups drop off in the Kids Rally Room.* **ROOM**

Kindergarten **D210**

1st Grade **D209**

2nd Grade **D208**

3rd Grade A **D205**

3rd Grade B **D203**

4th / 5th Grade Boys **D217**

4th / 5th Grade Girls **D215**

STUDENT GROUPS | 9:45AM

GROUPS *All middle and high school groups are in the Student Center.* **ROOM**

6th/7th Grade Guys **SC202**

6th Grade Girls **SC206**

7th/8th Grade Girls **SC205**

8th Grade Guys **SC203**

9th Grade Guys **SC225**

9th Grade Girls **SC224**

10th/11th Grade Girls **SC222**

10th/11th Grade Guys **SC221**

12th Grade Coed **SC215**

ADULT GROUPS | 9:45AM

COLLEGE & YOUNG ADULTS

GROUPS/LEADER **AGE RANGE** **GROUP** **ROOM**

College Aged (Benny & Andi Hauk) **18 - 22** **Coed** **C101**

Young Professionals 20s (David & Kimberly Bennett) **20s** **Coed** **C100**

Young Professionals 30s (Jake & Brittany Day) **30s** **Coed** **C207**

Young Marrieds 1 (Gary & Brenda Hauk) **20s** **Coed** **C203**

Young Marrieds 2 (Danny & Emily Briley) **20s - 30s** **Coed** **B112**

Young Marrieds 3 (Emmitt & Heidi Beall) **30s** **Coed** **C205**

ADULT GROUPS | 9:45AM**MEDIAN ADULTS**

GROUPS/LEADER	AGE RANGE	GROUP	ROOM
A. Cammuse, H. Elrod, M. Leslie	30s - 40s	Coed	A201
Hagan Stone	30s - 40s	Coed	C204
Rob Pautienus, Russell Tyree, Tommy White	30s - 40s	Coed	C202
Rob Ivy (Building Faith & Family)	40s - 50s	Coed	A202
Ted Murphy, William Summey	40s - 60s	Coed	B211
Bonnie Davis & Linda Hoss (Discovery)	40s - 70s	Women	B210
Larry & Pam Swift (Living Word)	40s - 70s	Coed	C102
Jerry Winfield (Grace Place)	40s - 70s	Coed	Choir Suite
Jody Sadler	50s - 60s	Coed	B212
Chris Brown, Ralph Hildabrand	50s - 60s	Coed	B214
R. Aldridge, T. Gorham, J. Young (Koinonia)	50s - 60s	Coed	A204
Nancy Dunn (Dear Daughters)	50s - 70s	Women	A200
Ronnie Jackson	50s - 70s	Coed	A105

SENIOR ADULTS

Kenny Beam, Hugh Black, Jim Goodloe, Joe Hutts	60+	Coed	C124
Greg Gore, Mark Neal, Jim Woodbury	60+	Coed	B217
Morlee Maynard, Steve & Carol Smith (The Circle)	60+	Coed	A203
Richard Penney (Coles Memorial)	60+	Coed	B114
J. Tillman, T. Gleason, B. Sumners, J. Rush (Seekers)	60+	Coed	B116
Pat Toth	60+	Women	A106
LaVerne Baugher	60+	Men	A100
Larry Thrailkill	60+	Coed	Chapel
Paul White (Christ Alone)	60+	Coed	A103
H. Clouse, B. Haynes, H. Miles, M. Sudeen (Brotherhood)	70+	Men	B118
Charlotte Young & Jean McCord (Ruth Class)	70+	Women	A104

Wednesday Mornings



WOMEN

Forest Hills Women's Ministry strives to foster transformational growth and intergenerational discipleship among women, pursuing our call to love, grow, serve and go while undergirding every ministry of Forest Hills Baptist Church.

9:30AM WOMEN'S BREAKFAST

Online registration is only required for childcare, but registration is preferred for everyone attending to assist in having enough resources and space. Register online at fhbc.org/women.

10-11:30AM WOMEN'S BIBLE STUDY

JAMES

Nancy Dunn | A200

We'll begin our journey through the book of James, exploring its practical wisdom for daily living.

January 14-April 29 | No Homework | Free

THE WAY OF WISDOM

Courtney Mize & Jenna Pautienus | C103

In "The Way of Wisdom" several authors including Jen Wilkin, Ruth Chou Simons, Kelly Minter, Adrienne Camp, Elizabeth Woodson and Courtney Doctor teach a different theme from Proverbs—words, work, relationships, home, money, and growth—to show how wisdom touches every part of life. Their intent is to help women see Proverbs not as promises, but as a guide for living skillfully in God's world. The study calls participants to pursue the fear of the Lord as the foundation for true flourishing.

January 14-March 4 | \$20

FEARLESS MOM

Elizabeth Webb & Molly Drew | C100

Do you want to be encouraged and fully equipped in your role as a mother? Are you looking for practical tools for everyday parenting? No matter where you are in your mom-journey, Fearless Mom is a judgement-free zone where you can connect with other moms and become the mom God created you to be.

January 14-April 29 | No Homework | Free

TITUS

Courtney Mize & Jenna Pautienus | C103

This study by Courtney Doctor and Hunter Beless walks through Paul's letter to Titus to show that the gospel of grace shapes both what we believe and how we live. The authors emphasize that sound doctrine should produce visible transformation in character, home, and community. Their goal is to help believers display the beauty of the gospel in everyday life.

March 18-April 29 | \$15



WOMEN

JOSHUA, JUDGES, RUTH

Bonnie Davis & Linda Hoss | C101

This Precepts study "Choosing Victory, Overcoming Defeat" by Kay Arthur traces Israel's victories, failures, and God's redeeming work across three Old Testament books. This study aims to show how obedience, courage, and trust distinguish a life of victory from a life of defeat. Learn how to choose victory in the Lord against overwhelming odds from these Old Testament examples.

January 14-April 29 | \$5

INSIGHTFUL READING

Morlee Maynard | A203

Let's engage each other as we share what God is doing in our lives as we read fiction and nonfiction this Spring. Our Enrichment Center library is full of excellent books for this purpose. Select books you want to read at your own pace. Email enrichment.center@fhbc.org if you wish to participate by Zoom.

January 14-April 29 | Free

GOD OF COVENANT: GENESIS 12-50

Sheila Moss & Cornelia Leslie | B210

Jen Wilkin leads participants through the lives of Abraham, Isaac, Jacob, and Joseph to highlight God's covenant faithfulness across generations. Her intent is to help readers see the unity of these narratives and how each points to God's larger redemptive plan. The study calls believers to trust the God who keeps His promises.

January 14-March 25 | \$20

HEBREWS PART 2&3

Jennifer Widmer | A105

In this Precepts study, Kay Arthur guides participants through Hebrews to show Jesus as the perfect High Priest, the fulfillment of the Old Covenant, and the anchor of our hope. This study emphasizes observing Scripture closely, understanding Christ's once-for-all sacrifice, and learning to endure in faith. The intent is to ground believers in the unshakeable security of Christ's priesthood and covenant.

January 14-April 29 | \$20



SCAN THE QR CODE TO REGISTER FOR A WOMEN'S GROUP! Registration is not required, but it helps us to prepare materials ahead of time.

Wednesday Evenings

FELLOWSHIP MEAL

5-6pm | Fellowship Hall

\$7 Adults/Students, \$5 for Children ages 4-12, College Students and Children 3 and under are Free (Family Maximum of \$25)

[View weekly menu at fhbc.org/midweek](http://fhbc.org/midweek)



PRESCHOOL

6-7:30pm | Preschool Hall

On Wednesday nights, preschoolers enjoy Wiggle Worship, fun playtime, and engaging Bible lessons that teach foundational truths and help plant seeds of the gospel in their hearts.

[Learn more at fhbc.org/preschool](http://fhbc.org/preschool)



KIDS (K-5th Grade)

6-7:30pm | Kids Rally Room

Wednesday nights are the place to be for Kindergarten through 5th grade! Kindergarten-2nd graders will have a blast in Club K-2, where they'll enjoy an exciting classroom experience filled with Bible lessons, games, and crafts. Their night wraps up with high-energy worship and fun in Kids JAM in the Kids Rally Room!

3rd-5th graders meet in Studio 3.4.5 in the Kids Rally Room for large group fun—games, worship, and a dynamic Bible lesson—before transitioning into Track Time, where they participate in a specialized class of their choice for the entire semester! Tracks include: Praise Crew, Act It Out (Drama), Cartooning 4 Christ, Plugged In (Tech), Xtreme Missions, and Worship In Motion.

[Learn more at fhbc.org/kids](http://fhbc.org/kids)



STUDENTS (6th-12th Grade)

6-7:30pm | Student Center

A gathering of middle school and high school students filled with conversations and games, high energy worship and scripture focused study—all while making friends and building lifelong relationships.

[Learn more at fhbc.org/students](http://fhbc.org/students)





GALATIANS AND EPHESIANS

Shawn Lantz | 6-7:15pm | A200

Kay Arthur walks participants through Paul's message that salvation is by grace alone and that this grace reshapes every part of life. Galatians calls believers to stand firm in the freedom of the gospel, while Ephesians reveals the riches of our identity in Christ and how that identity shapes daily living. Her intent is for participants to know truth firsthand through Scripture and walk in confident obedience. January 14-April 29 | Homework | \$5

REVELATION (PART 2)

Andi Hauk | 6-7:15pm | C101

Perhaps no other book of the Bible feels as inaccessible and as intimidating to us as the very last one. In this study, Jen Wilkin helps you discover how the last book of the Bible—the culmination of God's great story—speaks both a steadying word of assurance and a strong call to endure to the church in every age. Part one of this study was completed in the fall, if you would like to join now, we will begin with chapter 6 of the Revelation study.

January 14-March 4 | Homework | \$20*

**If you are joining in for part 2*

REFLECTIONS FOR WOMEN

Morlee Maynard | 6-7:15pm | A203

Let's engage each other as we share what God is doing in our lives as we read fiction and nonfiction this Spring. Our Enrichment Center library is full of excellent books for this purpose. Select books you want to read at your own pace. Email enrichment.center@fhbc.org if you wish to participate by Zoom. January 14-March 4 | Free



MANHOOD RESTORED

Various Leaders | 6-7:15pm | C202

Manhood Restored by Eric Mason paints a compelling vision of biblical masculinity by grounding a man's identity in the restoring work of Jesus. This study exposes the cultural distortions that pull men away from their God-given purpose and contrasts them with Christ's transformative blueprint for strength, character, and responsibility. Through theology, honesty, and practical application, he calls men to reclaim a life of purpose, leadership, and spiritual wholeness.

January 14-March 4 | \$10

IRON SHARPENS IRON

Travis Walters | 6-7:15pm | A202

Join us Wednesday evenings this fall for intergenerational discussions among men of FHBC, conversations centered on different fictional and nonfictional books that each of us choose on our own. Whether you read through one book or several, our time together will be one of accountability, introspection, encouragement, and spiritual growth as we each share how God is speaking to us through what we're reading.

January 14-March 4 | Free



SCAN THE QR CODE TO REGISTER FOR AN ADULT GROUP! Registration is not required, but it helps us to prepare materials ahead of time.

CO-ED

Tracks help give focus and strategy to our adult discipleship groups on Wednesday evenings. Our hope is that they provide clarity and direction when trying to choose a group!

BIBLICAL STUDIES & THEOLOGY TRACK

LAMENTATIONS

Richard Girdler | 6-7:15pm | C204

Lamentations invites believers to confront pain with both realism and faith, teaching that God welcomes our questions and grief. Prayerful lament becomes a transforming discipline that deepens spiritual maturity and dependence on God. This study reveals how hope can be rooted in God's faithfulness even when our circumstances remain heavy.

January 14-March 4 | Free

JESUS'S FINAL WEEK

Alan Henderson & Matt Skeens | 6-7:15pm | C205

Jesus's Final Week by William Cook takes you day-by-day through the most pivotal week in human history, revealing the urgency, tension, and purpose behind every step Jesus took toward the cross. This study blends clear biblical insight with historical context to show how each moment—public teaching, private preparation, and ultimate sacrifice—unfolds with intentional, divine resolve. The study invites readers to see the Passion not as a distant event but as a powerful, present call to deeper faith and devotion.

January 14-March 4 | \$10

MARRIAGE & FAMILY TRACK

WHAT DID YOU EXPECT?

Austin and Campbell Wouters & Emmitt and Heidi Beall | 6-7:15pm | Chapel

"What Did You Expect?" by Paul Tripp exposes the hidden assumptions couples bring into marriage and how those expectations quietly shape frustration, conflict, and disappointment. Tripp reframes marriage as a daily opportunity for grace, transformation, and gospel-shaped love rather than a quest for personal fulfillment. With honesty and hope, he shows how God uses imperfect spouses and real-life struggles to build something stronger, deeper, and more joy-filled than either expected.

January 14-March 4 | Free

CHRISTIAN LIVING TRACK

NOT MY JESUS

Matt Longworth | 6-7:15pm | C103

To know the real Jesus, we must see Him through the pages of the Bible. This Jesus doesn't change based on our feelings or opinions; He is the same yesterday, today, and forever. Only this Jesus can save and transform our lives. In this Bible study, you will identify ways that many misunderstand Jesus by comparing the Jesus of Scripture to counterfeit versions shaped by preferences, opinions, and culture.

January 14-March 4 | \$15

HOW TO STUDY THE SCRIPTURES

Dennis Karbowski & Keith Gardner | 6-7:15pm | C203

In this 8-week, easy-to-understand course, participants will gain confidence in the Bible and will learn necessary steps for rightly interpreting the Bible and applying it to their life. This course will give you tools and processes for studying any passage of scripture, discovering its meaning in its original context, and then rightly applying it in modern context. Past participants have expressed fresh excitement in their ability to study their Bible and newfound confidence in discussing it with others.

January 14-March 4 | \$15

MISSIONS & EVANGELISM TRACK

THE GOSPEL AND WORLD RELIGIONS: FROM FACTS TO FAITH

Chad Mize & Don Wright | 6-7:15pm | C100

Around the world today, 87% of people identify with a religion and only 31% of them identify with some form of Christianity. There is a strong likelihood you will have the opportunity to have a Gospel conversation with someone from a different religious background. To better prepare, this class will spend 8 weeks covering various major world religions. Participants will learn basic facts, belief structures, how they differ from Christianity, and best practices for engaging their followers with the Gospel.

January 14-March 4 | Free



ONGOING MIDWEEK GROUPS

FRIDAY MEN'S GROUP

Fridays | 6-7:30am | Fellowship Hall

Join other men every Friday morning for Bible study and breakfast around tables in the Fellowship Hall. This is a great opportunity to join an ongoing midweek group to fellowship with and meet other men at Forest Hills.

SPIRITUAL WARFARE

January 9-30

Led by Maurice Painter

1 & 2 THESSALONIANS

February 6 - March 27

Led by Paul White

NEHEMIAH

April 10 - May 22

Led by Larry Thrailkill

GRIEFSHARE

LaVerne Baugher & Barbara Gibson

Sundays | January 11-March 29 | 3-5pm | C101

You don't have to go through the grieving process alone. GriefShare is a free, 14-week support group designed to help you live life after losing a loved one. You'll find a caring group of people who will walk alongside you through life's most difficult experiences.

Learn more and register at fhbc.org/care

YOUNG ADULT COMMUNITY GROUP

Sundays | 6-8pm | Offsite

Singles and married couples are invited to join us for free, weekly dinner followed by games and Bible study.

Learn more at fhbc.org/youngadults

ADULT CHOIR REHEARSAL

Scott Shepherd

Wednesdays | 7:15pm | Choir Room

As an act of worship, the Sanctuary choir supports our church's efforts to glorify God by making Gospel-centered disciples who love, grow, serve, and go.

As the choir prepares each week, participants have the opportunity to be discipled through the worship songs they learn and sing.



D-GROUPS



“*Joining a D-group was a great way to be intentional in growing in faith with fellow sisters in Christ. D-groups are also beautiful opportunities to experience accountability and grace in equal measures.*”

ESTHER ZHU

Are you longing to grow deeper in God's Word while building meaningful connections and accountability with others? Consider starting or joining a D-Group— a small, gender-specific intentional gathering of 4-6 people who meet weekly to study Scripture, pray, and encourage one another in living out the Gospel. Using FHBC's Bible reading plan (or any other), these groups are designed to help you grow spiritually and multiply your impact by making disciples. Whether you meet at home, in a coffee shop, or at church, the goal is the same: transformational growth through God's Word, community, and intentional discipleship. These groups meet for one year and then multiply to make new groups. Ready to take a step of faith and start your journey? Register your group today and be part of what God is doing!



**Scan the
QR code to
register for
a D-Group!**

Upcoming Events



GO CELEBRATION *Of First Importance*

February 21-22

GO Celebration is our annual missions celebration when we gather as a church family with all of our ministry partners from around the world in worship and celebration. Hear stories of God's faithfulness, pray together over needs, consider steps of obedience, and enjoy a dress rehearsal for the coming, heavenly worship celebration with people from every nation, tribe and language praising the name of Jesus! Make sure you have this on your calendars so you can be sure to participate in each facet of this weekend.



5-WEEK ADULT CO-ED STUDY

Wednesdays, March 18-April 15 | ELEVATE Worship Ctr.

Join us for a 5-week co-ed study designed to help you grow in faith, connect with others, and explore God's Word together—no matter your current season of life. Each week offers meaningful teaching, group discussion, and practical application that encourages deeper discipleship and authentic community.



SEX & GENDER 101

Wednesdays, April 22 & 29

The goal of this seminar is to equip the church to respond biblically, truthfully, and compassionately to cultural movements surrounding sexuality and gender, while grounding our discipleship and methodology in Scripture. Led by Jonathan Chapman



VACATION BIBLE SCHOOL

Illumination Station

June 15-19 | Completed Kindergarten-5th Grade
Kids, you are invited to Illumination Station VBS for the brightest week of the year! While many people claim to know about Jesus, many are in the dark about who He really is. As they explore all the ways light brightens, illuminates, reflects, and reveals, you will discover that Jesus is the light who brings hope to a dark world.



CENTRIKID CAMP

Storytellers

July 13-17 | Linden Valley, Linden, TN
Completed 3rd-5th graders
Kids Camp at CentriKid is a high-energy, intentional, gospel-centered overnight camp. The mission is to help kids experience the time of their lives and learn more about the message of Jesus Christ. This takes place through track times, recreation, worship, Bible study, church group time, and a variety of other fun events.

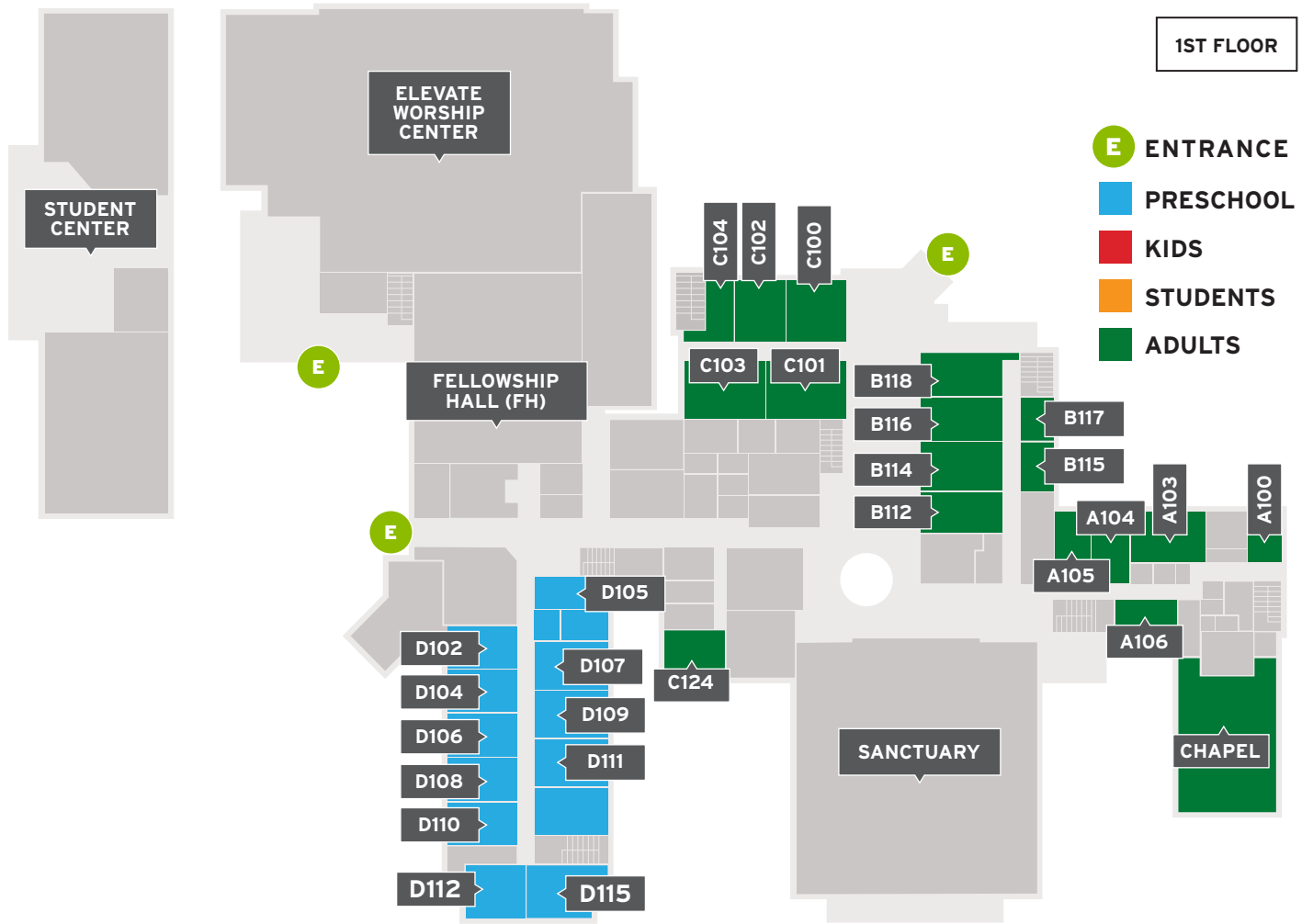


FUGE CAMP

The Good Shepherd

June 22-26 | Completed 6th-12th Grade
Students will discover what it truly means to be cared for by the Good Shepherd. Through Psalm 23 and key moments in David's life, from his anointing as king to his battles, failures, and restoration, students will learn that the Good Shepherd offers peace, renewal, presence, and an abundant life. Students will be challenged to consider what it looks like to follow the Good Shepherd in every season of life.

1ST FLOOR



2ND FLOOR

