

FALL • AUG - DEC



# MeckInstitute COURSE CATALOG

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FALL • AUG - DEC

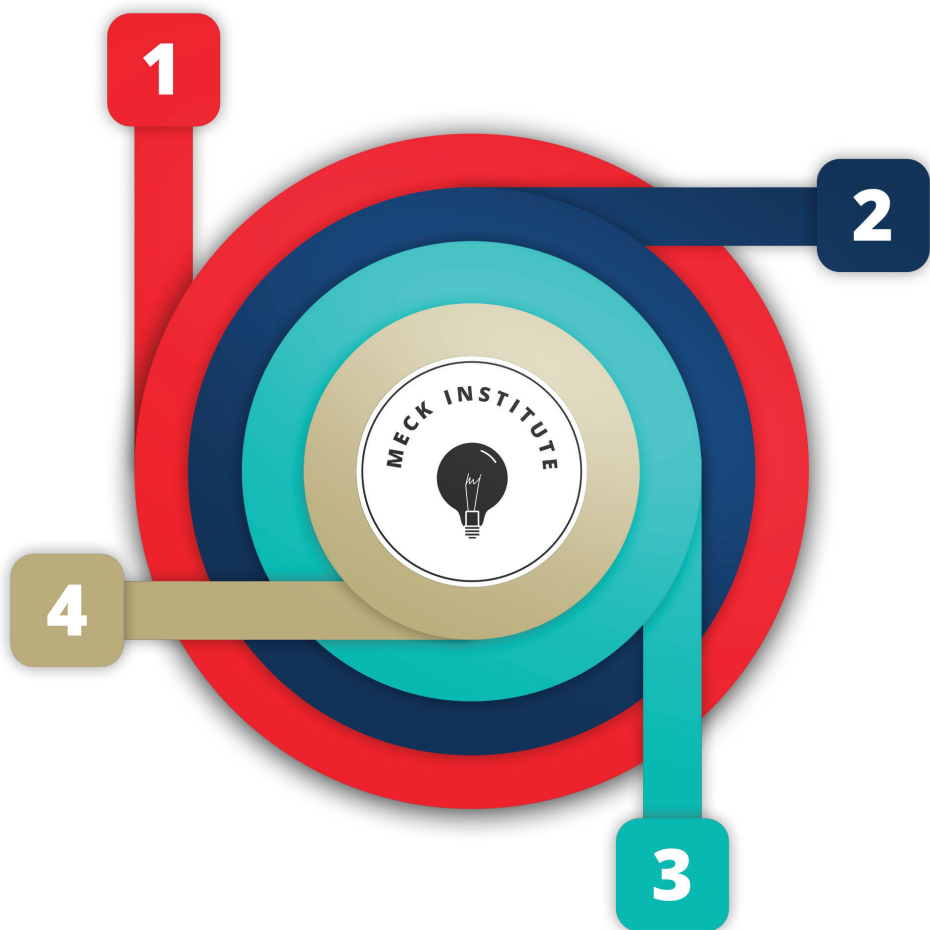
The Christian life is best thought of as a relational journey. As in most relationships, you get to know someone on a surface level before entering into increasingly greater depths of intimacy. The same is true of our relationship with God. We spend time (a little for some, a lot for others) “exploring” God and what He says about us before deciding to enter a relationship with Him and follow His lead. And then we spend the rest of our lives continuing to learn more about Him and allowing Him to transform us into the best versions of ourselves. And this all happens with the help, support and encouragement of others who are on a similar journey. Consider the Meck Institute as one of your sojourners – here to walk alongside you, support you and encourage you toward greater levels of understanding and commitment to God.

**Through classes, workshops, trips, mentoring and more, the Institute offers you a safe space to learn all about God, ask questions and develop a meaningful relationship with Him.**

Inside this catalog, you'll find the classes, trips and programs planned for the Fall of 2025. However, we're always adding new classes and opportunities, so to view the most updated list, be sure to visit **[mecklenburg.org/meck-institute](https://mecklenburg.org/meck-institute)** or the **Meck app**.

# THE JOURNEY

SO, WHAT DOES THE JOURNEY LOOK LIKE?



# 1

## EXPLORER

For those exploring the Christian faith or wanting to go back to the basics, we have created on-demand classes that introduce you to God and foundational Christian beliefs/practices. You can learn on your own time, at your own pace, commitment-free.

# 2

## ENGAGED LEARNER

While exploration is important, eventually you need to take the step of getting onto the path toward God. Engaged learners participate in live classes, learning alongside other students, with the coaching of knowledgeable and caring instructors.

### OPPORTUNITIES

- Live classes (in person and online)
- Immersive trips
- Family workshops and book studies

# 3

## MENTEE

Jesus modeled a way of life that involves learning from a mentor – someone further along in their spiritual journey than you who has wisdom to share and accountability to offer. The Institute wants to put mentors in your life who will help you grow.

### OPPORTUNITIES

- Spiritual Mentoring Program (mentee)

# 4

## MENTOR

While we never cease learning and growing, we do come to a point on the journey when we can look behind us and give guidance to those who are a few steps behind. Mentors get to cheer on others in their journey while still pursuing their own.

### OPPORTUNITIES

- Spiritual Mentoring Program (mentor)



## MECK INSTITUTE ON DEMAND

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You can grow with the Institute anytime, anywhere with our on-demand classes. Different from recordings of live classes, on-demand classes are specifically designed for an online audience, with the instructor speaking directly to you.

**We recommend that you begin with the Meck Institute Orientation video.**



### MECK INSTITUTE ORIENTATION

In this video, we unpack the vision of the Christian life, how to mature in faith and intimacy and how the Meck Institute can guide you in that process. Whether you're still exploring Christianity or you made the decision to follow Christ decades ago, this is a must-take class for everyone who is serious about the life change that should take place within a relationship with God.

### Offered on demand this semester:



### A WELL-ORDERED LIFE INTRO

This on-demand course serves as an introduction to "A Well-Ordered Life," which is a multi-year Institute study, comprising eight separate series through which we examine what it means for us to communally model our lives after Jesus in our modern context. In this video introduction, we unpack the concept of a Rule of Life, provide a roadmap of the eight series, and cast a vision for the role that a community might play in your journey.

*5 Sessions, Total Time: 48 minutes*



## **AFTER “I BELIEVE”**

The first step in entering a relationship with God is to declare, “I believe” – a proclamation of both trust and faith. But what comes next? This on-demand course is dedicated to answering that question

and helping Christians experience the full richness of a life led by God. If you recently said, “I believe,” this class will provide a roadmap for where you’re headed. If it has been ages since you said, “I believe,” this class will reorient you toward a Christ-filled life.

*10 Sessions, Total Time: 1 hour 34 minutes*



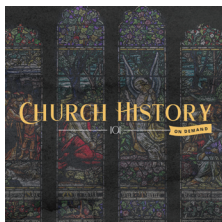
## **CHRISTIAN APOLOGETICS: DOES GOD EXIST?**

Nothing in the Christian faith makes any sense if God doesn’t exist. Regardless of heartfelt sincerity or spiritual sensibilities, if God doesn’t actually exist, then

Christianity is hollow. So can a convincing case be made for the existence of God? Can we really believe in Him beyond blind faith? In this apologetics series, we’ll explore the evidence for God and, if He does exist, what it might mean for us.

*Coming Soon*

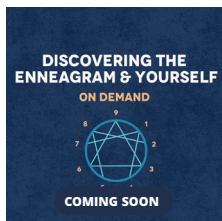




## CHURCH HISTORY 101

It has been said that history is walking back through time, listening to its better minds. For Christians, it holds even more significance as it charts not only the history of ideas but the history of the Christian movement. Through this course, taught by Senior Pastor Jim White, you will have history “come alive” through people and events, ideas and challenges, stories and revolutions. You will learn why we believe what we believe and come to understand our present moment with greater clarity. If you’re ready for a fast-paced 2,000-year ride, this course is for you.

*4 Sessions, Total Time: 2 hours, 49 minutes*



## DISCOVERING THE ENNEAGRAM AND YOURSELF

The Enneagram is an ancient personality model that is bringing new understanding and life-changing transformation to countless lives. Deeply spiritual in nature, it helps individuals identify the unique personality type that God has given them, which shapes the way we view the world, other people, and ourselves. If you’ve never looked into the Enneagram, now is the time. This on-demand class provides the perfect starting point for beginners and a roadmap for how to go deeper and wider with the Enneagram as you seek to discover more about yourself.

*7 Sessions, Total Time: 33 minutes*







## EXPLORING HOMESCHOOLING

You can go to an open house to find out more about a public, private or charter school but where do you go to find out more about homeschooling? In this on-demand class, Exploring Homeschooling aims to answer the real, practical questions many families have as they consider this education option. If you're a parent considering homeschooling you've probably wondered about things like: How do you choose curriculum? What about socializing your kids? How about sports? Is it expensive? How do I get started? Are there laws you have to follow? Why homeschool anyway? Join us as we explore the answers to these questions and more.

*7 Sessions, Total Time: 41 minutes*



## EXPLORING THE BIBLE

Can we trust the Bible? Is it still relevant to our lives? What is it about? How does it all fit together? And where do we even begin? All of these questions and more are answered in "Exploring the Bible", an on-demand class that takes you behind the text and into the most influential book ever written.

*7 Sessions, Total Time: 48 minutes*

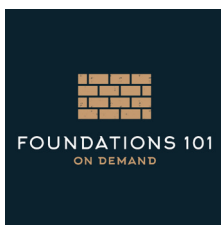




## **FACETIME: WHAT PARENTS NEED TO KNOW ABOUT TECHNOLOGY, SOCIAL MEDIA, VIDEO GAMES AND MORE**

Does your son or daughter have a smartphone? Or maybe a tablet? With access to more and more technology comes the world of social media, video gaming, YouTube and more. As a parent, it can be hard to keep up with, much less navigate, what platforms your kids are using these days. In this practical class, we'll introduce the most commonly used media outlets, explain the potential dangers of each, and give some practical suggestions on what you as a parent can do to help guide your kids.

*8 Sessions, Total Time: 2 hours 44 minutes*



## **FOUNDATIONS 101**

What is at the heart of the Christian faith? Who is God really and what does He want with us (if anything at all)? In Foundations 101, we lay the groundwork for what the Christian life is all about. This class strips God from our cultural context, from church tradition and from media portrayal to look at what He says about Himself and about us.

*5 Sessions, Total Time: 55 minutes*



## **GAME TIME**

You were made with a plan and a purpose and equipped with a unique combination of gifts, passions, personality and skills. Yet it sometimes can be difficult to figure out exactly how God wants to use you or what role you might play in His big adventure through the local church. Join us for Game Time to examine the person God made you to be and how you can make a real difference with your life.

*4 Sessions, Total Time: 33 minutes*



## LEARNING TO PRAY

For many of us, prayer is hard. We're not sure how to do it or if it even works, so we simply give up. If you've ever wrestled with prayer, you won't want to miss this class. We cover everything from what prayer is

to how to pray and whether it even works.

*8 Sessions, Total Time: 2 hours 4 minutes*



## MADE FOR MORE

The Bible paints an amazing picture of what it looks like to follow Jesus. Yet, so often, it can feel like we're not making much spiritual progress at all. The good news, though, is that the Bible gives us

the way forward. In this on-demand class, we'll explore various spiritual practices intended to help us grow and mature in our relationship with Jesus. We'll cover rest, time in the Bible, prayer, serving, and so much more.

*8 Sessions, Total Time: 1 hour 43 minutes*





## MONEY SEEDS

**(FOR HIGH SCHOOL AND COLLEGE STUDENTS):**

As you approach or are embracing financial independence, you might quickly learn that there's a lot more to money management than meets the eye.

In Money Seeds, we will walk through responsible and biblical financial practices such as budgeting, saving, investing and more. This is a class you won't get to take in school but that you absolutely need for the real world. Set your financial portfolio off on the right foot by starting with Money Seeds.

*5 Sessions, Total Time: 57 minutes*



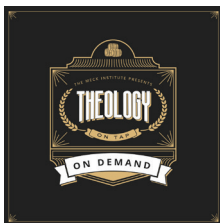
## SETTING SAIL: LIVING WITH PURPOSE

Kierkegaard famously said, "Life can only be understood backwards, but it must be lived forwards." Add ideas like "hindsight is 20/20," coupled with the fast pace of

life that leaves little room for thoughtful decision making, and we can often feel like our only option is to move through life and hope for the best. But what if you could develop a map of sorts that would guide you in the direction you wanted to go? In Setting Sail, we will look at how we might form a vision for our lives that will do just that.

Whether you are a young adult, in mid-life, or retired; whether you're single or married; whether you have a house full of children or you're an empty nester - this class will help you think through what God made you for and how you can get there.

*Coming Soon*

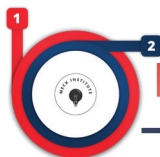


## THEOLOGY ON TAP

The word theology comes from the Greek words *theos* and *logos* and literally means “words about God.” In other words, talking about God. But when most people hear the term “theology” they think of it as something set aside for pastors who are attending seminary. But at its heart, theology has to do with the answers Christians give to questions people have about God and all things related to God. It’s attempting to speak Christianly about the great issues of life; it’s about having a biblical worldview; it’s about forming a Christian mind. In this on-demand class, Senior Pastor Jim White takes his seminary-level course on systematic theology and breaks it down in a way that anyone can understand. In his words, “Let’s pretend it’s just you and me, sitting down together having a pint and talking about theology.” In other words, this is going to be a theology discussion unlike any other, and we hope you’ll join us for it.

*7 Sessions, Total Time: 4 hours 48 minutes*





# ENGAGED LEARNER

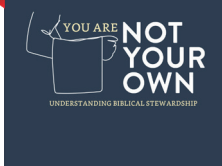
Ultimately, the Christian life is not simply the accumulation of knowledge about God. Instead, it's about letting that knowledge transform who we are so that we can draw closer to God and position ourselves to be changed by Him. One of the best ways to embody what you learn is by participating in community with others. Our live classes and workshops offer you the opportunity to talk about what you're learning, ask challenging questions, experience encouragement and accountability, grow as you explore others' perspectives, and meet some wonderful people in the process.

## LIVE CLASSES:

### "A WELL-ORDERED LIFE" STUDY

In this multi-year study, comprising eight separate series, we'll look at what it might mean for us to communally model our lives after Jesus in our modern context. By learning about the ancient practice of "Rule of Life", we'll find out how to live authentically spiritual lives in a way that doesn't feel restrictive, but rather provides freedom and an abundance of peace and joy. We'll learn how to move beyond good intentions to daily habits that result in transformed lives and a deeper connection to God.

NEW



### WHAT WE'RE STUDYING THIS SEMESTER: **You Are Not Your Own (Series #3)**

In the New Testament book of 1 Corinthians, the Apostle Paul tells the church in Corinth, "You are not your own." This is the foundation of the Christian concept of stewardship - the idea that all our resources and blessings belong to God but that we are meant to manage them on His behalf. So, what does that look like in a modern context? In 'You Are Not Your Own', the fourth installment of the 'A Well-Ordered Life' series, we will take four weeks to

explore four important gifts that God has given us - our time, our money, our bodies, and the Earth - and discuss how we can use them in ways that honor Him. The hope is for us to better understand (and live out) biblical stewardship, not as a checklist of do's and don'ts, but as a gift designed to partner us with our Heavenly Father.

of these books and learn how to properly interpret wisdom literature

*Five-Session Course, offered both in person and online*



## **BABY STEPS: BEGINNING THE PARENTING JOURNEY WELL** (FOR PARENTS OF NEWBORNS TO 18-MONTH-OLDS)

Congratulations on entering the wonderful adventure of parenthood! So, what exactly did you get yourself into? More importantly, what kind of parent does God want you to be? In this class, we focus on you as the parent – celebrating your call to be a mother or father and helping you to understand the spiritual impact that you will have on your child. And as your church, we'll walk you through all the ways in which we aim to support you as you seek to raise your child in a Christ-centered home. Together, we will help you dream big for your child and learn how to make those dreams a reality.

*Single-Session, Online Course (required for any family wanting to participate in the Baby Dedication ceremony)*

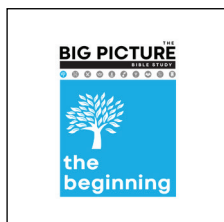




## THE BIG PICTURE BIBLE STUDY

### RECOMMENDED PREREQUISITE: EXPLORING THE BIBLE (ON DEMAND)

The Big Picture Bible Study is an in-depth, chronological study of the whole Bible. In its entirety, it comprises 10 separate studies spread out over a two-year time frame. Students can enter the Study at any time.



### WHAT WE'RE STUDYING THIS SEMESTER: **The Beginning (Series #1)**

You may think your story began a few decades ago, but to get at the heart of who you really are and what your purpose is, we need to go back to the beginning... to the very beginning. Join us for the first series in The Big Picture Bible Study for a five-week journey through the book of Genesis. We'll unpack themes such as: being made in the image of God, the theology of sin and its effects, the purpose of mankind, and the importance of a special covenant God made with a man named Abraham.

*5-Session Course, offered both in-person (with a live-streamed option) and online*

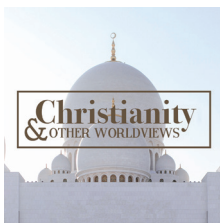


### **The Law (Series #2)**

When most people hear about God's Law, the Ten Commandments immediately come to mind. But the Law is so much more than that. In this second installment of The Big Picture Bible Study series, we'll spend five weeks diving into the origin of God's Law, the aspects of the Law that we rarely hear about, and what importance (if any) the Law has for our modern context.

*5-Session Course, offered both in-person (with a live-streamed option) and online*





## CHRISTIANITY AND OTHER WORLDVIEWS

In this year-long series, we'll discuss the core beliefs of various faith systems throughout the world. We'll talk about evaluating truth claims, we'll compare and contrast with Christianity, and we'll learn how to build bridges with adherents of other religions. This Spring we discussed Islam and Judaism. Then over the Summer, we tackled the Church of Jesus Christ of Latter-Day Saints and Jehovah's Witnesses. We'll wrap up with Eastern religions, contemporary spirituality and postmodernism in the Fall.

*Fall Series: Three-Session, Online Course*



## FINANCIAL SENSE REUNION COURSE

Whether you took Financial Sense or Financial Peace University recently or it has been a while, it's probably time for a refresher! When you're in the midst of the class, it can seem simple to stick to the plan, but when life takes some unexpected turns you can find yourself derailing without warning. In this reunion class, all Financial Sense and FPU grads are welcome to reconnect with classmates and teachers, review what you learned, learn tips for getting back on track, and more.

*Single-Session, In-Person Course*





## FINDING GOD AT THE MOVIES

Whether we watch them on the big screen or on small handheld devices, film plays a major role in the formation of our ideas and values. Most Americans spend about 3 hours a day watching TV. Not surprisingly, people's religious views depend heavily on the media they consume. In this 4-week, in-person class, we will focus on films exploring the efforts of Christians to spread the gospel throughout the world. As we watch clips from films such as "The Mission" and "End of the Spear," we will encounter questions that run to the heart of Christianity. How do we fulfill God's command to "go into all the world and preach the gospel"? What constitutes a "calling"? Why have missionary work and colonization often gone hand in hand? What role should humanitarian work (feeding the poor, teaching and training, and caring for the sick) play in missionary outreach? Should missionaries leave the field during times of crisis? How has the concept of missionary work changed over time?

*4-Session, In-Person Course*



## "GOD AT WORK" BOOK STUDY

"God calls us to the work we are doing. He's interested not only in what we do, but how we do it. Yet, finding purpose at work is one of the greatest challenges of our world today. Does my work matter to God? Is ambition good? How do I deal with failure? How do I make difficult decisions?" (Ken Costa, "God at Work") Join us for a 4-week book study to discuss these questions and more.

*4-Session, In-Person Course*



## HEALTHY CONFLICT

There are few words that elicit a more emotional response than the word “conflict.” Some love conflict and even go looking for opportunities to argue. Others get a sick feeling in their stomach at the very thought and avoid it like the plague. Conflict, though, is an inevitable part of life in this world of imperfect people. We frustrate, disappoint and even hurt one another. So, how do we navigate conflict in a healthy and helpful way? Does the Bible have anything to say on the matter? In this two-session, online workshop, we’ll define healthy conflict, explore a range of conflict styles, and walk through seven steps that will help us engage conflict in a way that’s marked by love.

*2-Session, Online Course*



## HOW TO INVEST

An important aspect of biblical stewardship is the way we handle the money that God entrusts us with. While there is often a lot of talk about budgeting, saving, and staying out of debt, there tends to be little discussion about how we might approach investing in a godly way. We invite you to join us for a 90-minute class in which we’ll unpack biblical investing and answer your questions about stocks, bonds, annuities, 401(k)s, cryptocurrencies, and more.

*Single-Session, In-Person Course*



## MARRIAGE PREP

Marriage Prep is a course designed to help couples get ready, not just for the big day but for a lifelong, Christ-centered marriage. If you are planning to be married by a Meck pastor, Marriage Prep is a required part of our premarital process. However, we encourage any engaged couple to participate.

*6-Session, In-Person Course*



## RECLAIMING CHRISTMAS

Christmas and the weeks leading up to it mark a spiritually significant time, and yet that significance can be easily lost amid shopping lists, winter events, and traditions. Finding ways to celebrate Christmas intentionally can be difficult. If you have been searching for ways to add purpose and meaning to your Christmas season, the practice of Advent might be what you are looking for. Join us to learn more about the tradition of Advent, misconceptions we have about it, and how it might look to start implementing it this season in your own Christmas celebration. You'll also get a chance to browse several books, resources and activities that might work well for you.

*Single-Session, Online Course*



## TEAM LIFE

Ready to join the team at Meck? Take Team Life. Learn more about Meck: where we've been, where we're headed, and the mission, vision and values that make us unique. This place is full of people from so many different spiritual backgrounds. So, whether you're new to church or have been attending for years, join us for Team Life and discover the heart of Meck and what it means to be a member of the team.

*Single-Session Course, offered both in-person and online*

## FOR MEN ONLY A SPECIAL WORKSHOP

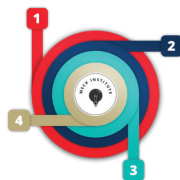
### BEING AN INTENTIONAL FATHER

Saturday, September 6 | 9-11 a.m.

SEMINAR WITH  
JIM WHITE



As a follow-up to the wildly popular series of seminars taught this Spring by Senior Pastor Jim White, we've invited him to teach again in September on the topic of fatherhood. With 4 children, 16 grandchildren and nearly 40 years of experience as a father, he's eager to share what he's learned along the way as he's sought to parent his children in a God-honoring way. He'll discuss the unique roles that fathers play in the lives of their children, what we can learn from God as Father, and how to overcome some of the challenges that keep fathers from fully living out their calling. This men-only seminar will afford you the unique opportunity to learn from Pastor White and connect with other fathers at Meck.



# MENTEE AND MENTOR



## OVERVIEW :

The Christian life is a life of transformation. The apostle Paul described it this way: “Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!” (2 Corinthians 5:17, NIV). And yet this life change doesn’t happen in isolation. Instead, God delivers us from a life enslaved to sin and into a community of fellow believers who can encourage us, support us and keep us directed toward Him.

The Institute’s Spiritual Mentoring Program allows participants the opportunity to target specific areas of spiritual growth they hope to pursue and then develop them within the context of biblical community.

This program is perfect for any Christ-follower who wants to mature their relationship with God, connect with others with similar goals, and who is willing to learn from a mentor’s guidance and accountability.

## STRUCTURE :

Participants are placed in small groups (3-5 participants or couples) under the direction of a volunteer spiritual mentor. While the mentors are not professional counselors or sinless examples, they have walked a similar road and are able to provide the wisdom of experience, hindsight and reflection. Additionally, they serve as guides, helping participants seek God's counsel to become aware of opportunities for growth, establish a strategy to achieve specific goals, identify obstacles that might derail one's focus, and keep participants focused on God throughout the process. Specifically, mentors are available in the areas of:

- Marriage
- Parenting
- Spiritual Formation

The Spiritual Mentoring Program is structured with monthly meetings spread over the course of seven months. We offer a Spring Rotation (from March through September), as well as a Fall Rotation (from September through March), combining one-on-one and group meetings.

## PARTICIPANT EXPECTATIONS :

In addition to attending the monthly meetings, participants are expected to complete personal reflection assignments and preparation exercises throughout the program. Participants are required to apply for the program and will be selected based on suitedness and availability. For marriage and parenting mentoring, both spouses must be present unless in a single-parent home. If selected, participants will receive training and more specific details about the program. Mentor and mentee applications will be accepted from August 12, 2025 to February 7, 2026 for the Spring Rotation.

**Questions? Email [meckinstitute@mecklenburg.org](mailto:meckinstitute@mecklenburg.org)**

# MeckInstitute FAQ

## GENERAL

### **Are classes only for people who attend Meck?**

No! Meck Institute classes are open to anyone and everyone to attend. Some classes are age-specific (noted in the class description); otherwise, there are no restrictions. In fact, we encourage you to invite friends, family, coworkers, etc. to attend with you.

### **How much do classes cost?**

Most classes are completely FREE. Only a handful of classes require a small fee to cover material costs.

### **What supplies do I need to take a class?**

Most of our classes will have an accompanying workbook, which will be provided for you. You'll have the option when you register to have yours emailed to you as a PDF, shipped to you, or you can pick it up at Meck's campus in Charlotte.

### **Are classes in person or online?**

Both. We offer in-person, live streamed, online and on-demand classes. The format of each class is indicated in the class description. Here's an easy breakdown:

- In person classes take place live in a physical classroom at Mecklenburg Community Church.
- Live stream classes also take place live in a physical classroom at Meck, but you can choose to attend virtually.
- Online classes are live but exclusively online, with the teacher joining you in the virtual classroom.
- On demand classes are pre-recorded and available for you to access at any time.

### **What does it mean to attend a class via live stream?**

When in-person classes feature a live stream viewing option, the teacher will be in a physical classroom with in-person students, but you can opt to participate in class virtually. You'll be able to ask questions and take part in group discussions, but from the comfort of your home (or wherever you are).

### **I registered for a class, but I can no longer make it. What should I do?**

No worries! Life happens, and we get that. Simply email [meckinstitute@mecklenburg.org](mailto:meckinstitute@mecklenburg.org) to let us know you cannot make it.

### **Do you have any volunteer opportunities within the Meck Institute?**

We sure do! We have opportunities for teachers, class moderators, content developers, administrative support, and more. Email [meckinstitute@mecklenburg.org](mailto:meckinstitute@mecklenburg.org) to find out more.



# MeckInstitute FAQ

## IN-PERSON CLASSES

### **Do you offer childcare?**

Sometimes. If you attend an in-person class on a Sunday, you can utilize MeckKidz for your children while you're in class. For weekday classes, we offer childcare for most of our parenting classes.

## ONLINE CLASSES

### **Are the online classes live or pre-recorded?**

Most classes are live unless designated as "on-demand." We believe that learning takes place best within community, and live classes provide a great atmosphere for meeting new people and forming meaningful relationships. Additionally, you'll be able to chat with the instructor and receive feedback in real time. If you're not comfortable attending live, or if your schedule doesn't afford you that option, you can always register and wait until the class recording is available a few days after the live class takes place.

### **Will I be on video?**

While we encourage everyone to have their camera turned on during class, it's not mandatory in our adult classes. We do, however, insist on having cameras on for our children's classes as an additional security measure. But don't let the camera be a deterrent to your participation. The atmosphere of our online classes is casual, so feel free to wear your pajamas, eat dinner while participating, and even have your cat join you for class as well.

### **Do I need to download any software?**

Not unless you want to. We utilize Zoom for our online classes, and you can attend a class through your web browser without downloading any additional software. However, to access the full functionality of Zoom, we encourage you to download the desktop app on your computer or the Zoom app on your phone. Once you click on the classroom link (which you'll receive via email), you'll be prompted to download Zoom if you haven't already. If you don't wish to, simply select "ignore", and you'll be able to access the meeting through your web browser.

### **Can I access class recordings?**

You sure can! A few days after class, you'll receive an email with the class recording. You'll be able to watch it as many times as you'd like for three months.



So...what are you waiting for?

REGISTER TODAY.

[mecklenburg.org/meck-institute](https://mecklenburg.org/meck-institute)



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Meck app

