

FALL

COURSE

CATALOG

| 2022

Meck
Institute

The Christian faith is defined not by a ton of rules and regulations, but by a person: Jesus Christ. And getting to know Him and cultivating a transformative relationship with Him is the goal of the Christian life. But oftentimes, that's easier said than done. It can be a struggle to understand what we read in the Bible about God, or we can often wonder what relevance God has to our everyday lives. Wouldn't it be great to have a place where you could get your questions answered, learn to engage with the Bible and grow spiritually?

WELL, THERE IS!
It's called the Meck Institute.

Through classes, workshops and discussion groups, the Meck Institute offers you a safe space to learn all about God and how to develop a meaningful relationship with Him. And that's true whether you're kicking the tires of Christianity for the first time or you've called yourself a Christian for decades.

While you're welcome to take whatever classes most interest you, we've developed two pathways of study to help guide you: a Major in Discipleship and a Minor in Family. Each route has core classes and elective classes that provide you with an easy roadmap for learning. While some classes are prioritized over others for each pathway, every class is designed to help you know God better and develop your relationship with Him. With everything from finances to marriage, biblical studies to raising kids, you'll receive a robustly diverse education in the topics that matter most in life.

If you're new to the Meck Institute and haven't watched the Training Camp orientation video, we suggest you start there. This video casts a vision for where you're headed in your relationship with God and how to get there.

IN ADDITION TO LEARNING A TON ABOUT GOD AND KICKSTARTING YOUR SPIRITUAL LIFE, THERE ARE OTHER PERKS TO TAKING MECK INSTITUTE CLASSES:

- Most of them are completely FREE!
- All classes are taught by trained, knowledgeable instructors.
- Classes are offered in a variety of formats: in-person, online live and on demand.
- You'll meet other great people while learning about God.
- Anyone can attend!

Inside this catalog, you'll find the semester syllabi and course descriptions. However, we're always adding new classes, so to view the most updated list, be sure to visit **mecklenburg.org/classes** or the **Meck app**.

REGISTRATION IS REQUIRED, SO PLEASE REGISTER ONLINE OR ON THE MECK APP.

MAJOR IN DISCIPLESHIP

When you study the life of Jesus and His disciples, you see a beautiful balance of intentional Bible study and community learning. Jesus encouraged Christ-followers to unleash God's leadership into every area of their life, including relationships, finances and our inner world. Because of that, we have designed our Major in Discipleship program to reflect a well-rounded education with six core classes and then your choice of electives. But be sure to start with the "Training Camp" video to help you orient yourself for this journey.

INSTITUTE ORIENTATION: (START HERE)

- ☐ TRAINING CAMP

CORE CLASSES: Take all

- ☐ AFTER "I BELIEVE"
- ☐ EXPLORING THE BIBLE
- ☐ FOUNDATIONS 101
- ☐ GAME TIME
- ☐ LEARNING TO PRAY
- ☐ THEOLOGY ON TAP

ELECTIVE CLASSES:

APOLOGETICS AND EVANGELISM:

- ☐ CHRISTIANITY AND OTHER WORLDVIEWS (*Spring 2023*)
- ☐ EVANGELISM IN THE MODERN WORLD 101
- ☐ EVANGELISM IN THE MODERN WORLD 201

THE BIBLE:

- ☐ HOW TO STUDY AND INTERPRET THE BIBLE
- ☐ KEEP READING: THE RISE & FALL OF KING DAVID
- ☐ "THE BIG PICTURE" BIBLE STUDY SERIES (*Spring 2023*)

CHRISTIAN GROWTH:

- ☐ DISCOVERING THE ENNEAGRAM AND YOURSELF
- ☐ MADE FOR MORE
- ☐ THE PURPOSE AND PRACTICE OF PRAYER (*Spring 2023*)

THE CHURCH:

- ☐ ALL IN: EXPERIENCING A NEW KIND OF COMMUNITY
- ☐ TEAMLIFE

FINANCES:

- ☐ MONEY GOD'S WAY
- ☐ MONEY SEEDS (for high school and college students)

MINOR IN FAMILY

God designed the family to be the cornerstone of relational institutions, but keeping a biblical focus in your marriage and your parenting can be challenging. We designed the Minor in Family track to help you understand God's full vision for your family and to experience it in the everydayness of life. Since marriage is the foundation of the family, we suggest you begin with one of our Marriage Core classes. Then, if you have children, move on to our Parent Roadmap classes that are meant to guide you as parents from the time your children are in the cradle to the time they launch into the world.

MARRIAGE CORE CLASSES:

- ☐ **ENGAGED COUPLES:** MARRIAGE PREP
- ☐ **MARRIED COUPLES:** ROOTED: FOUNDATIONS OF A STRONG MARRIAGE

PARENT ROADMAP:

- ☐ BABY STEPS: BEGINNING THE PARENTING JOURNEY WELL
(Newborns to 18 months)
- ☐ SETTING SAIL: PARENTING WITH PURPOSE (Ages 0-4)
- ☐ GROUNDED: DISCIPLINING WITH WISDOM & GRACE (Ages 2-6)
- ☐ THE FAITH-CENTERED FAMILY: NAVIGATING THE ELEMENTARY YEARS
(Ages 5-7)
- ☐ FACETIME: WHAT PARENTS NEED TO KNOW ABOUT TECHNOLOGY,
SOCIAL MEDIA, VIDEO GAMES & MORE (3rd-6th Grade)
- ☐ MIDDLE SCHOOL MAYHEM: UNDERSTANDING YOUR TWEEN
(5th-7th Grade) *(Spring 2023)*
- ☐ PREPARE TO LAUNCH: PARENTING FUTURE ADULTS (10th-12th Grade)
(Spring 2023)
- ☐ EMPTY NEST, WHAT'S NEXT?: RECLAIMING A CHILD-FREE HOME
(Post High School) *(Spring 2023)*

ELECTIVE CLASSES

- ☐ EXPLORING HOMESCHOOLING
- ☐ RAISING MONEY-SMART KIDS *(Spring 2023)*

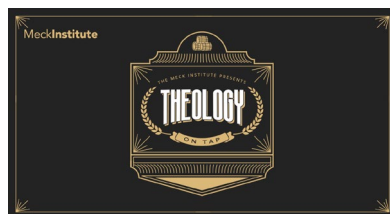
ADDITIONAL PARENT RESOURCES

- ☐ CONNECTION CRATES (PARENT-LED DISCIPLESHIP KITS)
- ☐ "MOMS WHO READ" BOOK CLUB

MECK INSTITUTE ON DEMAND

Now 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. After you register for an on-demand class, you'll receive a class link and a password, giving you access to the video classes and a workbook.

Offered on demand this semester:



MAJOR IN DISCIPLESHIP

CORE CLASSES

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.

On-Demand Course

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”, a 4-week class that takes you behind the text and into the most influential book ever written.

4-Session Course

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. Whether you’re in exploration mode or a devout follower of Christ, we all need to learn the essence of why we were created and if there really is a supernatural God. 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.

Single-Session Course



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.

Single-Session Course

LEARNING HOW 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'll cover everything from what prayer is to how to pray and whether it even works.

On-Demand Course

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 a theology discussion unlike any other, and we hope you'll join us for it.

On-Demand Course

MAJOR IN DISCIPLESHIP

ELECTIVE CLASSES

APOLOGETICS AND EVANGELISM

EVANGELISM IN THE MODERN WORLD 101:

Jesus commissioned all Christ followers with the joy and responsibility of sharing the good news about God's salvation and grace with other people. So why do many of us find this to be so difficult? Fear, insecurity, intimidation - all of these can be boundaries, not to mention the difficulty of navigating the changing beliefs of culture and biblical truth. In this class, you'll confront the barriers that are keeping you from sharing about Jesus and practically learn how to navigate conversations of faith.

2-Session Course

EVANGELISM IN THE MODERN WORLD 201:

This follow-up course to Evangelism in the Modern World 101 gets into various methods and strategies of sharing the Christian message with others. You'll learn how to share your personal story, employ question-based evangelism, share your faith with those in your own household, use digital mediums, and more. This class emphasizes the importance of knowing your audience and having a variety of different methods in your toolbelt so that you can be prepared to meet others where they are and engage them in a way that is meaningful to them.

2-Session Course



THE BIBLE

HOW TO STUDY AND INTERPRET THE BIBLE

God has given us the Bible as the greatest instruction manual of all time, entirely inspired by God and filled with truth and life. And yet the truth of the Bible is not for us to individually decide; rather, we're to discover it by learning to read the Bible on its terms instead of our own. In this class, we'll take a shallow dive into biblical hermeneutics (the science of biblical interpretation) so that we can learn how to properly read and interpret the Bible. We'll discuss the steps to effective Bible study, the basic principles of interpretation, suggested resources, and practical study tips.

3-Session Course

KEEP READING: THE RISE & FALL OF KING DAVID

Most people are familiar with the story of David and Goliath. But what's less familiar is what happened to David after that famed battle. In this 4-week study, offered at separate times for men and women, we'll take a look at the rollercoaster of David's life while learning a lot about temptation, repentance, restoration, and even parenthood. And we'll get a bird's eye view of God's constant love amid the highs and lows of life.

4-Session Course

CHRISTIAN GROWTH

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.

On-Demand Course

MADE FOR MORE

Have you ever tried to put together a 1,000-piece jigsaw puzzle without looking at the picture on the box? If you haven't, don't! It's maddening. If you don't know where you're going, you don't know where to begin or how to make any sort of progress. That's kind of how growing in your faith can feel sometimes. We don't know where we're going, so we really don't know where to begin or how to make progress. What kind of people are we trying to become? What is the picture on the box? In this class, we talk about the picture God has in mind for us and His plan for getting us there. We'll talk about how to begin living the full lives God intended for us.

4-Session Course

THE CHURCH

ALL IN: EXPERIENCING A NEW KIND OF COMMUNITY

We often make the mistake of assuming that a relationship with God is a private affair. Instead, nothing could be further from the truth. In this unique class, you'll be grouped with a handful of other students to simultaneously learn about Christian community while experiencing it yourself. We'll talk about the role that God designed us to play within the Church, the process of discipleship and mentoring, enjoying biblical friendships, the responsibilities that Christians have to one another, and more. Our hope is that this class connects you more intimately with others as you learn together about God's vision for the Church.

6-Session 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

FINANCES

MONEY GOD'S WAY

Jesus talked about it more than prayer. He also talked about it more than faith. Why would Jesus put such an emphasis on money? Does He want us to be rich? Does He want us to give everything away? Wherever you are with money, this class is designed to put a new perspective on the topic so you can learn what it means to manage money God's way. We'll unpack budgeting, debt management, insurance, investing and more in a practical, yet biblical way.

Single-Session Course

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.

On-Demand Course

MINOR IN FAMILY

MARRIAGE CORE CLASSES

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 Course

ROOTED: FOUNDATIONS OF A STRONG MARRIAGE

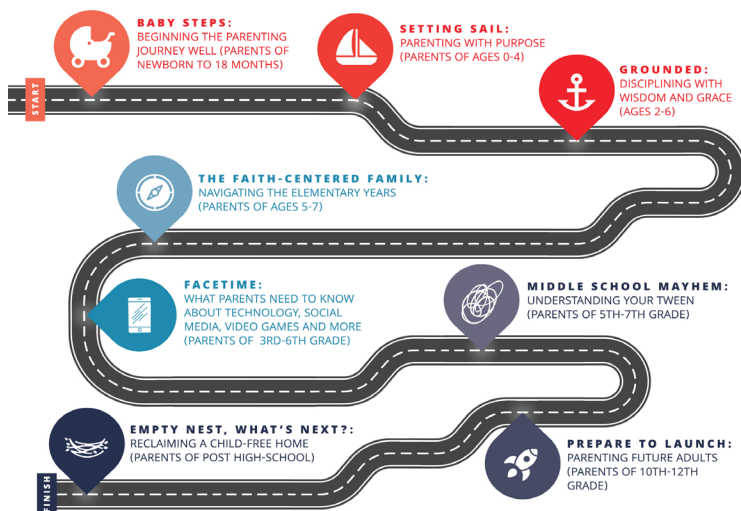
Marriage is an incredible gift. Nevertheless, when the honeymoon ends and the rest of your life together begins, it takes time and intentionality to keep your marriage strong. How do you navigate conflict? How do you demonstrate love and respect? How do you balance your time? In this course, we'll talk about how to build a marriage with such deep roots that when the trials and challenges of life come your way, your relationship will stand firm.

3-Session Course



MINOR IN FAMILY

PARENT ROADMAP



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 Course (required for any family wanting to participate in the Baby Dedication ceremony)

SETTING SAIL: PARENTING WITH PURPOSE

(for parents of children ages 0 to 4 years old)

So much of parenting seems like a matter of survival: getting through each day, providing our kids with their immediate needs and trying to stay sane in the process. Rarely do we ever stop to consider the biblical goal of parenting, the big vision that helps us orient our daily decisions. Without that vision, we merely float around the water instead of ever reaching a destination. In this course, we'll examine God's vision for parenting and how we can take practical steps to see that vision come to life in our families. You'll also get hands-on practice by creating a physical display of your family's mission and values. Once you have the correct target on the wall, each day of parenting will be missional, purposeful and fulfilling.

2-Session Course

GROUNDING: DISCIPLINING WITH WISDOM AND

GRACE (for parents of children ages 2-6)

Did your sweet little angel just talk back to you? And was that an eye roll you just witnessed? When it comes time to disciplining our kids, parents can often find themselves facing a crisis of approach. While we might all agree that discipline is necessary, knowing exactly when and how to discipline can be much less clear. In this class, we go to the Bible to learn God's view of discipline and how it can and should be used as an instrument of love and learning.

4-Session Course

THE FAITH-CENTERED FAMILY: NAVIGATING THE

ELEMENTARY YEARS (for parents of children ages 5-7)

You've made it to the elementary years! It's time to take a breath, to celebrate and to plan for what the next couple of years are going to look like for you and your child. In this date-night class, you and your spouse (or supportive friend) will enjoy a catered dinner in The Grounds as you toast your progress and hear from some parents who are a bit further along in the journey about what's in store once school is part of the picture. You'll learn about how to make the most of the time you have with your kids, how to navigate your child's friendships, and how to keep faith at the center of your family.

Single-Session Course

FACETIME: WHAT PARENTS NEED TO KNOW ABOUT TECHNOLOGY, SOCIAL MEDIA, VIDEO GAMES AND MORE (for parents of children in 3rd-6th grade)

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 extremely 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.

On Demand with Live Q&A

MIDDLE SCHOOL MAYHEM: UNDERSTANDING YOUR TWEEN (for parents of students in 5th-7th grade)

It's no surprise that the middle school years are some of the most challenging years for both students and parents. It's a time of transition (physical, emotional and spiritual), and navigating that transition can be difficult at times. This class will help parents understand the changes their child is going through and how to come alongside them in a supportive and grace-filled way. We'll also talk about safeguarding your student from temptation, building their faith and adjusting methods of discipline.

Coming Soon

PREPARE TO LAUNCH: PARENTING FUTURE ADULTS (for parents of students in 10th-12th grade)

It can be hard to believe that your once toddler is now almost an adult! In no time, they'll be launched into the world and making decisions on their own. But until then, you have a bit more time to prepare them (and yourself) for that transition. In this panel-style class, you'll hear from Robby Smernoff, the director of Meck's high-school ministry, as well as some parents who have been-there, done-that with their college-age children. Together, they'll give you unique insight into what your children are facing in high school, and how you can stay involved as their parent in the areas that matter most.

Coming Soon

EMPTY NEST, WHAT'S NEXT?: RECLAIMING A CHILD-FREE HOME (for parents of adult children)

You did it! You survived the sleepless nights, the send-off to elementary school, the acne-faced and smelly middle school years, and the dreaded teenage years. Now is a time to celebrate! In this final Parent Roadmap class, we invite you to let your hair down and joyfully reflect on all that you have experienced and accomplished as a parent. We'll also spend some time discussing how you can reconnect with your spouse, set healthy boundaries with your adult children, and explore what God has next for you.

Coming Soon

MINOR IN FAMILY

ELECTIVE CLASSES

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 90-minute 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.

Single-Session Course

RAISING MONEY-SMART KIDS

Have you ever wondered if you're making a meaningful impact on your kids' lives financially? When they leave the nest, are they going to be ready to fly? We believe that the Bible imparts significant wisdom in this area. Combine biblical principles and real-world knowledge and you get this class. We want to share with you what some of the best Christian minds are thinking about how to raise money-smart kids. The schools won't teach this to your kids. They likely won't learn it on their own. Join us for this class... your kids will thank you later and your "empty nest" will remain empty. Parents with children from pre-K to high school are encouraged to attend.

Single-Session Course



MINOR IN FAMILY

ADDITIONAL PARENT RESOURCES

CONNECTION CRATES

The Meck Institute and MeckKidz have partnered together to create “Connection Crates,” carefully crafted activity boxes that are designed to empower parents to be the primary disciplers of their children. Studies consistently show that parents are the most important spiritual influence in a child’s life, and Connection Crates are designed as a helpful tool that parents can use as they teach their children about God.

While each Connection Crate is unique, they each contain lessons and activities that parents can lead their families through. They’re designed with jittery kids in mind (so think lots of hands-on activities and videos), and yet they contain biblical lessons that even parents can learn from.

We’ve literally made these lessons as simple as opening a box, so order one today at mecklenburg.org/connectioncrates.



**SCAN TO ORDER
OR FIND OUT MORE**

MOMS WHO READ BOOK CLUB

Many women experience a drastic decline in their reading life once they become moms. And yet reading is often exactly what we need as we seek to feed our minds, grow in empathy for those around us and escape into places outside the laundry room. If you’re a mom who loves to read, or who hopes to reinvigorate your reading life, check out this monthly book club exclusively for moms.

Monthly

MeckInstitute

FAQ

GENERAL

Are classes only for people who attend Meck?

A: All of the Meck Institute live 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. There are, however, a few on-demand classes that are exclusively for Meck attenders (noted in the description).

How much do classes cost?

A: 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?

A: 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?

A: Both. We offer in-person, online and on-demand classes. The format of each class is indicated in the class description.

What are on-demand classes?

A: On-demand classes are recorded class that you can watch anytime, anywhere. Different from recordings of live classes, on demand classes are specifically designed for an online audience, with the instructor speaking directly to you. After you register for an on-demand class, you'll receive a class link and a password, giving you access to the video classes and a workbook.

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

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

Do you have any volunteer opportunities within the Meck Institute?

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

I have a question that I don't see on this list. Who can I contact?

A: Simply shoot us an email at meckinstitute@mecklenburg.org, and we'll get back to you promptly.

MeckInstitute FAQ

IN-PERSON CLASSES

Do you offer childcare?

A: 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?

A: 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?

A: 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?

A: 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?

A: You sure can! A few days after each class, you'll receive an email with the class recording. You'll have 90 days to watch it as many times as you'd like.



So...what are you waiting for?

REGISTER TODAY.

mecklenburg.org/classes



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