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| FMC  EQUIP: FAMILY LIFE GUIDE 2022 | KNOW GOD,  BUILDING FAMILIES WHO KNOW GOD  This guide provides information on courses to build families of faith. We seek to educate, equip and encourage families for their different life stages. |

Dear Faith Family,

EQUIP (Family Life Ministry) has reviewed several programmes and selected these anchor ones for the different life stages. It is our prayer that these programmes will enable you to know God in a more intimate way, His view on your role in your family and equip you to build families who know God.

May God lead you in applying what you have learnt to bring your family closer to Abba Father. Do continue to let us know how we can serve you to strengthen marriages and families.

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| **PARTICIPANTS’ PROFILE/**  **(COLLABORATING MINISTRIES)** | **PROGRAMMES** | **DATES/TIME** |
| Couples planning to get married | 1. The Marriage Preparation Course (MPC) | 5 weekly sessions -  Every Saturday from 12 March to 9 April 2022/ 1pm to 4pm (onsite) |
| Married Couples (SG/SJ/TTB/W&E) | 2. The Marriage Course (Alpha) | 7 weekly sessions -  This is a video-based programme. FL will brief Small Groups which are interested to run this programme. These groups can also invite pre-believer friends to join them for this programme. |
| Dads of Faith  (SG/SJ/TTB/D&N) | 3. The World Needs a Father (TWNAF) | 6 monthly sessions –  1st Thursday of the month (Jan to July 2022)/  8 pm to 9.30 pm (virtual) |
| Mums of Faith  (SG/SJ/TTB/D&N)) | 4. Heart of a Mother Experience@Faith (HOME) | 6 monthly sessions –  3rd Saturday of the month (Feb to July 2022)/  2 pm to 4 pm (hybrid) |
| Parents with children (0-10 years old) (SG//TTB/W&E) | 5. The Parenting Children Course | 5 weekly sessions -  This is a video-based programme. FL will brief Small Groups which are interested to run this programme. These groups can also invite pre-believer friends to join them for this programme. |
| Parents with Teenagers (11 – 16 years old)  (SG/TTB/W&E) | 6. The Parenting Teenagers Course | 5 weekly sessions –  This is a video-based programme. FL will brief Small Groups which are interested to run this programme. These groups can also invite pre-believer friends to join them for this programme. |

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|  |  | **1. The marriage preparation course(onsite)** |

**OBJECTIVE:**

MPC aims to help you understand marriage according to God’s design so you can be better prepared as you enter into this lifelong covenant with each other. At the end of the course, you will gain insights into the biblical principles and values of marriage, as well as your roles as husband and wife.

## **Who this course is for:**

Couples planning to get married or exploring the idea of sharing life together as husband and wife

## **What you will learn:**

1. **Session 1: Communication** (Sat 12 March 2022, 1pm – 4pm)
2. **Session 2: Conflict** (Sat 19 March 2022, 1pm – 4pm)
3. **Session 3: Commitment** (Sat 26 March 2022, 1pm – 4pm)
4. **Session 4: Connection** (Sat 2 April 2022, 1pm – 4pm)
5. **Session 5: Adventure** (Sat 9 April 2022, 1pm – 4pm)

Cost: US$ 31.50 per couple

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|  |  | **2. The marriage course (online)** |

**OBJECTIVE:**

To equip couples with tools and techniques to keep the spark alive and stay connected. There is no group work and each couple’s conversations are completely private.

## **Who this course is for:**

The Marriage Course is for couples who are seeking to strengthen their relationship. Some couples do the course to intentionally invest in their relationship, others are looking to address more specific challenges. Either way, the course offers essential tools and practical ideas to help you build a relationship that lasts a lifetime.

The Marriage Course is based on Christian principles but designed for all couples with or without a church background.

## **WHAT YOU WILL LEARN:**

1. Session 1: Strengthening Connection
2. Session 2: The Art of Communication
3. Session 3: Resolving Conflict
4. Session 4: The Power of Forgiveness
5. Session 5: The Impact of Family
6. Session 6: Good Sex
7. Session 7: Love in Action
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**Dates**: Weekly for 7 weeks (Small groups can work out their own schedule)

**Time**: 2 hour per week

**Family Life Advisor:** Wee Chor Keong, weeck01@yahoo.com.sg

*FEEDBACK FROM PARTICIPANTS ON THE MARRIAGE COURSE:*

*“We have been happily married for 24 years and are looking forward to celebrate our silver anniversary, the 25th year, soon! When we were invited to join the Alpha Marriage Course through Zoom organized by the Family Life Ministry, we took it as an opportunity to further enrich our marriage.*

*Upon signing up, we received a very nice gift pack consisting of the Alpha Marriage materials, a scented candle, yummy snacks and beverages. This was our “Date-Night starter kit” for the seven Alpha sessions. And indeed, the course helped us to reflect on our journey as a couple. Sharing our life as a couple was not just a collection of good memories and great experiences but also a reflection on life and how a couple can make the best out of it. The course helped us to appreciate what we have and not to look over the other side of the fence where the grass might seem greener.*

*We feel very blessed because we found in our marriage a place of solace, peace and romance. Life can be challenging but marriage can be an island of refuge and happiness. We highly recommend the Alpha marriage course because it will help couples to focus on what is really important in life. “* ***(Ingo and Anna)***

*“We both enjoyed the Alpha Marriage course and highly recommend it to all couples! For us, it was a very insightful and thoughtful journey into understanding one another, learning to communicate and listening to each other better.* ***“***

***(Samat and Mei)***

*“As we attended the Alpha Marriage course, we learned to share about each other’s needs which we seldom talk about. The course also encouraged us to listen and communicate deeper. Since then, we have also set aside more regular couple time. Learning to resolve conflicts as a couple and articulating our feelings better have also been very important. Indeed no one is perfect but surely God is at work in each one of us as we learn to love each other more.”* ***(Chun Huan and Morica)***

*“The program is very interesting, in particular the couple discussion part. Good refresher for us - such an encouragement to nurture our relationships. The written material (especially exercise and questions) is also super helpful to identify areas we should continue or improve. The course also encourages practical applications we can do together as a couple.”*

***(Edy and Febi)***

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|  |  | **3. The World needs a father ‘TWNAF’ (online)** |

**OBJECTIVE:**

Discover the depths of the issue of fatherlessness, and learn the basics of how to become part of the solution.

## **Who this course is for:**

1. The biblical principles taught in this course are relevant to men and women, but it will be particularly beneficial to men who are currently or would like to become **fathers**.
2. Anyone whose relationship with their father is or was less than ideal will find the content particularly worthwhile, as well as men who genuinely want to be the best father they can be.
3. Dads of Faith

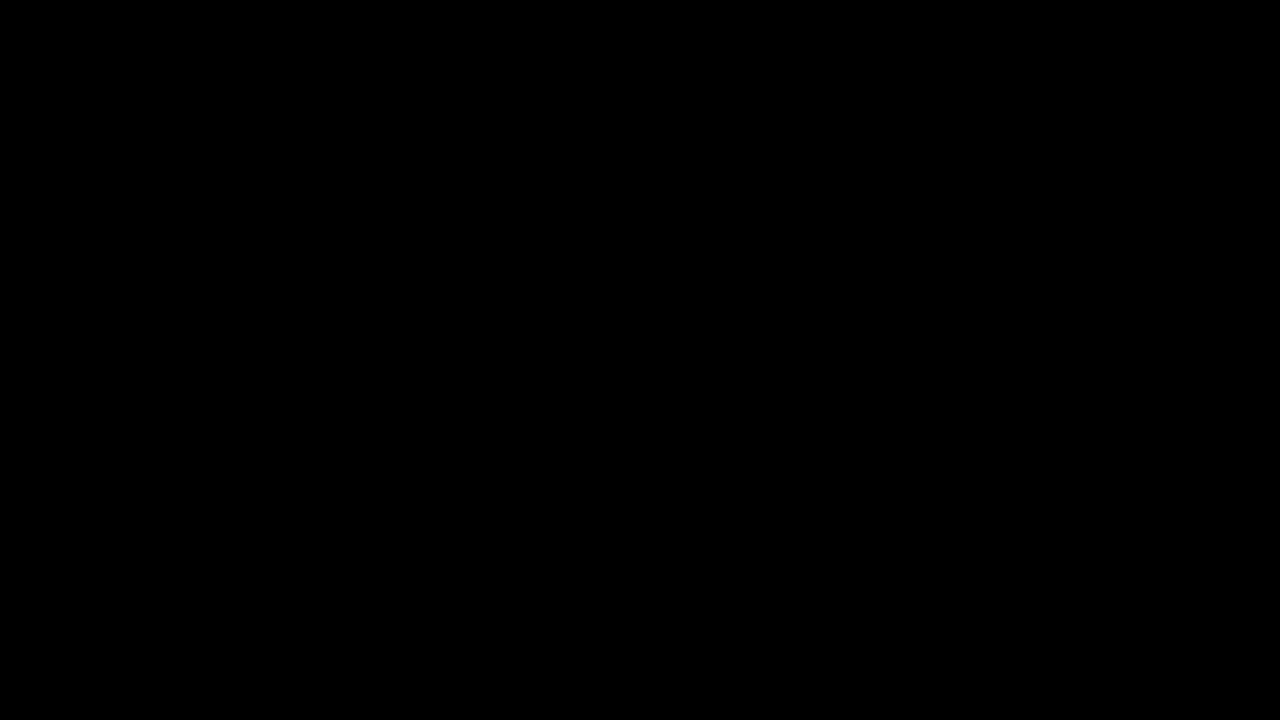
## **What you will learn:**

1. Understand the crisis manhood and fatherhood finds itself in.
2. Identify problem areas in their own lives, where fathering have left them wanting.
3. Recognise the associated pathology in society and how to link it to the fatherlessness problem of the world.
4. Explain to others what the biggest problem in society is and why it is necessary to address it.

## **TOPICS:**

1. Session 1: Satan Came to Earth (Thursday, 6 Jan 2022, 8.30 pm – 10 pm)
2. Session 2: The Cry of The Children (Thursday, 3 Mar 2022, 8.30 pm – 10 pm)
3. Session 3: Every Season Counts (Thursday, 7 Apr 2022, 8.30 pm – 10 pm)
4. Session 4: Wounds Revealed (Thursday, 5 May 2022, 8.30 pm – 10 pm)
5. Session 5: Real Fatherhood (Thursday, 2 June 2022, 8.30 pm – 10 pm)
6. Session 6: Moral Authority (Thursday, 7 July 2022, 8.30 pm – 10 pm)
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**Family Life Advisors**: John Woon [johnwoon333@yahoo.com.sg](mailto:johnwoon333@yahoo.com.sg) & Lionel Chan [lionel@syfc.org.sg](mailto:lionel@syfc.org.sg)

*FEEDBACK FROM PARTICIPANTS ON TWNAF COURSE:*

*Participants who attended these sessions, valued the facilitators’ personal sharing and the course content. The following is an extract of the participants’ feedback on what they valued about the programme:*

*“Personal sharing and God’s perspective”*

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| *“Personal sharing was really encouraging and the course content is good”*  *“Real life sharing’*  *“Very Impactful sharing from both speakers and the participants in my breakout group”*  *The participants also acquired practical handles on how to be a more present father to their children. It is indeed encouraging that fathers who attended the training would be working on these to be the father who brings heaven home:*  *“Be a servant father for my restored family”*  *“To apply forgiveness and unconditional love for our family”*  *“so many stories shared. Learn from others experiences and apply them to help build a better family”*  *“To be engaged at different phase of our children”*  *“Worship time with family”*  *“It’s not how you start but how you finish”*  *“The season chart - stop dwelling on the past wrongs but to move forward with the season and not to miss it.”*  *“Being sensitive to identify the cries and needs of the children.”*  *“Importance of being there for the kids”*  *“Even as a grandpa I can influence my grand-children”*  *Hear from Cassie Carsten, the Founder of TWNAF…* |

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|  |  | **4. The HEART OF A MOTHER EXPERIENCE@Faith** |

**OBJECTIVE:**

As the TWNAF seeks to equip fathers, the Heart of the Mother Experience @Faith seeks to prepare mothers to know God and His view on their role to partner their husbands in the parenting journey. Both parents can thrive to raise children who know God.

‘HOME @Faith’ aims to build safe spaces for mothers to come together and learn about God. They will be able to share their joys and struggles, and seek healing, wholeness, and fulfilment. This is a journey to speak to the hearts of mothers and bring out the best in them and their families.

## **Who this course is for:**

Mums of Faith

## **What you will learn:**

1. Know God
2. Know His view on the role of a mother
3. Know His view on the role of a wife
4. Know His view on the role of a daughter

## **TOPICS:**

Under ‘HOME’, mums will affirm and empower mums through the W.I.S.D.O.M Approach:

1. Session 1: The Worthy mum (Sat, 19 Feb 2022, 2pm – 4pm)
2. Session 2: The Intimate mum (Sat, 19 Mar 2022, 2pm – 4pm)
3. Session 3: The Supportive mum (Sat, 23 Apr 2022, 2pm – 4pm)
4. Session 4: The Developer mum (Sat, 21 May 2022, 2pm – 4pm)
5. Session 5: The Organising mum (Sat, 18 Jun 2022, 2pm – 4pm)
6. Session 6: Meet the mums (Sat, 23 July , 2pm – 4pm)
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**Family Life Advisor**: Alison Lim [alison010114@gmail.com](mailto:alison010114@gmail.com)

***FEEDBACK FROM PARTICIPANTS ON HOME:***

“Eye opening and a more deeper understanding about myself “

“Personally, the topics covered were all relevant to us even as we are all from different age group and have different life experiences. I particularly enjoyed the small group interaction. We were able to share Freely and honestly.”

“I truly enjoyed the learnings, sharing and connecting with other like-minded mothers. “

“Very positive. I felt greatly inspired and encouraged.”

“It was a positive experience due to the encouraging energy and pleasant personalities of all involved.

“revelational, warm, supportive, fun and encouraging “

“Refreshing and encouraging and timely reminder for me”

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|  |  | **5. The PARENTING CHILDREN COURSE** |

**OBJECTIVE:**

The Parenting Children Course was developed in 1990 by Nicky and Sila Lee (authors of [The Parenting Book](https://shop.alpha.org/product/147/parenting-book-nicky-and-sila-lee)) for parents and care-givers looking for practical support to strengthen their family relationships.

## **Who this course is for:**

The Parenting Children Course is for parents, step-parents, prospective parents or carers of children aged 0-10 years.

The course is for every type of parenting situation including parenting on your own, step-parenting and parenting as a couple.

The Parenting Children Course is based on Christian principles but designed for all couples with or without a church background.

## **What you will learn:**

The talk includes street interview, filmed clips of parents and children sharing their own experiences and advice from parenting experts.

## **topics:**

1. Session 1: Build strong foundations
2. Session 2: Meet your children's needs
3. Session 3: Set clear boundaries
4. Session 4: Teach healthy relationships
5. Session 5 :Consider your long term aim
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**Family Life Advisor**: Wong May Lin [gplwml@gmail.com](mailto:gplwml@gmail.com)

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|  |  | **6. The PARENTING teenagers COURSE** |

**OBJECTIVE:**

The Parenting Teenagers Course was developed in 1990 by Nicky and Sila Lee (authors of The Parenting Book) for parents and care-givers looking for practical support to strengthen their family relationships.

## **Who this course is for:**

**The Parenting Teenagers Course** is a series of five sessions designed to help any parent or parental figure of children 11 to 18 years old.

## **What you will learn:**

The talk includes street interview, filmed clips of parents and teenagers sharing their own experiences and advice from parenting experts.

## **topics:**

1. Session 1: Keep your long term aim in mind
2. Session 2: Meet your teenager's needs
3. Session 3: Set clear boundaries
4. Session 4: Develop emotional health
5. Session 5: Help them make good choices
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**Family Life Advisor**: Wong May Lin [gplwml@gmail.com](mailto:gplwml@gmail.com)