

Fall 2026 Discipleship
Find community in these classes and groups.

COME

COME AND FELLOWSHIP.

LEARN

LEARN GOD'S WORD.

LIVE

LIVE OUTWARDLY FOCUSED.



First Presbyterian Church of Tulsa

Weekly Bible study classes

Sundays

Sunday school | *Sunday mornings 9:30-10:30 a.m.*

Sunday School classes help us grow as disciples of Jesus Christ through Bible study, Christian teaching, prayer and fellowship—strengthening our faith and equipping us to live it out. For more information scan the code here or stop by the Welcome Desk in the Atrium for a list of Sunday school class offerings.



Mondays

Men's Monday Bible Study

Mondays, 12 p.m.-1 p.m., Room E103

Led by Matthew Bristow and Elliot Forsyth. Reserve lunch for \$7. Enjoy lunch and fellowship with other men while exploring a book of the Bible through in-depth study, discussion and practical life application.

Lunch with C.S. Lewis

*Mondays, October, December, March
11:45 a.m.-1 p.m. Room E104*

Join Rev. Cameron Beaty for lunch and conversation exploring C.S. Lewis' Christian classics, including *Mere Christianity*, *The Lion, the Witch and the Wardrobe* and *The Screwtape Letters*.

Tuesdays

Precept Bible Study | *Tuesdays, 9:30 a.m., Room E102, Led by Denise Rounds*

Learn how to study the Bible using the inductive method—a simple process that teaches you how to study and understand the Bible.

Wednesdays

Class offerings at WNDT see next page

Thursdays

Hearts for the Lord

Thursdays, 10 a.m.; Room E313

Led by Cathy Laird

Come join women who are devoted to studying God's Word and strengthening their daily walk with Him.

Saturdays

Before the Rooster Crows

Saturdays, 8:45 a.m. | Room E103

Led by Phil Rounds

Prepare for Sunday worship by reading, discussing and reflecting on the week's Scripture together.

For more information and updates, go online to:
FirstChurchTulsa.org/Discipleship26

Wednesday Night Downtown

September–May | Dinner: 5:15 p.m. in Stephenson Hall
Children & Youth classes: 6 p.m. | Adult classes: 6:15 p.m.

September 9

Getting to Know the Beatys

Led by Cameron and Emily Beaty, Stephenson Hall

As a kick-off to the fall semester of Wednesday Night Downtown, we will spend the first session getting to know the Beatys. Cameron and Emily will share stories of their family, their faith journey, and how they have seen the Lord at work in and through their life of ministry to His church.

September 16-October 7

Praying the Psalms

Led by Rev. Cameron Beaty, Sanctuary

Come to an evening gathering in the Sanctuary for a time of lessons, prayers, and contemplation. Rev. Cameron Beaty will lead us in understanding the psalms and adopting the rich prayer practices that Christians have followed through the centuries.

Seekers Bible Study September 16–December 9

Led by Rev. Wambugu Gachungi; Room E104

We focus on in-depth study following the sermon series on Mark, often following the sermon scriptures for the week and how to apply the Word to our lives today.

After fall break: Oct. 21 – Dec. 9

Courage, Dear Heart... Stories of Heroic Sacrifice and Surrender to Jesus-Pt. 2

Led by Rev. James Estes; Room E100

In this inspiring class, we'll explore the lives of men and women who cried out to God—and followed Him when He answered. Drawn from the *Christian Heroes Then and Now* series, their stories reflect deep courage and sacred surrender. From privilege to poverty, each reached a point of deep dependence on God, where true bravery was born and faith became contagious.

Your Faith in Christ: How to Share It!

Led by Jerry McCoy; Room E102

Learn to share your faith through testimony and biblical motivation. This eleven-week practicum includes strategies you can use to help new believers grow in Christ.

The Story of God and Man, An Overview of Christian Faith and Practice

Led by Greg Berkhouse; Miller Library

Whether you are new to the Christian faith or you are a long-time disciple that still has questions, this course will put together the foundational pieces of theology (the study of God) for you. This eleven-week overview of the Christian faith and practice will increase your knowledge and strengthen your confidence regarding what we believe as devoted followers of Jesus Christ

Focused connections

OFFERING A UNIQUE LENS ON DISCIPLESHIP—SHAPED BY LIFE STAGE, CREATIVITY, OR CALLING.

Young Adult Ministry

Led by Rev. Julia Metcalf

Connect with other young adults through KGroups, Bible study, and theology chats. Build lasting friendships as we seek to follow Jesus together through worship, fellowship, and mission.

Spiritual Retreat

November 14, 8:30 a.m.–3:00 p.m.,

Camp Loughridge

Led by Rev. Julia Metcalf

Share a peaceful and rejuvenating Saturday at Camp, with prayer, teaching and fellowship designed to encourage you and deepen your walk with Christ.

Presbyterian Women Circles

Led by Group Leaders

Presbyterian Women meet monthly in small groups called “Circles”. They focus on Bible study, mission, and fellowship. The groups also get together throughout the year for special events.

Small Groups (K Groups)

Led by Group Leaders

Koinonia means fellowship – and that’s the heart of K Groups. These small groups meet regularly for study, discussion, and a commitment to nurturing a deeper relationship with Christ as his disciples.

Lunch & Learn

First Thursday of the month,

12–1:30 p.m., E104, Various Speakers

A speaker series for retirement-aged adults and their guests, focusing on shared interests and life in this season. Enjoy interesting topics by local experts as well as time for lunch and fellowship.

Watercolor the Word

Thursday mornings, Sept. 10–Oct. 15,

10 a.m.–12 p.m. | Tower Room

Whether you are holding a paint brush for the first time, or, you’ve held one for years, this class welcomes you. Our weekly art session will include painting images from Advent through Epiphany. The class size is limited so be sure to register early. Fee for the class is \$20.

Book Table Resources

Faith-focused books available for purchase on Sunday mornings at the Book Table in the Atrium. Additional titles may be checked out from the Kirkland Library in the Bernsen Building.

For more information on adult education or discipleship opportunities, contact Elizabeth Massey at EMassey@FirstChurchTulsa.org.

