

Appendix F
Training Courses

	Training Courses	Course Details
1.	Alpha Suitable for pre-Christians who are exploring the Christian faith & young disciples Sessions: 14-15 lessons over 11 weeks	The Alpha Course is a program where people come and discuss life's big questions. Topics include Jesus, Holy Spirit, Bible, Guidance from God, the Christian life etc. When: (1) 12 Jan-6 Apr and (2) 6 July-5 Oct
2.	Christianity Explored Suitable for pre-Christians & young disciples Duration: 7 sessions	Christianity Explored provides a relaxed and informal way of studying Mark to get to know the person of Jesus Christ. Each session comprises a short Bible study on Mark, a video or live talk and a discussion based on the talk. When: May-July
3a.	School Of Discipleship (SOD)(Being Disciples) I Suitable for young Christians Sessions: 8 weekly sessions Module Name: Salvation	This course seeks to help new believers build a foundation for their own spiritual growth. Learning is facilitated through structured learning, small group discussions and self-paced discovery. Main focus is on the theme of salvation, understanding the unfolding of God's plan through history and its implications for us. When: Oct-Dec 2021
3b.	SOD (Being Disciples) II Suitable for young Christians Sessions: 8 weekly sessions Module name: Sanctification	Continuing from Being Disciples I, this module focuses on the theme of sanctification or spiritual maturity. It covers various aspects including fruitful living and spiritual habits. When: Jan-Mar 2021
3c.	SOD (Being Disciples) III Suitable for new Christians Sessions: 8 Module Name: Scripture	The third part of Being Disciples Course, this module covers the main keys of understanding and studying the Bible, specially using the COMA method - Context, Observation, Meaning and Application. When: Mar-May 2021
4.	Freedom in Christ course Suitable for believers at various stages of maturity, esp. helpful for mentoring groups Sessions: 10 weekly sessions + a 1-Day retreat	FICC is a video based, interactive course designed to help every Christian become a fruitful disciple. It reinforces the implication of our Christian identity, giving handles to resolve personal and spiritual issues. When: Every Thursday, 4 March to 6 May 2021

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5.	SOD (Making Disciples) Suitable for maturing disciples including those who are or are considering discipling others 3 sessions	<i>Making Disciples</i> Course seeks to provide basic training for a person to start discipling others. Topics that will be covered include: characteristics of a disciple and principles and practice of disciple-making. Practicum is provided during the course. When: To be confirmed
6.	School of Continuing Education (SCE) Biblical Studies Courses	Various courses will be introduced during the year on various books of the Bible or topics. When: To be advised. Look out for it in the church bulletin.
7.	Marriage preparation Suitable for dating couples considering marriage (Prerequisite course for the church to solemnise wedding) 5 Sessions + couple counselling	The Pre-Marriage Course is for couples who are exploring the idea of getting married. The course is based on Christian principles but designed for all couples with or without a church background. topics include: Communication, Conflict, Commitment, Connection, Adventure. When: Jan-Feb 2021
8.	Marriage enrichment 5 Sessions	The Marriage Course is a series of seven sessions, designed for any married couple wishing to build a strong and lasting relationship. Topics include: Communications, Resolving Conflict, Forgiveness, Sex etc. When: 2 nd half of 2021
9.	Parenting Children Suitable for parents with children aged 0-10 5 sessions	The Parenting Children Course is a video-based course designed to equip those parenting and caring for young children and parents-to-be, with long-term strategies to build a healthy family life. Topics include: Strong Foundations, Boundaries, Healthy Relationships etc. When: July 2021
10.	Parenting Teens Suitable for parents with children aged 11-18 5 sessions	The Parenting Teenager Course is for any parents, step-parents, prospective parents or carers of pre-teens and teens. Areas discussed: Teenager's Needs, Boundaries, Emotional Health, Good Choices, etc. When: August - September 2021
11.	The Third Third of Life Suitable for Christians aged >55 and thinking about retirement Sessions: 8 monthly sessions with exercises in between.	This course is based on the book <i>The Third Third of Life: Preparing for Your Future</i> by Walter C. Wright. Topics include: Mining the Journey; Transitioning Out of a Mid-life Career; Facing Fears - Embracing Hope; Renewed Calling etc. When: Flexible, please email Ps Lee Kok Wah (kokwah@biblechurch.sg)