

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."





Four Commitments of a Godly Wife

Proverbs 31:10-12 (ESV) - An excellent wife who can find? She is far more precious than jewels 11 The heart of her husband trusts in her, and he will have no lack of gain. 12 She does him good, and not harm, all the days of her life.

Proverbs 12:4 (ESV) - An excellent wife is the crown of her husband, but she who brings shame is like rottenness in his bones.

Your goal as a godly wife is for your husband to _____

_____.

Four Commitments of a Godly Wife

1. _____

Genesis 1:26-28 (ESV) - Then God said, "Let us make man in our image, after our likeness. And let them have dominion over the fish of the sea and over the birds of the heavens and over the livestock and over all the earth and over every creeping thing that creeps on the earth." 27 So God created man in his own image, in the image of God he created him; male and female he created them. 28 And God blessed them. And God said to them, "Be fruitful and multiply and fill the earth and subdue it, and have dominion over the fish of the sea and over the birds of the heavens and over every living thing that moves on the earth."

Genesis 2:18 (ESV) - Then the Lord God said, "It is not good that the man should be alone; I will make him a helper fit for him."

Proverbs 31:13-18 (ESV) - She seeks wool and flax, and works with willing hands. 14 She is like the ships of the merchant; she brings her food from afar; 15 She rises while it is yet night and provides food for her household and portions for her maidens. 16 She considers a field and buys it; with the fruit of her hands she plants a vineyard. 17 She dresses herself with strength and makes her arms strong. 18 She perceives that her merchandise is profitable. Her lamp does not go out at night.

2. _____

Ephesians 5:33 (ESV) - However, let each one of you love his wife as himself, and let the wife see that she respects her husband.

Proverbs 27:15 (ESV) - A continual dripping on a rainy day and a quarrelsome wife are alike;

Proverbs 21:19 (ESV) - It is better to live in a desert land than with a quarrelsome and fretful woman.

3. _____

Ephesians 5:22-24 (ESV) - Wives, submit to your own husbands, as to the Lord. 23 For the husband is the head of the wife even as Christ is the head of the church, his body, and is himself its Savior. 24 Now as the church submits to Christ, so also wives should submit in everything to their husbands.

Biblical Submission is:

Not _____.

Not _____.

Not _____.

Not _____.

1 Peter 3:1-5 (ESV) - Likewise, wives, be subject to your own husbands, so that even if some do not obey the word, they may be won without a word by the conduct of their wives, 2 when they see your respectful and pure conduct.

4. _____

1 Corinthians 7:5 (ESV) - Do not deprive one another, except perhaps by agreement for a limited time, that you may devote yourselves to prayer; but then come together again, so that Satan may not tempt you because of your lack of self-control.

Notes:

Personal Reflection

Identity & Calling

Do you see your role in marriage as a calling from God or just a responsibility?

How would your mindset shift if you viewed yourself as a “crown” to your husband?

Helping & Partnership

In what ways are you actively partnering with your husband to help him fulfill his God-given purpose?

Are there areas where you may be unintentionally hindering rather than helping?

Words & Honor

Do your words consistently build your husband up or tear him down?

What specific changes could you make to become his greatest encourager?

Submission & Trust

Are there areas where you struggle to trust or affirm your husband's leadership?

How can you practice biblical submission in a way that honors God without compromising truth?

Love & Intimacy

Are you intentionally loving your husband in the ways he most needs (emotionally, physically, spiritually)?

What is one practical way you can grow in serving and loving him this week?

Small Group Reflection

Redefining Womanhood

How does culture's view of womanhood differ from the biblical picture presented in Scripture?

Why is it important to root identity in God's design rather than cultural expectations?

The Role of a Helper

Why is the biblical idea of “helper” (ezer) powerful rather than diminishing?

How does understanding this change the way we view partnership in marriage?

The Power of Words

Why do words carry so much weight in a marriage relationship?

What are some practical ways to cultivate a culture of encouragement instead of criticism?

Understanding Submission

What are common misconceptions about biblical submission?

How can submission be practiced in a healthy, God-honoring way?

Love, Needs, and Unity

How do differences between men and women (emotional vs. physical needs) affect marriage?

What does it look like to mutually serve one another in love within marriage?