

# EQUIP COURSE CATALOGUE

PRESENTING EVERYONE MATURE IN  
CHRIST

<sup>11</sup> So Christ himself  
gave the apostles, the prophets, the evangelists,  
the pastors and teachers, <sup>12</sup> to equip his people for works of service,  
so that the body of Christ may be built up <sup>13</sup> until we all reach unity in the faith and  
in the knowledge of the Son of God and become mature,  
attaining to the whole measure of the fullness of Christ.

<sup>14</sup> Then we will no longer be infants,  
tossed back and forth by the waves,  
and blown here and there by every wind of teaching and  
by the cunning and craftiness of people in their deceitful scheming.

<sup>15</sup> Instead, speaking the truth in love, we will grow to  
become in every respect the mature body of him who is the head, that is, Christ.  
<sup>16</sup> From him the whole body, joined and held together by every supporting ligament,  
grows and builds itself up in love, as each part does its work.

Ephesians 4:11-16



# Introduction

The second part of DUMC's mission is "to disciple every believer into maturity in Christ and to be effective in the service of God".

In line with that, Equip, the equipping ministry of DUMC, seeks to help believers grow in their Christian convictions and conduct, and to equip every member to contribute to the community life of the church and Malaysian society.

Our raison d'être is drawn from Ephesians 4:11-16, where the goal is to for the body of Christ to be built up. We seek to initiate, strengthen, encourage and resource every effort made in DUMC toward that goal of Christian maturity in God's people.

Courses and programmes offered by DUMC seek to serve people at various levels of Christian discipleship, from the seeker contemplating the Christian faith (Alpha) to building Christian foundations (Level 1); from Christians growing in Christian service (Level 2) to mature disciples working to impact their world through leadership (Level 3). These programs include Bible Studies and Spiritual Retreats that together help to facilitate a life in Christ through study and prayer.

This brochure describes the classroom and small group courses offered by Equip. You may work through three systematic levels of growth with our Equip Progress Logs. Scheduled dates, fees and registration information can be found at [dumc.my/equip](http://dumc.my/equip).

We trust that you will find these courses helpful in your journey toward maturity in Christ and greater effectiveness in the service to our God!

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# ALPHA

Alpha is a 15-session practical introduction to the Christian faith designed primarily for non-churchgoers. The course also serves as a refresher course for existing churchgoers and those who have lapsed in their faith.

Alpha explores the basic foundations of the Christian faith. The course involves eating together, followed by watching a video and discussing the topic of the video in small groups. It is a great way to be able to ask those questions you may have always wanted to ask, like, "Did Jesus really exist?", "Why pray?" and "Why God?" You will also get to meet great people and have a laugh or two every week!

Please refer to the website [dumc.my/alpha](http://dumc.my/alpha) for the latest information on Alpha.

## Level ONE Christian Foundation

### Christian Living 101 (CL101) My New Life

Done

When you receive Jesus Christ into your life as your Lord and Saviour, you begin your new life, just as the Bible says, "Therefore, if anyone is in Christ, he is a new creation; the old has gone, the new has come!" (2 Corinthians 5:17) This course has been designed to help you along the early steps of your new life in Christ. Together with other new Christians, you will learn how to relate to your Heavenly Father and your new family in Christ. Topics include:

● My Father God ● My New Friend ● My Time With God – Listening  
● My Time With God – Praying ● My New Family ● Following Jesus My Lord ● Living A Holy Life

NOTE: This course is strongly recommended for all who are new to the Christian life.

## Basic Christianity 101 (BC101) Basic Doctrine 1

Done

Biblical doctrines are as important to a Christian as roots are to a tree. From them, we draw our emotional stability, our mental food for growth, as well as our spiritual energy and perspective on life itself. By understanding the basic tenets of our faith, we equip ourselves to live the life that God has designed for us. We will not be easily tossed about by every false wind of teaching nor be easily discouraged by the storms of life.

You will discover vital life-impacting truths about:

- The Bible
- God the Father
- Jesus Christ
- The Holy Spirit
- Sin and Salvation
- The Church
- The Sacraments
- Last Things

NOTE: Completion of this course is a pre-requisite for baptism and/or membership in DUMC.

## DUMC 101 (DU101) An Introduction to DUMC

Done

Each local church is different from another. These differences may be subtle or obvious. Sometimes the differences are minor; other times, they can be significant.

In this class, you will be introduced to Damansara Utama Methodist Church or DUMC. You will hear about how the church came to be, who the leadership was and is. You will learn about the convictions of the DUMC leadership and understand better the what's, the why's and some of the how's of DUMC's key distinctives – e.g. a cell church.

NOTE: Completion of this course is a pre-requisite for baptism and/or membership in DUMC.

## Baptism and Membership Encounter Weekend (BMEW)

This Weekend is designed for you to come face to face with God and His Word in a deep and enriching way. It also helps you to confront your past and to become aware of any negative influence upon your life. You will then be able to make choices to walk in greater freedom

Done

and to plan, in faith, for a better future. We seek to help you with the following:

- Be sure of your salvation.
- Experience genuine repentance.
- Break chains that bind you to the past.
- Receive emotional (inner) healing.
- Receive & experience the fullness of the Holy Spirit.

NOTE: Participation in this encounter weekend is a pre-requisite for baptism and/or membership of DUMC.

## **Prayer 101 (PR101)** The Lord's Prayer

Done

The Prayer Course has been designed to help Christians go deeper in their relationship with God and to unlock the power of prayer in their lives. The aim is that you will get better at talking to God, better at listening to Him through six interactive sessions for small groups based on The Lord's Prayer, covering topics such as intercession, dealing with disappointment, learning to listen and spiritual warfare.

NOTE: This course is best done following Christian Living 101.

## **Bible 101 (BB101)** Understanding the Bible

This is an introductory course exploring the unique nature of the Bible as an ancient document as well as God's living and active Word to us today.

Done

Topics covered include:

1. "The Big Picture" – This is a brief history of events from Genesis (Creation) to Revelation (The End of Time).
2. The historical periods and geography of the Old Testament
3. How to understand the Old Testament books of law, history, poetry and prophecy.
4. The history and literature of the Intertestamental Period.
5. The historical periods and geography of the New Testament (Palestine during the time of Jesus).
6. How to understand the New Testament books e.g. the gospels, the epistles, etc.
7. Important places that will facilitate your understanding of the Bible.

It is recommended that this course be done following Prayer 101.

## Evangelism 101 (EV101) Simple Evangelism (Type-A Evangelism)

Done

Do you squirm at the mere thought of going up to someone and sharing the gospel with him or her? Or worse still, when an opportunity to witness presents itself, you just do not know where to start or what to share?

This course provides many practical handles to get you started on being a witness for Jesus in your network of relationships (oikos).

These are the people you meet on a regular basis, for example, your relatives, friends and colleagues.

You will be taught how to ● share your personal testimony ● present the gospel using the John 3:16 diagram ● lead someone to accept Christ ● evaluate people's spiritual readiness ● discover your circle of witness

## Level TWO Equipped to Serve

### Basic Christianity 201 (BC101) Basic Doctrine 2

This course is a continuation of the introductory study on the basic doctrines of the Christian faith. In Basic Christianity 101, the following were taught in class sessions – The Bible, God the Father, Jesus Christ, The Holy Spirit, Sin and Salvation.

In this course, the following topics will be explored and discussed:

- Angels – What are angels and where do they come from? What are the characteristics and activities of good and evil angels?
- Mankind – How did man come into existence? What is his nature and what makes him different from the other creatures?
- The Church – What is meant by the word “church”? How did it begin and what does it do?
- The Future – What are God’s plans for the future of all creation? What are the end-time events? Am I ready for the Lord’s return?

NOTE: BC101 is a pre-requisite for this course.

## **Christian Living 201 (CL201)** The Beatitudes

Dietrich Bonhoeffer has described the Sermon on the Mount as the “Gospel in the Gospel.” The Beatitudes which opens the Sermon provide a guide for living the faithful and full Christian life. This course will explore the meaning and implications for the Christian life of Jesus' most beloved of teachings. What does it mean to follow Jesus as a Disciple? The Beatitudes give a picture of the character of the true people of God, those who are a part of his kingdom and have the full blessings of the kingdom to look forward to. Taken together they give the picture of the perfect disciple of Christ who is the heir of the promises.

This is a teacher-led group Bible study of the eight Beatitudes of Jesus.

## **Bible 201 (BB201)** Bible Study Principles 1

God’s Word, the Bible comes to us in 66 books, originally written in Hebrew and Greek, by more than 40 authors spanning a period of about 1,600 years. Not only this, but also a variety of literary forms were used – history, law, poetry, songs, letters, etc. This opens up many possibilities for the modern reader to misinterpret the message



of the Bible. Can we then be able to read and understand the Bible for ourselves? This is not as impossible as it appears.

In this course, you will enjoy learning three simple but very important steps in doing Bible study:

- Observe – Find open and hidden facts in the text.
- Interpret – Find the message the writer wants to convey.
- Apply – Find the relevance of God's message for you today.

NOTE: Bible 101 is a pre-requisite for this course.

## Prayer 201 (PR201) Sacred Rhythms

Done

Drawing on the imagery of the natural rhythms of the created order, this course explores the practices that spiritual seekers and growing disciples have used throughout history to grow closer to God. In a similar way, the disciplines of the spiritual life are the basic components of the rhythm of intimacy that feeds the soul, keeping Christians open and available to God's surprising initiative in their lives.

In six sessions, this course will guide you in a way that links the disciplines of the Christian faith to the most compelling desires of the human soul. Each session offers teaching (video and live) and spiritual guidance on specific practices, allowing you to experience each discipline and incorporate it into your life.

## Ministry 201 (MN201) Finding Your Fit

Done

Are you growing into the person God wants you to be? Have you discovered God's will for your life? One of the major factors in discovering God's plan and purpose for you is this – knowing your spiritual gifts and how to use them in ministry. The Bible tells us that every believer is endowed with spiritual gift(s) given by the Holy Spirit. Fulfilment, joy and a sense of purpose and significance come as we use our gifts and function in the way God intends us to.

Section I of this course helps you understand the purpose and nature of spiritual gifts as well as how to discover your own personal giftings. (Note: In order to discover your giftings using the tool we will provide, you need to have been involved in ministry for at least a year.)

In Section II, you will make exciting discoveries about personality types and how they affect the way you work, study, play, make decisions, handle relationships and plan your life. Through doing a personality test, you will be able to understand yourself and others better. Most importantly, you will learn to recognise places where you will fit in – as an active and significant member of the Body of Christ.

## **Ministry 202 (MN202)** Moving in the Gifts of the Spirit

Done

The Holy Spirit is given to everyone who embraces Jesus as Saviour and Lord. With the Holy Spirit comes spiritual gifts given to the individual believer for the strengthening of the Body. The exercise of different spiritual gifts by different ones is meant to complement one another to the glory and praise of our Lord Jesus Christ. The impartation of these spiritual gifts is the prerogative of the Holy Spirit – He gives to every believer as He determines.

In this module, we will examine together the different facets of spiritual gifts found in the Bible. We will also learn how to release words to strengthen one another in our walk with the Lord.

NOTE: Ministry 201 is a pre-requisite for this course.

## **Spiritual Warfare 201 (SW201)** Victory in Jesus Christ

The apostle Paul states that “our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.” (Eph 6:12, NIV) Though the term ‘spiritual warfare’ is not found in the Bible, it is clearly biblical.

□ Done

This course seeks to equip participants to minister with authority and confidence in the Lord Jesus Christ. We will look into the biblical basis of spiritual warfare and examine the different practical aspects of ministry in which we are engaged in spiritual warfare.

NOTE: Successful completion of both Prayer 101 and Ministry 202 is a pre-requisite to attending this course, due to the nature of the subject.

## Christian Leadership 201 (CP201)

We believe that every Christian has the potential to be a leader in the area of his or her gifting and calling. If we have a willing and obedient heart, God will mould us into the kind of leader he wants us to be. However, leadership in the kingdom of God is radically different from leadership in the world. Christian leaders pattern themselves after Jesus Christ and other biblical leaders in love, humility, servanthood as well as spiritual authority, among many other important qualities.

□ Done

This course will examine key principles of Christian leadership drawn from the Scriptures, with special emphasis on the lives and ministries of those great men and women who had been called to serve the living God. You will learn to apply these precious truths to your own life, relationships and ministry settings whether at home, in the workplace, in church or wherever the Lord leads you to serve.

Whether you are a new or experienced leader, Christian Leadership 201 will renew your passion, enlarge your vision and prepare you for the dynamics and challenges of Christian leadership in today’s complex world.



# Level THREE

## Equipped to Lead

### Basic Christianity 301 (BC301) Basic Apologetics

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The apostle Peter urged his readers to give a reason for the hope that is within them. In a day when even the concept of truth is questioned, Christians need to give reasons for the truth of historic Christian faith.

This course aims to equip the Christian to respond to key questions such as:

- Does absolute, universal truth exist?
- Is it possible to know that God exists?
- How reliable is the Bible?
- Is Jesus really the only way?
- Why does a loving God allow suffering?

### Bible 301 (BB301) Bible Study Principles 2

Done

This course brings us on a journey of discovering the nature of the Bible, exploring the various theories of Bible translation and investigating how these factors influence the task of interpreting Scripture. Particular attention will be given to understanding the New Testament epistles and the Old Testament narratives, both of which are commonly read portions of the Bible. Learning to interpret the Bible accurately is a precious investment for our spiritual growth and a great impetus for developing a lifelong passion for the study of God's Word.

NOTE: Bible 201 is a pre-requisite for this course.

### Ministry 301 (MN301) Basic Counselling Skills (People-Helping Skills)

Life is difficult... as the saying goes. The storms of life assail us or those we know in the form of life-threatening illnesses, death of loved ones, relationship conflicts, extramarital affairs, marital and family

breakdowns, teenage rebellion or addictions and so on. Such situations often take us by surprise, leaving us feeling confused and helpless.

“Can you help me?” As friends, relatives or cell/ministry leaders, people look to you for help, comfort and support when in crisis. Questions may arise in your minds, “What if I don’t know what to say?” “What if I say or do the wrong thing?” “What if I hurt instead of help?” These are all valid questions. However these questions are about doing something. We need to recognize that just being with someone and listening to him or her without judgment or prejudice is the most valuable gift we can give to our friend in need. It is also the most basic thing we learn to do as people-helpers.

This brief course will give you the basic handles to get started in your personal development as a people-helper; giving love, support and care to those in need.

NOTE: Completion of Level 1 and a recommendation by Zone Leadership is required for this course.

## **Christian Leadership 301 (CL301)**

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Following on from Christian Leadership 201, this course will examine key principles of Christian leadership drawn from the Scriptures, with special emphasis on the lives and ministries of those great men and women who had been called to serve the living God. You will learn to apply these precious truths to your own life, relationships and ministry settings whether at home, in the workplace, in church or wherever the Lord leads you to serve.

NOTE: Christian Leadership 201 is required for this course.

## **Spiritual Formation 301 (SF301)**

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A transformation of the heart is the goal every Christian must desire after and strive for if his/her walk with God is to be taken seriously. However, there is no shortcut to this cultivation of the inner life. Well-known author Richard Foster comments, “If we are expecting one or two worship services or study groups a week to change us, it will never happen. The whole object of the exercise is to walk with God through our days and through our nights.”

The practice of the spiritual disciplines is the pathway toward true inner spiritual transformation, which is more than about merely doing good “Christian” things. On a deeper level, it is about being changed from the inside out so that we can live abundant and joyful lives for the Lord.

“The soul and the body make a man; the Spirit and discipline make a Christian.” John Wesley

## **BIBLE STUDIES**

### **Bible Study**

Using the inductive Bible study method, we learn and practice how to exegete (draw out), extracting what the Bible is saying in an objective and systematic way. We do this through giving people tools and skills to help observe the text, dig out the meaning, and then apply it to their lives. Thus, Inductive Bible Study enhances the exegesis (explanation and interpretation) process by enabling one to read the Bible for more impact, value, and significance. In practice, we first examine the ideas and words of the text; this then leads to the meanings and interpretations, and then to the conclusions and applications.

These inductive bible studies are usually held over 3 months and would require a minimum of 4 hours of homework a week.

### **Thematic Study**

The objective of the thematic studies is to understand what it means biblically to be Christian and how we live out that understanding. The topical studies are usually video-led discussions.

# **SPIRITUAL RETREATS**

A spiritual retreat is a special time and space set aside to allow us to take stock of our lives spiritually, physically and emotionally in light of our God and Creator. The extended time and space (often 3 days and 2 nights) allow us to be refreshed and renewed.

A retreat turns ordinary time into graced time that can renew, challenge and redirect us. A change of pace allows us to become physically more still and cease our busyness for a while. In this deeper stillness, we begin to glimpse what is happening at the deeper levels of our being.

Such retreats usually integrate times for silence, solitude, meditation on scripture, personal reflection, journaling, prayer, listening to God and rest.



**dumc.my/equip**  
**equip@dumc.my**  
**@2019**