



# Discipleship & Nurture



## CURRICULUM CATALOGUE 20/21

To **EQUIP** individuals in their lifelong journey of faith and also **ENABLE** them to **DEVELOP** their God-given talents for works of service in God's Kingdom

COURSES

LECTURES

TEACHING  
CLASSES

WORKSHOP

RETREAT



Find out more here:  
[wesleymc.org/discipleship-nurture](https://wesleymc.org/discipleship-nurture)

Updated 13 Nov 2020

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# Welcome

Dear Friends,

At Wesley Methodist Church, there is a desire for you and me to grow intentionally in our **Faith Journey with God**. As such, Wesley Discipleship Model (WDM) was developed as a holistic discipleship model to help us in our discipleship journey. All we need to do is to avail ourselves to participate in the learning sessions and activities curated across the five faith catalyst environments (C.O.R.D.S.), and you will discover the wonderful and fulfilling life that God has intended for each of us individually and all of us collectively!



'Taste and see that the Lord is good. Oh, the joys of those who take refuge in him!' (Psalm 34:8).

In this catalogue, you will find a comprehensive list of courses, talks, workshops and lectures catering to various levels of maturity and time commitment. Just as the early disciples of Christ gathered together to build each other up, so is the commitment of D&N ministries to help equip and nurture one another.

Becoming a disciple does not happen in a moment. It is a journey, and we are all in different stages of our walk with God. The aim is a transformed self, in the likeness of Christ. All that God asks of us is to take the first step in getting to know Him deeper through His Word and have a malleable heart to be transformed by Him.

Jesus said, "As for that in the good soil, they are those who, hearing the word, hold it fast in an honest and good heart, and bear fruit with patience." Luke 8:15

**To God be the glory!**

David Mok  
D&N Chairperson





DISCIPLE GRADUATION | 2019

## COURSES | BIBLE STUDY

To be instructed in the Word, we cannot only rely on listening to sermons once every Sunday. We need to study the Bible, the Word of God. It contains the mind of God and reveals His will for each one of our lives.

As Paul said, "All Scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness, that the man of God may be complete, thoroughly equipped for every good work." (2 Tim 3:16-17).

# DISCIPLE 1

## Becoming Disciples Through Bible Study

Information &amp; Registration

[www.wesley.sg/dn-signup](http://www.wesley.sg/dn-signup)

The study gives the Old and New Testaments equal time, emphasising the wholeness of the Bible as a revelation of God. DISCIPLE draws upon the work of scholars, the personal Bible reading and study of the participant, with dynamic group discussion to aid understanding of the Bible.

BECOMING DISCIPLES THROUGH BIBLE STUDY is the Foundational Overview. This first DISCIPLE Bible study serves as the basis for all other studies in the DISCIPLE family that follow. Over the course of 34 weeks, DISCIPLE covers the entire Bible (Old and New Testaments), following the biblical story from Creation to New Jerusalem.

### Learning Outcome

At the end of the lesson, participants will be able to:

1. Understand how our Human Condition influences our view of the world and God;
2. Learn how the Marks of Discipleship transforms our thinking and draws us closer to becoming more like Christ;
3. Apply the Word in our daily lives with better understanding.

### Synopsis

During the course of thirty-four weeks, DISCIPLE study groups will move through the biblical story from Creation to the New Jerusalem. The titles of the sessions along with theme words; theme words; and major persons, events, and topics will fix the sequence of the biblical story in the minds of the participants. The principal Scripture for each session follows the chronological movement of the biblical story.



#### Target Audience

Young and mature believers with a passion for going deeper into God's Word from both the Old and New Testaments.



#### Duration/ Frequency

Commitment involved:  
34 weekly sessions  
2.5hrs each session



#### Format

- 3.5 to 4 hours per week of independent study and journalling. Daily reading of the Bible and study manual. Minimum 30 minutes each day.
- Video presentation that draws on the work of biblical scholars
- Facilitated group discussions



#### Note

Participants are required to purchase the Study Manual @ \$30 (price correct at time of printing) Registration for 2021 classes will start in Nov 2020 - look out for announcement in Wesley Weekly or email [DiscipleshipNurture@wesleymc.org](mailto:DiscipleshipNurture@wesleymc.org)



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# DISCIPLE 2

## Into The Word Into The World

Information &amp; Registration

[www.wesley.sg/dn-signup](http://www.wesley.sg/dn-signup)

INTO THE WORD INTO THE WORLD is a 32-week study which offers a deeper examination of Genesis, Exodus, Luke and Acts, emphasizing the rhythm of coming to God and going for God... approaching all experiences of life as opportunities for faithful witness and service.

### Learning Outcome

Each week, participants will cover the following:

1. Making Connections - Apply different ways to study the Bible to deepen understanding of Scripture as you begin to make connections between what you are reading and what you already know.
2. Spiritual Disciplines - Reflect on and practice a spiritual discipline (daily). Practicing spiritual disciplines can bring order to life and keep Bible Study related to witness and service in the world.
3. Sabbath – Reflect on a different emphasis on Sabbath. This reflection should inform your decisions about how you remember the Sabbath and how you will live the other six days of the week.
4. Into the World – You will be called to identify some needs in the world calling for ministry and for you to respond accordingly.
5. God's Word in my World – You will be invited to summarise the Scripture message you have heard that will shape your ministry and to decide what response and commitment you will make to that message.

### Synopsis

DISCIPLE 2: INTO THE WORD INTO THE WORLD is the second study of the DISCIPLE programme and is prepared for youth and adults who are graduates of DISCIPLE 1 BECOMING DISCIPLE THROUGH BIBLE STUDY (BDTBS). It builds on biblical knowledge gained through the overview of the whole Bible in BDTBS and deepens biblical understanding by probing selected portions of Scripture. Emphasis shifts from the broad view to the deeper, more detailed view.

Genesis, Exodus, Luke and Acts will be read entirely. Each week's reading assignments will also include appropriate passages from other parts of the Bible

Torah forms the foundation for Old Testament traditions. Genesis and Exodus play a distinctive role in Torah teaching.

The teachings, sermons and life of Jesus in Luke provide the impetus for the strong movement of the Holy Spirit in the events in Acts.



#### Target Audience

Graduates of DISCIPLE 1 : BECOMING DISCIPLE THROUGH BIBLE STUDY (BDTBS) who would like to deeper study of Genesis, Exodus, Luke and Acts and develop Spiritual Disciplines



#### Duration/ Frequency

Commitment involved:  
32 weekly sessions  
2.5hrs each session



#### Format

- 3.5 to 4 hours per week of independent study and journaling. Daily reading of the Bible and study manual. Minimum 30 minutes each day.
- Video presentation that draws on the work of biblical scholars
- Facilitated group discussions



#### Note

Participants are required to purchase the Study Manual @ \$30 (price correct at time of printing)  
Registration for 2021 classes will start in Nov 2020 - look out for announcement in Wesley Weekly or email DiscipleshipNurture@wesleymc.org



# DISCIPLE 3

## Remember Who You Are

Information &amp; Registration

[www.wesley.sg/dn-signup](http://www.wesley.sg/dn-signup)

REMEMBER WHO YOU ARE is a 32-week study which examines the connection between memory and identity as the people of God In the Old Testament Prophets and the Letters of Paul.

Participants will find common themes, including calls to remember, calls to repent, calls for renewal, and calls for community.

### Learning Outcome

At the end of the lesson, participants learn:

1. How the prophets spoke for God, out of the community, to the community
2. How Paul's experience of the risen Lord, his relationship to the community he addressed, his Jewish traditions, and the Greco-Roman culture of his day merged in his writing of the letters
3. How the lesson apply to us in the Marks of Obedient Community

### Synopsis

DISCIPLE 3: REMEMBER WHO YOU ARE is the third study in the DISCIPLE programme and is available to adults and youth who are graduates of DISCIPLE 1.

REMEMBER WHO YOU ARE concentrates on the Old Testament prophets and the letters of Paul. The prophets and Paul are continually calling their hearers and readers back to their God and to a sense of who they are as a "set apart" people

Old Testament | The Prophets and the community cannot be separated. The prophets spoke for God, out of the community, to the community

New Testament | Paul's experience of the risen Lord, his relationship to the community he addressed, his Jewish traditions, and the Greco-Roman culture of his day merged in his writing of the letters. Paul used the language of his culture to carry the message that arose out of his roots in the Hebrew Scriptures and Judaism.



### Target Audience

Graduates of DISCIPLE 1 : BECOMING DISCIPLE THROUGH BIBLE STUDY (BDTBS) who would like to do a more in-depth study into the prophets and the journeys of Paul.



### Duration/ Frequency

Commitment involved:  
34 weekly sessions  
2.5hrs each session



### Format

- 3.5 to 4 hours per week of independent study and journalling. Daily reading of the Bible and study manual. Minimum 30 minutes each day.
- Video presentation that draws on the work of biblical scholars
- Facilitated group discussions



### Note

Participants are required to purchase the Study Manual @ \$30 (price correct at time of printing)  
Registration for 2021 classes will start in Nov 2020 - look out for announcement in Wesley Weekly or email [DiscipleshipNurture@wesleymc.org](mailto:DiscipleshipNurture@wesleymc.org)



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# DISCIPLE 4

## Under The Tree Of Life

Information & Registration

[www.wesley.sg/dn-signup](http://www.wesley.sg/dn-signup)

UNDER THE TREE OF LIFE conveys the promise of finding shelter, security, and rest in God's love. In this 32-week study of the Old Testament Writings, the Gospel of John, the Epistles of John, James, Jude and finally, Revelation, participants will see the entire process of living toward final completion of rest and reward.

The study gives the Old and New Testaments equal time, emphasising the wholeness of the Bible as a revelation of God. DISCIPLE draws upon the work of scholars, the personal Bible reading and study of the participant, with dynamic group discussion to aid understanding of the Bible.

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### Learning Outcome

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Each week, the participants will cover:

1. Psalm of the week - is intended to lead people into a deeper life of prayer using Psalms as a guide. It is to be prayed aloud daily and weekly in the group session.
2. Reading Scripture Aloud - Choose a time and place where you will feel comfortable to express yourself as you read. Pay attention to feelings as well as words. Reading Scripture aloud also acknowledges the ever present community.
3. The Radical Disciple – focuses on thoughts and actions relevant to the weekly theme that require stretch in terms of commitment and challenge to discipleship. Content varies – sometime calling for action, other times calling for reflection.
4. Marks of Faithful Community – Note there is no “the” before the word faithful – the message is that faithful community is not an institution but a way of being!





### Synopsis

The fourth phase of DISCIPLE concentrates on the Writings in the Old Testament – Ruth, 1 and 2 Chronicles, Ezra, Nehemiah, Esther, Job, Psalms, Proverbs, Ecclesiastes, Song of Solomon, Lamentations and Daniel.

New Testament Scriptures include the Gospel of John; 1, 2, 3 John; James; Jude; and Revelation.

The image of the tree of life frames the biblical story: In Genesis, in the midst of garden, but off limits. In Revelation, on either side of the river is the water of life, with fruit to eat and leaves for the healing of the nations.

The colour is gold. God symbolises the glory and majesty of God, an emphasis found throughout the Writings. A reference to gold in Job connects the biblical concept of being tested and refined with the idea of moving toward completion – “when he has tested me, I shall come out like gold” (Job 23:10). The image of light permeates John’s Gospel. We think of light as golden. And images of gold from the book of Revelation come quickly to mind: the measuring rod of gold, the street of the city that is pure gold.



#### Target Audience

Graduates of DISCIPLE  
1 : BECOMING DISCIPLE  
THROUGH BIBLE STUDY  
(BDTBS)



#### Duration/ Frequency

Commitment involved:  
32 weekly sessions  
2.5hrs each session



#### Format

- 3.5 to 4 hours per week of independent study and journaling. Daily reading of the Bible and study manual. Minimum 30 minutes each day.
- Video presentation that draws on the work of biblical scholars
- Facilitated group discussions



#### Note

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## What DISCIPLE Participants say:

“I signed up for the course to know God better through the Bible, DISCIPLE 1 had fulfilled my expectations - and more!”

As a believer from childhood, I've always come into contact with bits of the Bible first through Sunday School, then through church services. I've never thought about systematically studying the Bible, though, as it seemed too daunting.

DISCIPLE 1 was a great first step to a systematic studying of the Bible. I signed up for the course to know God better through the Bible, and DISCIPLE 1 had fulfilled my expectations - and more! I also found a wonderful group in my DISCIPLE 1 class. Through our 30+ weeks studying together, sharing our experiences and stories, we have grown comfortable despite our different stages of life. Some of us are just getting into work, some have retired, others have children, or have been attending Wesley long before they decided to sign up for DISCIPLE 1. In spite of these differences, we have grown closer and found a community within Wesley to walk closer with God.



**EILEEN CHUA**

## What DISCIPLE Participants say:

"My fellow DISCIPLE classmates were always there for me... God used all of us to shape and mould one another."

2017 has been a very eventful year for me. I signed up for my last DISCIPLE course in this series - D2. I met a fantastic bunch of people. Really awesome! I also changed job. Just when I thought things were all going right for me, I was put to test. The job that I thought will bring me up the corporate ladder turned out to be a nightmare. I went through a very difficult period, to the extent that I was in depression and constantly anxious. My health was badly affected and my DISCIPLE Study reading was also affected and almost halted. I kept asking why. I turned to my fellow D2 classmates and they were always there for me, sharing their wisdom, their encouragement, their prayers and most importantly, God's word with me.

Often, we place ourselves before God in good times and turn to Him in bad times. I realised that my focus needs to be on Him and Him only. As I stepped back and went back into His words, I found peace and relief. It was as if God was saying, "It's ok my child, I am here." "What shall we say about such wonderful things as these? If God is for us, who can ever be against us?"  
- Romans 8:31 NLT

It is my strong belief that God has great plans for all of us and nothing happens "by chance". God placed me in this D2 class for a reason. God used all of us to shape and mould one another. We all had our own episodes and encounters, whether in our personal lives or work lives. Throughout it all, we were always there for one another. We truly experienced Into The Word, Into The World in D2.

**HONEY TAN**



## What DISCIPLE Participants say:

“God is faithul. He loves His people and He will never forsake us.”

It is truly God’s grace that I am able to complete the DISCIPLE 3 course. Initially, I thought it would be challenging for me to do the course online because I am not IT savvy and my computer is kind of outdated. Thank God, He has led all the way and I am able to complete the course and at the same time learning to have faith in Him.

I am thankful that the facilitator is constantly reminding us “Remember who we are” during the lessons.

I do not have much knowledge about the prophets but D3 has provided me the insights of how God work through the prophets and the assurance of His saving grace. God is faithful. He loves His people and He will never forsake us. I am once again reminded to trust and obey Him and that is what He requires of us.

Paul’s letters to the churches are so heart-warming. I am so touched by his love for the early Christians. He identified the problems affecting the churches and used his knowledge to help them deal with their issues despite under persecution. Paul’s letters reflected God’s power to save those who believe. Paul reminded us to let the Holy Spirit lead us in our ways. I must bear in mind and in action, to be led by the Spirit and to put on the full armour of God.

DISCIPLE 3 lessons may be heavy and tedious but the course is enriching. I have learnt to spend more time with God and to be still to listen to Him. I know I am still subjected to my human condition but I know that I am blessed with God’s unconditional love.

Thanks be to God for His Grace and Mercy. Amen!



**KONG YOKE MUN**

## What DISCIPLE Participants say:

### “Wonderment”

Stepping into the Word

I am filled with wonderment

My whys have become vows

By His Everlasting Love and Promises

By His Goodness and Awesomeness.

Stepping into the World

I am filled with empowerment

My woes no longer overwhelms

For His Grace is more than sufficient for me

For if He is with me who can be against me?

Something about His Word

Has changeth me

For the humility of Christ has brought the light of salvation

Even to the darkest ends of the earth for the blind to see.

Something about this world

Has changeth for me

For the love, peace and joy of Christ springs within and gives hope

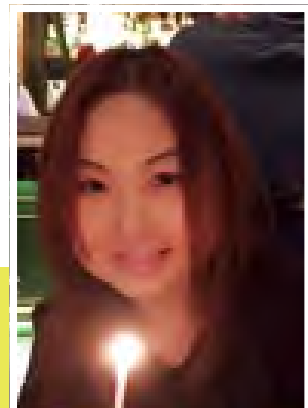
Even in blistering droughts, raging winds and stormy seas.

Praise be to God!

For this journey of wonderment

Into the Word and into the world

that He has blessed me.



**MARGARET ZHANG**

# PRECEPT UPON PRECEPT (PUP)

Information &amp; Registration

[www.wesley.sg/dn-signup](http://www.wesley.sg/dn-signup)

Engaging our participants in inductive bible study so as to have a deeper relationship with God.

## Learning Outcome

Learning to use the inductive bible study method of observation, interpretation and application to study different genres of the Old Testament and New Testament.

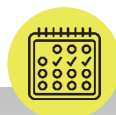
## Synopsis

PUP is an in-depth study of different books of the Bible utilising the inductive bible study method. A careful and accurate observation of biblical texts enables us to have accurate interpretation of the Word of God. This in turn leads us to apply Scriptures appropriately in our daily lives, resulting in our transformation into Christlikeness.



## Target Audience

Anyone who is committed to spend time to study the Word of God diligently and reflect on how to apply it personally.



## Duration/ Frequency

PUP is a modular course. Each module typically lasts 4 to 5 months. Shorter books of the Bible can be completed in one module. Longer books may take up to 4 modules to complete.



## Format

Personal preparation: each participant will be given a workbook which will give instructions on what to read up and prepare before each class discussion.

Class discussion: each participant will be placed in a class of 15-25 persons which meets on alternate weeks for discussion.

Video teaching: after each lesson, participants will be provided with an online video with further exposition of the lesson.

Personal Reflection and application: participants are encouraged to write down their personal reflections and applications after each lesson.

There will be opportunities for participants to share and encourage one another in their discipleship journey through studying and applying God's word together.



## Note

Currently, PUP classes are held on alternate Thursday nights 7.30pm to 9.30pm. Next module for PUP is the book of Revelations. Registration will start in Nov 2020 - look out for announcement in Wesley Weekly or email [DiscipleshipNurture@wesleymc.org](mailto:DiscipleshipNurture@wesleymc.org)



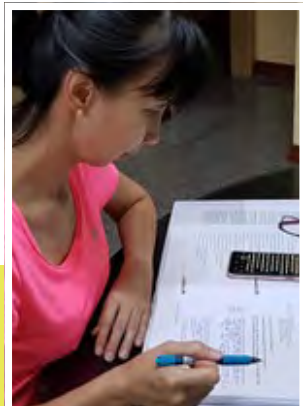
## What PRECEPT UPON PRECEPT Participants say:

### “Homework time is time with the Lord!”

My husband and I were looking for a bible study class that we may study God’s word together. We felt led by God to sign up for Precept Bible Study in 2013.

The discipline of studying God’s word was “painful”. It was not second nature for me to study it carefully and reflect upon it. The marking of each chapter and listings in our observation of the chapters was tedious. But it was nothing like encountering God in His holy word. Homework time is time with the Lord. It still requires discipline because the flesh is weak. But the word of God is living and powerful. It refreshes and nourishes my soul each time when God speaks to me through His word. The wonderful thing of studying God’s word is when His Spirit takes His word and writes it in my heart, giving me such a deep conviction of His truth and His promises. When this happens, God’s word is living and active in me, doing its work of renewing my spirit, renewing my mind, cleansing me, filling me with His love, faith and hope.

Although I have been a Christian for many years, the study of the word of God still does marvellous things in deepening my faith and shaping my perspectives on my life on earth and my relationships. In a world that is difficult to live in, we can take heart because God has spoken of what He has done and will do for us.



**JOY KHOO CHAN**

## “Discovering God’s Treasures in His Word”

We were both baptized in 2015. Being new Christians, we felt the need to learn God’s words. Therefore we decided to sign up for Precept Bible class to give it a try in 2016. The first 2 books we studied were Ezra and Haggai. Both are short books with only 6 lessons each, but the intensity and the volume of work ahead of each lesson was quite overwhelming initially. However, as it progressed, we both found that we actually enjoyed the process. The reading materials, the homework and the cross references really help enhance our understanding of God’s messages. We feel as though we are going through an exploration and digging up the treasures that God has left for us in His Word.

Attending Precept class has cultivated a discipline in us to continue seeking the truth in God’s Word. Being able to attend Precept class together as a couple helps us to press on, as we are able to give each other support and encouragement. We are also greatly blessed with learned facilitators, who patiently guided us through the discussions. Video teachings from Kay Arthur further cemented our thoughts and understanding of the Bible with clarity. An additional reward from the Precept class is our fellow classmates. We have made new friends and we have learned so much from them. We thoroughly enjoy the fellowship of our brothers and sisters in Christ.



**IVY HO & LEONG WING KONG**

## What PRECEPT UPON PRECEPT Participants say:

### “Encouraged in my daily living”

I signed up for Precept study many years ago when I was still a student. After one module, I felt it was too daunting to have to finish all my homework and to catch up on all the lessons. 10 year later, I signed up again, this time with my parents, to do the study on Romans.

Percept Bible study methods and tools guide me to discover God’s word for myself. Indeed, God Himself will teach and instruct us when we read His word. Precept workbook has guiding questions that helped me to think and validate what I read in the Bible. There are also application questions which challenged me in many ways and cross-references which helped me to study the Word in context. Moreover, the cross-references (from OT and NT) show how consistent God’s promises are.

The lessons I gleaned from my Precept studies have encouraged me in my daily living. These lessons continue to serve as reminders of how I do not have to face each day alone because I can rely on my faithful and almighty Father. Especially on bad days, the weekly lessons were constant nudges to surrender everything to God. It is a learning journey but with each day and each study, I am more convinced of God’s hand in my life and situations.



**GRACE THONG**

## What PRECEPT UPON PRECEPT Participants say:

### “Experiencing God differently”

The Precept Study was the first time that I completed the study of a whole book in the Bible line by line. The experience of diving deep into the content of Scriptures has opened a new dimension for me, on the importance of context, the cogency of the author’s intention from the evidence of Scriptures and the author’s personality emerging in the writing. Through studying Scriptures, I have gained an enliven quality on a personal level. This experience fulfilled my intention of joining Precept studies, which is to experience God differently, with the support of the Christian community, in ways that I could not do alone or just with my wife.



**LAWRENCE LAW**



## COURSES | DOCTRINE

# CHRISTIAN BELIEVER

## Knowing God with heart and mind

Information &amp; Registration

[www.wesley.sg/dn-signup](http://www.wesley.sg/dn-signup)

Christian Believer aims at addressing the substance of the Christian faith that the church has confessed and the connection between believing and living faithfully.

### Learning Outcome

Participants will gain a deeper understanding of the Christian faith and doctrines as well as the connectivity between the different doctrines. Like building blocks, one belief rests on another, leans against another, touches another and out of such building blocks of belief come faithful lives and communities centered on the Gospel of Jesus Christ and sent forth by the Holy Spirit to point others to God.

### Synopsis

It focuses on the classical teachings of the Christian faith as enshrined in the ecumenical creeds, presenting, explaining and interpreting them in a way that participants can understand through the use of words, symbols and hymns.

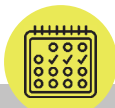
The primary texts are the Bible and the Book of Readings, which consists of brief selections from the writings of Christians ancient and modern on the great doctrines of Christian faith.

"Knowing God With Heart & Mind" is the central theme of this course. It summarizes the message that, if the study of doctrine is to result in wholeness of life, the issues of the heart and the issues of the mind must come together. Doctrine moves from the head to the heart.



### Target Audience

Christian Believer is for growing and mature believers who wish to deepen their understanding of how Christ's teachings shape our practice of faith and the way we view our world.



### Duration/ Frequency

30 weekly sessions



### Format

- At least 45 minutes each day, six days a week, for reading and study, taking notes and prayer.
- Weekly facilitated group discussions of 2.5 hours



### Note

For more information, please email [DiscipleshipNurture@wesleymc.org](mailto:DiscipleshipNurture@wesleymc.org)





## **COURSES | SPIRITUAL FORMATION**

The Companions-in-Christ, Exploring the Way and “The Way” Series offer a powerfully transforming small-group experience that builds spiritual practices, helping participants open more fully to God and to one another. Spiritual formation also comes through the richness of community sharing, as you explore common stories, questions, and experiences with other believers. These courses draw personal and small-group experiences together in a unique and life-changing process.

# COMPANIONS IN CHRIST

Information &amp; Registration

[www.wesley.sg/dn-signup](http://www.wesley.sg/dn-signup)

Companions in Christ is designed to create a safe setting where you and other people in the church can respond to God's call to an ever-deepening communion and wholeness in Christ – as individuals, as members of a small group, and as part of a congregation.

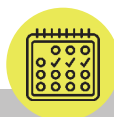
## Learning Outcome

1. You will explore the depths of Scripture, learn to listen to God through it, and allow your life to be shaped by the Word.
2. You will experience new dimensions of prayer, try fresh ways of opening to God, and learn what it means to practise the presence of God.
3. You will reflect on Christ's call in your life and discover anew the gifts that God is giving you for living out your personal ministry
4. You and members of your group will grow together as a Christian community and gain skills in learning how small groups in the church become settings for spiritual guidance.



### Target Audience

As this is not a Bible Study programme per se but a journey towards Spiritual Formation, it would be beneficial to our participants to have a good understanding of the Bible, or who have completed DISCIPLE 1 or a module of Precepts-Upon-Precepts.



### Duration/ Frequency

28 weeks, comprising a preparatory meeting, 26 weekly sessions, and a closing retreat. New classes are formed at the beginning of the year, with a Graduation ceremony scheduled for November.



### Format

Each week begins with the reading of a chapter in the Participant's Book, usually an inviting and often challenging reflection by a recognised spiritual author. Over the next five days, scripture passages and questions guide you through your own reflections, as you note important insights in a journal. Participants commit to spend about 30 minutes on each of these exercises.

The week closes with a two-hour group session where you can share your thoughts, reflect together, and take part in a variety of group exercises. Some of these exercises are solitary, and others are shared. Some are inwardly focused, while others call for hands-on creativity. Blended together, they contribute to the richness of the Companions in Christ experience.



### Note

Course Fee is \$30 per participant. Registration for 2021 classes will start in Nov 2020 - look out for announcement in Wesley Weekly or email [DiscipleshipNurture@wesleymc.org](mailto:DiscipleshipNurture@wesleymc.org)





### Synopsis

Companions in Christ (CIC) offers a powerfully transforming small-group experience in opening yourself to God's presence and guidance. This is not a Bible Study per se but a Journey towards Spiritual Formation. Over 28 weeks, including a preparatory meeting and a closing retreat, you will explore classic spiritual practices and develop new daily disciplines that will open your life to a deepening relationship with God and with your fellow companions in Christ.

This Journey moves through five parts: Spiritual Journey, Scripture, Prayer, Call, and Spiritual Guidance.

1. Preparatory Meeting (one week)  
Getting to know one another and preparing the ground for a safe and spiritually rewarding Journey together.
2. Embracing the Journey: The Way of Christ (five weeks)  
An exploration of spiritual formation as a journey toward wholeness and holiness, individually and in community, through the grace of God.
3. Feeding on the Word: The Mind of Christ (five weeks)  
An introduction to several ways of meditating and praying with scripture.
4. Deepening Our Prayer: The Heart of Christ (six weeks)  
A guided experience of various classic forms and styles of prayer.
5. Responding to Our Call: The Work of Christ (five weeks)  
A presentation of gifts and call, giving ourselves to God in willing obedience and receiving the fruits and gifts of the Holy Spirit.
6. Exploring Spiritual Guidance: The Spirit of Christ (five weeks)  
An overview of different ways of giving and receiving spiritual guidance from one-on-one relationships with a spiritual guide, spiritual growth groups, to guidance in congregational life.
7. Closing Retreat (final week)  
Developing a Spiritual Rule of Life for ourselves post-CIC.

## What COMPANIONS IN CHRIST Participants say:

This is the fourth time I am participating in Companions-In-Christ (CIC), which essentially means I am going through the very same book, handouts, questions and topical discussions, for the fourth time. But my responses have been very different in my journaling and in many of the exercises I did in class, because every season brings on its own rain, rainbows, thunderstorms or sunshine in life.

This season, as I rejoice in the successes or fret over unexpected circumstances in my life, I am so glad my companions are there to celebrate with or comfort me. They help ground me and help me to see God's Handprints in all that I have or do not have.

This season, as I go through a tough storm, I give thanks to God that He led me to agree to facilitate CIC. My spiritual journey through CIC fortifies my faith and brings me to face God authentically whether I am rejoicing or struggling. CIC also helps me to experience God's strength, gracious compassion and wisdom to overcome the challenging moments in life.

CIC enables me to be vulnerable, to have courage to bare my soul to God and to reveal my true sinful nature to Him. The spiritual disciplines I have learnt and my community support in CIC help to anchor me so that I am not all over the place, but be planted by His living waters, His living word.

My struggles may not just go away. But my supportive CIC spiritual community, and the spiritual disciplines and exercises help me to go through all the ups and downs in my life, knowing that God is always there for me through it all. He meets me where I am, He loves me as I am.

So, thank you, my companions in CIC, you are the true reflections of Jesus and His love and source of comfort to me this season. In all of you, I see 1 John 3:18: "Dear children, let us not love with words or speech but with actions and in truth." As our course draws to a close, my heart is so filled with praise and thanksgiving to the LORD for blessing me with you as we journey together to strive to finish this race strong.



**YEO SU CHEN**

Participant, 2016 | Facilitator, 2017, 2018, 2019, 2020

## What COMPANIONS IN CHRIST Participants say:

There were a lot of positive feedback from friends who took CIC but the drawback for me was the 28 weeks of commitment and the weekly exercises. At the end of the course, I have to confess that the weekly exercises were an integral part and helped to deepen the understanding of the topics taught in a profound and practical way.

I discovered with delight that CIC incorporates many of the disciplines and practices of the desert fathers. And in a safe setting - as each of us shares our individual journeys, the rest listen without judgement or prejudice. That set the standard for my CIC listening community: listening to God and listening to one another. I have never journalled so much in my life! Putting meditation and thoughts on paper, as I did in the weekly exercises, was a way to trace my journey and this is something that I have continued doing. Disciplines such as *Lectio Divina*, breath prayer, praying with a visual focus, etc. led me to move from being repetitive to being meditative, and God's word from *logos* to *rhema*. We were also given handles to continue in abundant life through living reliance on Jesus, the true vine, and using my giftings to serve others and glorify God.

Each week there was something to bring home: an encouragement, an insight, or a new shared perspective. Each meeting was punctuated with sharing which was authentic and sometimes raw; discussions; wholehearted participation in the group exercises; and much laughter. We gathered to share and give and in doing so, we received and were blessed.

**SERINA LOO**

Participant, 2019 | Facilitator, 2020



## What COMPANIONS IN CHRIST Participants say:

Companions in Christ (CIC) is the longest spiritual formation course that I have attended. After the initial reading, I gathered that CIC is about sharing of life and spiritual experiences with a small community of believers.

My initial thought was that this is going to be another Bible study group, and I was pretty nonchalant about how the group dynamics was going to evolve. But I thank God that everyone was very genuine and open in sharing their lives and spiritual struggles as the weeks and months progressed, and I have enjoyed their personal sharing and openness during the sessions, and the genuine fellowship over tea breaks and lunches.

Personally, CIC helps to maintain my spiritual walk with God. But most of all, CIC helps me to experience and realise that genuine spiritual fellowship is possible if we are willing to be vulnerable with each other.

**CHUCK CHAN**

Participant, 2017

## What COMPANIONS IN CHRIST Participants say:

I signed up for CIC this year because some of my friends who attended the course last year shared with me their positive experiences. I attended the course with the expectation that it is a spiritual transformation class. I wanted to discover ways to connect with God through heart knowledge and not only through head knowledge. The first two weeks of CIC sent me on a journey of self-reflection and where I stand in my faith journey. God revealed a few things about the condition of my heart in these two weeks, some pleasant, some not so pleasant. As the weeks went by, I had to work on my struggles with my faith. However, the lessons learnt and the sharing from my CIC companions helped me to understand myself better. It amplified God's love and grace towards me. Having a taste of the different types of spiritual disciplines allowed me to find the spiritual disciplines that suited my personality and how I related to others. It is something that I would want to continue practising in order to have a deeper relationship with God.

**CYNTHIA KO**

Participant, 2019

# EXPLORING THE WAY

Information & Registration

[www.wesley.sg/dn-signup](http://www.wesley.sg/dn-signup)

This is an introduction to the Spiritual Journey and allows small groups and classes to experience a sampling of the spiritual practices that the core Companions in Christ resource presents. It also lays the foundation for subsequent participation in the full 28-week CIC programme.

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## Learning Outcome

Exploring the Way will introduce you to the spiritual disciplines of Journalling Sharing Spiritual Journeys, *Lectio Divina*, Breath Prayer, Holy Listening and Daily *Examen*. Participants will usually proceed to join the main CIC programme upon completion of this module.

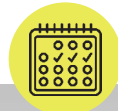
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### Target Audience

For anyone who is keen to explore the basics of Spiritual Formation.



### Duration/ Frequency

7 weeks, including a preparatory session. New classes are usually formed in the fourth quarter of the year.



### Format

In the main CIC resource, participants read the week's article and complete the daily exercises before the group meeting. Exploring the Way reverses this pattern. The weekly meeting occurs first, and over the following week, participants "practise the practice" that they have learned and experienced during the meeting.

The weekly meetings, each lasting 2 hours, will follow the following three general movements:

1. Sharing Insights: Sharing learnings and questions from the prior week's reading and spiritual exercises.
2. Setting the Stage: Developing an understanding of the week's theme and featured spiritual practice.
3. Taste and See: Experiencing together a spiritual practice that will lead to individual practice the following week, using the spiritual exercises for guidance.



### Note

Course Fee:  
\$20 per module  
For more information,  
please email  
DiscipleshipNurture@  
wesleymc.org



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### Synopsis

The resource covers a period of seven weeks: a preparatory meeting followed by six weeks of content:

Week 1: Beginning the Journey – Explores a definition of spiritual formation as a lifelong process of being shaped according to the image of Christ for the sake of the world.

Spiritual practice: Journalling, by each character encountering Jesus.

Week 2: Sharing the Adventure – Explores the adventure of life with God and the role of spiritual disciplines in helping us become more intentional on the path toward God.

Spiritual practice: Sharing our Faith Journeys.

Week 3: Bread for the Journey – Explores scriptural meditation as a powerful means of spiritual formation and nourishment for the journey.

Spiritual practice: *lectio divina* (meditating on scripture).

Week 4: Drink for the Journey – Explores prayer as a way to pay attention to the divine by “practising the presence of God” on the daily journey.

Spiritual practice: Breath Prayer, a way to pray without ceasing.

Week 5: Companions on the Way – Explores the gift of one another, learning how close attention to others helps us pay closer attention to God.

Spiritual practice: Holy Listening.

Week 6: Reaching Out in Love – Explores a way of noticing God’s presence in daily life that leads us beyond ourselves and into God’s call to reach out to the world.

Spiritual practice: Daily *Examen*.



# “THE WAY” SERIES

Information & Registration  
[www.wesley.sg/dn-signup](http://www.wesley.sg/dn-signup)

The success of the main Companions in Christ (CIC) programme has led the course originators to introduce several shorter modules, called “The Way” series. Each of these modules expands on the content of the original 28-week resource and uses the same basic weekly format, including reading a chapter and daily exercises for six days followed by a 2-hour meeting on the 7th day.

## Learning Outcome

In CIC, we explored the Christian spiritual life under five headings: Journey, Scripture, Prayer, Call and Spiritual Guidance. Each of “The Way” modules explore in greater depth some aspects of one of these 5 areas of spiritual life and practice.

Each module will start with a preparatory meeting followed by 5-10 weeks in course duration.



### Target Audience

Graduates of the main CIC programme.



### Duration/ Frequency

D&N hopes to introduce 3-4 modules a year, one module every 3 or 4 months.



### Format

Like the main CIC resource, the seven modules in “The Way” series have two primary components:

1. Individual reading and daily exercises throughout the week. The Participant’s Book will feature a weekly article that introduces new material and five daily exercises to help participants reflect on their lives in light of the article’s content. These exercises help participants move from information (knowledge about) to experience (knowledge of). An important part of this process involves keeping a personal notebook or journal in which participants record reflections, prayers, and questions for later review and for reference at the weekly group meeting. The time commitment for daily exercises is 20 to 30 minutes.
2. A weekly 2-hour meeting which include time for reflecting on the past week’s article and exercises, for moving into deeper experiences of spiritual growth, and for engaging in group experiences of worship.



### Note

Classes for “The Way” modules are only open to those who have successfully completed the main 28-week CIC programme.

Course Fee:  
\$20 per module

For more information,  
please email  
[DiscipleshipNuture@wesleymc.org](mailto:DiscipleshipNuture@wesleymc.org)



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### Synopsis

#### 1. JOURNEY

a. The Way of Grace (10 weeks)

This module brings you on a journey through central stories in the Gospel of John, through which you may identify with the grace received by each character encountering Jesus.

b. The Way of Transforming Discipleship (6 weeks plus a retreat)

This module is designed to help your small group explore and experience central elements in the journey of discipleship that follows the way of Jesus Christ. The aspects of discipleship that this resource explores include grounding our identity in our God-given belovedness, being mentored by Jesus Christ to befriend all of his followers, listening to the deep cries of pain and hope in our lives and in creation, experiencing the healing presence of God, and discovering genuine Christian community.

#### 2. SCRIPTURE

a. The Way of Blessedness (10 weeks)

A small-group resource that explores Jesus' first teachings from the Sermon of the Mount, commonly referred to as the Beatitudes. These teachings hold within them the key to realising God's joy-filled intent for us – to live the soul-deep gladness and satisfaction of our faith.

b. The Way of Scripture (8 weeks)

This module is designed to help you explore the nature of scripture and the ancient, time-tested practice of lectio divina.

#### 3. PRAYER

The Way of Prayer (11 weeks)

This module is designed to help you gain an expanded vision of the nature and practice of prayer, as well as to explore a variety of forms of prayer.

#### 4. CALL

The Way of Forgiveness (9 weeks)

This module is designed to help you explore Christ's call to live a forgiven and forgiving life. You will explore the movement from guilt, shame, and anger to forgiveness and reconciliation.

#### 5. SPIRITUAL GUIDANCE

The Way of Discernment (11 weeks)

This module explores perspectives and practices for personal spiritual discernment, along with several forms of small-group discernment. It falls under the general heading of Spiritual Guidance, although it also has close affinity with the category of Call.





## LECTURES | CORE SERIES

The Core Series consists of seven modules which help build a foundation in each one of us so that we can come to know our God and our Methodist roots. The modules can be covered concurrently, and they need not be done sequentially. Foundations are important. The more time we spend building our foundation properly, the more likely that we will be steadfast and not crumble, fall, or decay when faced with adversity in the long run.

"Therefore everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock. The rain came down, the streams rose, and the winds blew and beat against that house; yet it did not fall, because it had its foundation on the rock." Matt 7:24-25.

# ESSENTIALS OF PRAYER

Understand the basics of prayer and how to develop a meaningful prayer life.

Information & Registration

[www.wesley.sg/dn-signup](http://www.wesley.sg/dn-signup)

## Learning Outcome

1. What is prayer?
2. Understand why we pray
3. Know who to pray to
4. Know how to pray. Two common structures of prayer: The Lord's Prayer and ACTS
5. Roadblocks to Prayer.

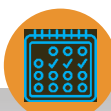
## Synopsis

This course seeks to cover the basics of prayer, different types of prayer, how to overcome hindrances to prayer and how to develop an effective prayer life.



### Target Audience

New believers and those who like to deepen in the areas of prayer



### Duration/ Frequency

3 hour workshop / Once a year



### Format

Lecture style with group activities

# HOW TO STUDY THE BIBLE?

Understand the basics of Bible reading

Information & Registration

[www.wesley.sg/dn-signup](http://www.wesley.sg/dn-signup)

## Learning Outcome

1. Understand the difference between devotional and exegetical reading of Scripture and why we need both.
2. Learn to use the free Bible study tools available on the web
3. Choose the right Bible version for your purposes
4. Discover the three simple steps to study the Bible inductively.

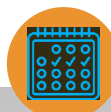
## Synopsis

Be Infused with the Essence of the Bible  
We can meet, encounter and interact with the Author of the Word in a routine and structured way. Live out God's Words and have a more fulfilling life when we understand His Words and discover the wisdom of God because Jesus said, "The words I have spoken to you – they are full of the Spirit and Life." (Jn 6:63b, NIV)



### Target Audience

New believers and those who like to refresh bible reading methods.



### Duration/ Frequency

3 hour workshop / Once a year



### Format

Lecture style with group activities



# DISCOVERING THE HOLY TRINITY

To appreciate the doctrine of Holy Trinity and its relevance in our life.

Information & Registration

[www.wesley.sg/dn-signup](http://www.wesley.sg/dn-signup)

## Synopsis

For many of us, the Trinity is a truly puzzling aspect of the Christian faith. Why are we taught to believe in one God, who exists in three persons (the Father, Son and the Holy Spirit)? How can someone who is one also be three? How do the three persons of the Trinity relate to one another? Where in the Bible is this teaching found? How did the Church come to affirm this strange belief?

Does this doctrine have any relevance to our practical life and ministry, or is it merely of historical interest for us today?

Come and explore these questions (and others) at this course. With God's help, we hope to come away with a greater understanding of how critical and relevant our belief in the Trinity is.

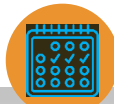
## Learning Outcome

To walk away with greater understanding of how relevant the Holy Trinity is to our faith journey



### Target Audience

All believers.



### Duration/ Frequency

3 hour workshop / Once a year



### Format

Lecture style with group activities

# WORSHIP AND SACRAMENTS

Understanding what worship and sacraments is and the rites in relation with worship.

Information & Registration

[www.wesley.sg/dn-signup](http://www.wesley.sg/dn-signup)

## Learning Outcome

Walk away having a deeper appreciation of what worship and sacraments means in our Christian faith.

## Synopsis

What is worship? Why do we worship the way we do in our services? What do the rites of baptism and Holy Communion teach us about the Christian faith?

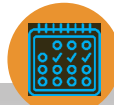
This course seeks to help participants develop:

- a basic theological understanding of two sacraments – baptism and Holy Communion
- a better appreciation of the associated rites in relation to our corporate worship and Christian life.



### Target Audience

New believers.



### Duration/ Frequency

3 hour workshop / Once a year



### Format

Lecture style with group activities



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# METHODISM

Understanding the basics of Methodism

Information & Registration

[www.wesley.sg/dn-signup](http://www.wesley.sg/dn-signup)

## Learning Outcome

Walk away with deeper appreciation of the history and doctrine of Methodism

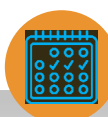
## Synopsis

This course seeks to be a primer for Wesleyans to understand and appreciate some of the basic Methodist doctrines and history, with an emphasis on why and how John Wesley had been burdened for Christian growth and his perspective on how one can go on to sanctification.



### Target Audience

All



### Duration/ Frequency

3 hours workshop / Once a year



### Format

Lecture Style with Q&A

# GOD'S HEART FOR THE POOR & NEEDY

Understanding God's heart for the poor and needy through the Bible.

Information & Registration

[www.wesley.sg/dn-signup](http://www.wesley.sg/dn-signup)

## Learning Outcome

Participants will be motivated and convinced about the need to reach out to the poor and needy in our society.

## Synopsis

"In the same way, faith by itself, if it is not accompanied by action, is dead." (James 2:17)

"You see that a person is considered righteous by what they do and not by faith alone." (James 2:24)

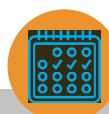
What does the bible say about the poor and needy?

Come and learn more about reaching out to the poor & needy here in Singapore and overseas.



### Target Audience

All believers.



### Duration/ Frequency

3 hour workshop / Once a year



### Format

Lecture style with group activities



# SHARING YOUR FAITH NATURALLY

Understanding the basics of evangelism in our Christian walk.  
Clarifying myths and learning skills on how to share our faith.

Information & Registration

[www.wesley.sg/dn-signup](http://www.wesley.sg/dn-signup)

## Synopsis

This course is a primer for Wesleyans to have a basic framework to share our faith with pre-believers. Evangelism may be daunting to us, Christians and pre-believers! Many of us have wrong perspectives about evangelism, resulting in fear of sharing our faith with pre-believers.

In this course, we will be:

- Debunking some of the common myths of evangelism
- Identifying pre-believer's Receptivity Levels and practical steps in each level
- Discovering evangelism styles according to our personality
- Sharing our life story (testimony) more authentically
- Sharing the salvation message through the Bridge Illustration

By the end of the course, participants will be confident to share the Christian faith authentically with non-threatening approaches.

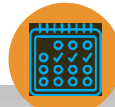
## Learning Outcome

Participants will be confident to share the Christian faith authentically with non-threatening approaches.



### Target Audience

New Believers / All



### Duration/ Frequency

3 hour workshop /  
Once a year



### Format

Lecture style with group activities.



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## LECTURES | CONTEMPORARY ISSUES

Within any era, there are always several critical issues of the society which must be biblically addressed by the church. These talks on Contemporary Issues are conducted to further equip us with biblical teachings to engage challenges to our faith posed by these societal issues.

# CONTEMPORARY ISSUES

Information &amp; Registration

[www.wesley.sg/dn-signup](http://www.wesley.sg/dn-signup)

This is a series of talks that aims to address the many important aspects of the Church and her ministry in the modern world. The Church – her nature, her mission, and her purpose – will be explored and juxtaposed with the challenges presented by modernism and post-modernism.

## Learning Outcome

Understand how these challenges may be met with theological integrity and commitment

## Synopsis

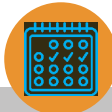
The topics are selected based on feedback from church members and in consultation with the church leadership. Here are topics that were discussed over the years:

- Man – Created or Evolved; Fact, Fiction & Forewarning
- Christianity, Judaism and Islam: Abrahamic Faith
- Has God Changed? Comparing God in the OT & NT
- The Bible and Homosexuality
- A Chinese Christian – Our Belief and Culture



## Target Audience

Christians who wish to equip themselves for effective ministry, to engage challenges to our faith posed by these societal issues.



## Duration/ Frequency

Periodical



## Format

Talks



## Note

Announcements will be made in Wesley Weekly and website. For more information, please email [DiscipleshipNurture@wesleymc.org](mailto:DiscipleshipNurture@wesleymc.org)



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## **TEACHING CLASSES**

# MID-WEEK TEACHING SERIES

Information &amp; Registration

[www.wesley.sg/dn-signup](http://www.wesley.sg/dn-signup)

Short teaching sessions to provide spiritual nourishment during the week.



## Target Audience

Anyone who wishes to take a break from day-to-day tasks to re-center on God's Word



## Duration/ Frequency

1 to 3 hours/Periodical



## Format

Lecture style / Interactive

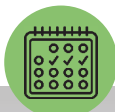
# WORD ALIVE!

To know God through study and application of Scripture.



## Target Audience

Anyone who would like to do in-depth bible study by book



## Duration/ Frequency

1 to 2 hours/Weekly



## Format

Lecture and facilitated small group discussion



## Note

For more information, please email [DiscipleshipNurture@wesleymc.org](mailto:DiscipleshipNurture@wesleymc.org)

## Word Alive! Weekly Bible Study Sessions

*Due to restriction during this season, please contact D&N office for more info.*

|                      |                                 |
|----------------------|---------------------------------|
| Ms Harriet Ponnappa  | Sunday at YMCA (9.30am-11.30am) |
| Dr Aw Swee Eng       | Sunday at YMCA (9.15am-10.15am) |
| Rev Dr Sudhir Isaiah | Wednesday at Church (8.30am)    |
| Mrs Yap Poh Khim     | Monday morning                  |
| Ms Cindy Chen        | Friday Night                    |



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# EQUIP

Information &amp; Registration

[www.wesley.sg/dn-signup](http://www.wesley.sg/dn-signup)

Theological training conducted by Trinity Theological College (TTC) to equip lay Christians, recognising the important roles that they play in our modern society.

## Learning Outcome

Course-dependent

## Synopsis

The courses offered:

- Issues in Christian Mission
- Cultural Anthropology
- Survey of Bible Doctrine
- Missio Dei: Historical & Holistic Perspectives
- Introducing World Religions
- Theology of Mission
- Old Testament Survey
- New Testament Survey
- Philippians
- Social Issues in the Minor Prophets
- Christian Witness in the World
- Missio Dei (or the Divine Mission).

Which include biblical, theological, historical and missiological modules.



### Target Audience

Christians who wish to equip themselves for personal growth and effective ministry, in overseas cross-cultural fields or Christian ministry.



### Duration/ Frequency

7 weeks/Quarterly



### Format

Lecture



### Note

EQUIP offers a Certificate and Licentiate programme for participants. These courses can be credited to the Certificate in Mission Practice and Certificate in Christian Ministry offered by TTC.

For details on courses and programs offered, please visit <https://ttc.edu.sg/english/study-at-ttc/equip/>



# COMPARATIVE CHART OF COURSES

| Courses            | Precept Upon Precept   | DISCIPLE   | Companions In Christ  | EQUIP (TTC)  | CORE Series  |
|--------------------|--|--|---|--|--|
| Nature of Course   | Inductive Bible Study (in-depth modular study on books of the Bible)             | DISCIPLE is an intensive four-phase program of disciplined Bible study aimed at developing strong Christian leaders for the purpose of transformation, not just information.   | A Small-Group Experience in Spiritual Formation   | Bible Studies / Doctrines / Christian Ministries           | Foundational Topics: <ul style="list-style-type: none"> <li>• Essentials of Prayer</li> <li>• How to Study the Bible               <ul style="list-style-type: none"> <li>• Discovering the Holy Trinity</li> </ul> </li> <li>• Worship &amp; Sacraments               <ul style="list-style-type: none"> <li>• Sharing Your Faith Naturally</li> <li>• God's heart for the Poor &amp; Needy</li> <li>• Methodism</li> </ul> </li> </ul> |
| Duration of Course | 12-16 weekly sessions per module (2 hrs per session)                             | 32-34 weekly sessions per phase  | 28 weekly sessions (2 hours per session)  | 7 weeks per module   | 3 hours  |
| Format of Course   | 1. Homework 3-4 hrs/week<br>2. Facilitated Class Discussion<br>3. Video Teaching | 1. Approx 3.5 to 4 hours per week of independent study and journaling. Daily reading of Bible and Study Manual. Min 30min each day.<br>2. Weekly group meetings of 2.5hrs.<br>3. Video presentation that draws on the work of biblical scholars.<br>4. Facilitated group discussions.<br>5. Daily practice of a weekly defined spiritual discipline. (D2)<br>6. Weekly observance of Sabbath. (D2)<br>7. Daily praying of a weekly Psalm. (D4) | 1. Facilitated weekly reflections and deeper exploration of spiritual disciplines in class<br>2. Daily homework 6 times a week<br>3. Group sharing & Accountability in a safe environment | Lecture-style teaching by TTC lecturers (reading required) | 1. Teaching by Pastors, Pastoral Staff or other speakers<br>2. No homework   |

# WORKSHOP

## DISCOVER YOUR SHAPE

Information & Registration

[www.wesley.sg/dn-signup](http://www.wesley.sg/dn-signup)

To understand how God has SHAPE'd His people uniquely to build up the Body of Christ, so that they will glorify Him and edify others.

### Learning Outcome

On completion of the workshop, participants will know their God-given SHAPE:

S - Spiritual Gifts

H - Heart

A - Abilities

P - Personality

E - Experience

as well as recommended areas for service in Wesley Methodist Church.



### Target Audience

Baptism and Membership candidates and anyone who wants to participate in the life of the church.



### Duration/ Frequency

3 hours/3 times a year



### Format

Part 1: Complete and submit an essential pre-course homework.

Part 2: Attend a three-hour teaching session

Part 3: Attend an interview session where a SHAPE interviewer will help to interpret your SHAPE results and recommend areas for you to exercise your spiritual gifts.



### Note

The workshop is conducted as part of Baptism and Membership Classes held at scheduled times during the year. Watch out for announcements in Wesley Weekly and website.

Please contact [shape@wesleymc.org](mailto:shape@wesleymc.org)



# RETREAT BREAKTHROUGH WEEKEND

Information & Registration

[www.wesley.sg/dn-signup](http://www.wesley.sg/dn-signup)

To provide a platform for Wesleyans to encounter God through His means of grace and have our hearts renovated with the aim of being spiritually transformed

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## Learning Outcome

In the process of a face-to-face encounter with God, participants will experience the love of God and the community. He/She will learn to confront his/her past, so as to replace the ungodly influences and habits with godly truths and habits to live a life that grows in Christ to love God and people.

Participants will learn to practise the means of grace which would predominantly focused on the following faith catalyst environments:

Spiritual Disciplines (D): Reading and Listening to Scripture, Prayer, and Worship

Spiritual Relationships (R): Holy communion (Sacraments) and Small Group (sharing our faith struggles and successes with each other)



### Target Audience

Anyone who desires to have a deeper relationship with God



### Duration/ Frequency

3 days 2 nights /  
Once a year



### Format

This retreat employs a variety of formats which include:

- Lectures
- Workshops
- Small Group Discussion
- Practice of Spiritual Disciplines and Personal Solitude.



### Note

For more information, please email [DiscipleshipNurture@wesleymc.org](mailto:DiscipleshipNurture@wesleymc.org)



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## WHICH COURSE IS SUITABLE FOR ME?

# Where are you in your journey of faith?

### GETTING STARTED

I believe in Jesus,  
and I am working on  
what it means to follow Him

I am participating  
in the life of the church

### GROWING DEEPER

My relationship with Jesus  
makes a difference in  
how I live my life.  
I am discovering  
how my life can make  
God's love real  
in the world

### CENTERING

Following Jesus  
is the most important  
thing in my life.  
My life is part of  
God's transformation  
of the world

## Justifying

## Sanctifying

We experience God's grace in new ways as we grow in relationship with Jesus

(Source: A Disciple's Path)

### Relationship Stage

### Courses

#### Getting Started

I want to know what it  
means to follow Jesus

I want to participate in the  
life of the church

**Core Series modules** aim to help  
new Christians and newcomers to  
Wesley in their journey of faith and  
integration with our church:

- Essentials of Prayer
- How to Study the Bible
- Methodism

#### Bible Studies

- DISCIPLE 1
- PRECEPT Upon PRECEPT
- Midweek Teaching Series

#### Going Deeper

I want to grow deeper in my  
relationship with Jesus

I want to discover how I can  
be God's blessing to the  
world

**Core Series modules** aim to help  
new Christians and newcomers to  
Wesley in their journey of faith and  
integration with our church:

- Methodism
- Discovering the Holy Trinity
- Worship & Sacraments
- Sharing Your Faith Naturally
- God's Heart for the Needy

- Discover Your SHAPE workshop
- Breakthrough Weekend

#### Contemporary Issues Seminars

#### Bible Studies

- DISCIPLE 2/3/4
- PRECEPT Upon PRECEPT
- Companions in Christ

#### Centering

I want to be in a intimate  
relationship with Jesus

I want my life to be part of  
God's transformation of the  
world

#### Breakthrough Weekend

#### Contemporary Issues Seminars

#### EQUIP Courses with TTC:

- Issues in Christian Mission
- Cultural Anthropology
- Survey of Bible Doctrine
- Introducing World Religions

#### Bible Studies

- DISCIPLE 2/3/4
- PRECEPT Upon PRECEPT
- Companions in Christ

