

# Kolbítars

A Weekly Lunch &  
Discussion for Men

Facilitated by  
Wyman Richardson

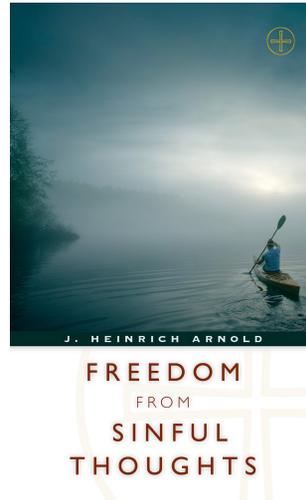
**When?** Every Thursday  
from 12:10-12:50 starting  
January 12

**Where?** The private room at  
Newk's in North Little Rock

**Cost?** \$8 for the book & you  
must buy at least something  
from Newk's each week

**How Do I Sign Up?** Email  
wyman@cbcnlr.org or sign  
up at the Ministry Booth at  
Central Baptist Church

## Spring 2017 Book & Discussion Topic



Concise, straightforward...  
from the heart. Arnold  
sounds a warning to the self-  
oriented, therapeutic  
tendencies of our day: "The  
goal should always be  
liberation... We want to find  
Jesus, not ourselves." –  
*Publishers Weekly*

This book exudes  
compassion and confidence.  
– *New Christian Herald*

An excellent little book. –  
Richard Foster

## Why *Freedom From Sinful Thoughts*?

J. Heinrich Arnold was an amazing man who spent a lifetime ministering to and counseling people. Near the end of his life he wrote *Freedom From Sinful Thoughts*, a book that is now considered a classic consideration of how to protect your mind from going where it does not need to go. Whether it is jealousy, anger, bitterness, lust, resentment, or any of a thousand other traps, the battle for our minds is very important. "Do not be conformed to this world," writes Paul in Romans 12:2, "but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect." Our Spring 2017 Kolbítars lunch is one way we are going to strive together for the renewing of our minds.

# What in the world is *Kolbítars*?

In ancient Iceland, the Kolbítars (literally those who “bite the coals” because they sit so close to the hearth) were men who sat around fires, talked, told stories, and discussed the issues and questions of the day. The Central Baptist Church Kolbítars lunch is a men’s luncheon intended to offer encouragement and fellowship for men. So bring your friends, your colleagues, your sons, your dads, your brothers, your uncles, your neighbors, your buddies, and even those who are not and join us at Kolbítars!

*Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.*

*Romans 12:2*

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*2017 Topic*



**FREEDOM**  
FROM  
**SINFUL**  
**THOUGHTS**

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