

Welcome to Manna Church! We are Glad You are Here!

What to Expect On a Typical Sunday

The worship experience at Manna Church lasts approximately 70-75 minutes. It begins with a time of worship and a brief period of announcements, followed by a biblical and practical message delivered by one of our pastors. Service concludes with another short time of worship and prayer.

Connection Card

If you're a first-time guest, we would love for you to fill out a connection card. No one is planning to call you or come by your house—we just want to thank you for joining us today and to let you know what is available to you here at Manna.

Free Gift for First-Time Guests

If it is your first time with us, we have a gift available for you in the lobby at the end of service. We simply want to give you a gift to thank you for being with us today!

Get the Church Center App

Scan the QR Code to download the Church Center App to get connected to all of our Small Groups, register for upcoming events, and more!



Small Groups

Manna Church is not a church with small groups; we are a small groups church. On Sundays, we gather corporately to be inspired by the presence and Word of God. However, friendships, discipleship, and growth primarily happen in the context of a small group. You can find a list of available Small Groups to join by going on our website, cos.manna.church, and clicking on the "Connect" tab.

Manna Kids

We strive to provide a clean and safe environment where children can experience and enjoy the love of Jesus. The Nursery/Preschool experience is available for kids 6 weeks through 5 years old, and the Elementary experience is for children in Kindergarten through 5th grade. We would love to have your child join us!

Manna Students

If you are in 6th to 12th grade, come join us for Manna Students on Wednesday from 6:30 p.m. to 8:30 p.m. at the Manna Church Offices! We meet weekly during the small group cycle for games, worship, biblical teachings, and small groups! We hope you will join us!

Ways to Give

For a safe and secure way to give to Manna Church, scan the QR Code. Here, you can schedule a one-time gift or establish and manage a recurring gift through the Online Portal.



Pizza With the Pastor

Whether you're visiting for the first time or have been part of Manna Church for a while, Pizza with the Pastor is a fantastic way to get connected and learn more about the mission and vision of the church. Join us on the first Sunday of every month at 5:00 P.M. at the Manna Church Offices (1580 E. Cheyenne Mtn. Blvd) for an evening with our pastors and staff. You can register online or at the Info Center in the main lobby! Childcare is provided.

Growth Track

The Manna Church Growth Track is a series of small groups designed to facilitate your growth as a healthy, effective follower of Jesus Christ. Wherever you are in your journey, the Growth Track can equip you to fully experience your calling in God and your part in impacting your world. Sign up for NextStep by going online or registering at our Info Center Table in the Main Lobby.

FirstStep. In FirstStep, you will discover what a balanced, integrated, and healthy life of a disciple of Jesus looks like, specifically within the context of Manna Church. *Meets the first 4 Mondays of every month from 6:30p-8p. Scan the QR code to join.*



NextStep. NextStep is here for you to learn about Manna Church's Mission, Vision, and Values. You'll discover who we are, why we're here, where we're going, and how you can get connected while exploring God's unique purpose for your life.

Meets the 2nd, 3rd, and 4th Sundays of the month in the Harrison High School Library.

LeaderStep. LeaderStep prepares you to lead at Manna Church in areas such as small groups or serve teams. Built on our 12 Operational Principles, LeaderStep fosters spiritual growth, authentic relationships, and Kingdom impact, helping you discover how God can use you to make a difference. (Must have completed NextStep).

Meets quarterly throughout the year. Check the Manna Church Colorado Springs website or ask anyone at our Info Center Table for dates and details.

Sermon Discussion Questions

Take the message deeper this week! We've created questions for your own personal devotional time and for rich conversation in your small group. Find them by scanning the QR code and clicking on "Sermon Notes."





Intentional Dating

1. Prioritize _____ more than _____.

1 Corinthians 7:32-35 (ESV) - I want you to be free from anxieties. The unmarried man is anxious about the things of the Lord, how to please the Lord. 33 But the married man is anxious about worldly things, how to please his wife, 34 and his interests are divided. And the unmarried or betrothed woman is anxious about the things of the Lord, how to be holy in body and spirit. But the married woman is anxious about worldly things, how to please her husband. 35 I say this for your own benefit, not to lay any restraint upon you, but to promote good order and to secure your undivided devotion to the Lord.

2. Know what you are _____.

- _____.

1 Corinthians 6:14 (ESV) - Do not be unequally yoked with unbelievers. For what partnership has righteousness with lawlessness? Or what fellowship has light with darkness?

- _____.

Proverbs 31:30 (ESV) - Charm is deceitful, and beauty is vain, but a woman who fears the Lord is to be praised.

3. _____ your boundaries.

1 Thessalonians 4:3-5 (ESV) - For this is the will of God, your sanctification: that you abstain from sexual immorality; 4 that each one of you know how to control his own body in holiness and honor, 5 not in the passion of lust like the Gentiles who do not know God;

Proverbs 27:12 (ESV) - The prudent sees danger and hides himself, but the simple go on and suffer for it.

4. Date on _____, for a _____.

2 Corinthians 5:17 (ESV) - Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come.

Notes:

Personal Reflection

Becoming the Right One

Are you more focused on finding the right person or becoming the right person?

What is God currently developing in you during this season of singleness?

Identity & Fulfillment

Are you looking to a relationship to complete you in ways only God can?

What would it look like to be fully satisfied in Christ before entering a relationship?

Standards & Discernment

Have you clearly defined what you're truly looking for in a spouse based on biblical values?

Are you paying more attention to outward attraction or inward character?

Boundaries & Holiness

Have you pre-decided your boundaries, or are you trying to figure them out in the moment?

What practical steps do you need to take to guard your purity and honor God in relationships?

Dating with Purpose

Are you dating with intentionality toward marriage, or just for comfort, attention, or fun?

Is your current (or future) approach to dating aligned with God's purpose for relationships?

Small Group Reflection

God's Design vs Culture

What are some ways culture's approach to dating differs from God's design?

Why is it important to build relationships according to biblical principles?

Becoming vs Finding

Why is becoming the right person more important than finding the right person?

How does spiritual growth impact the kind of relationships we attract?

Character Over Chemistry

Why does character matter more than attraction in a long-term relationship?

What are some red flags that indicate someone may not be spiritually aligned?

Boundaries & Wisdom

Why is it important to establish boundaries before entering a relationship?

How can accountability and community help protect those boundaries?

Dating with Intentionality

What does it practically look like to date with purpose rather than casually?

How can we ensure that our relationships move us closer to Jesus, not further away?