

FALL • AUG - DEC



MeckInstitute COURSE CATALOG

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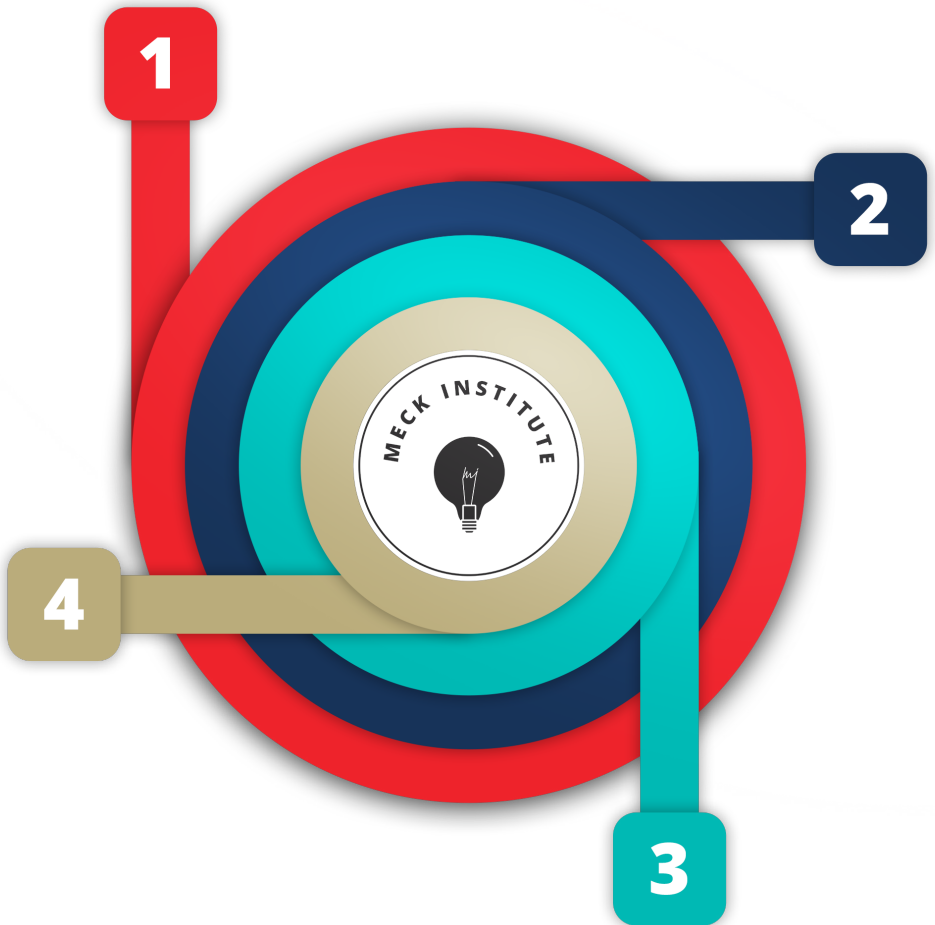
The Christian life is best thought of as a relational journey. As in most relationships, you get to know someone on a surface level before entering into increasingly greater depths of intimacy. The same is true of our relationship with God. We spend time (a little for some, a lot for others) “exploring” 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 2026. However, we're always adding new classes and opportunities, so to view the most updated list, be sure to visit **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.

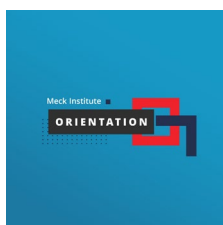
OPPORTUNITIES

- Spiritual Mentoring Program (mentor)

MECK INSTITUTE ON DEMAND

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.

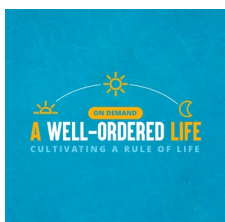


MECK INSTITUTE ORIENTATION

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:

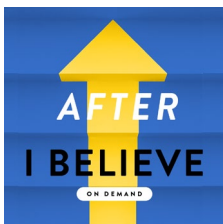


A WELL-ORDERED LIFE INTRO

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

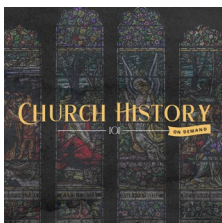


CHRISTIAN APOLOGETICS: DOES GOD EXIST?

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.

4 Sessions, Total Time: 54 minutes

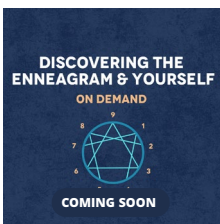


CHURCH HISTORY 101

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.

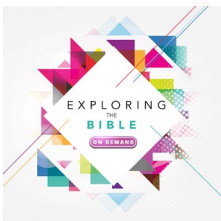
7 Sessions, Total Time: 33 minutes



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

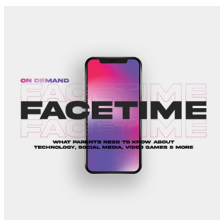


EXPLORING THE BIBLE

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.

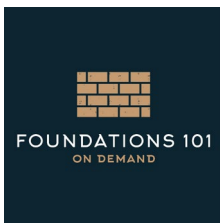
7 Sessions, Total Time: 48 minutes



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

NEW

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



PRAY WITHOUT CEASING

(A WELL-ORDERED LIFE SERIES #2):

In this class, we'll explore the multi-faceted nature of prayer; namely, how it allows us to abide in God, listen to Him, speak with Him, and be changed by Him. In this deep-rooted yet practical class, we will unpack some of the mysteries of prayer while practicing it for ourselves and with others. We hope this class serves as the beginning or the continuation of your own rich and personal prayer life with God.

10 Sessions, Total Time: 1 hour 56 minutes



REMEMBER THE SABBATH

(A WELL-ORDERED LIFE SERIES #1):

Contemporary society values productivity and a hustle-and-grind lifestyle. Rest, play and relaxation are generally thought of as either rewards to earn or marks of laziness to avoid. And yet "Remember the Sabbath" are words God gave us in the Ten Commandments - a command for us to rest and play. But why? What if the command to remember the Sabbath holds the key to experiencing a truly healthy rhythm of life and a fuller understanding of our place in this world? This on-demand class explores what Sabbath can mean in a modern world and how we might take steps toward living out this command in our own lives.

6 Sessions, Total Time: 1 hour, 7 minutes



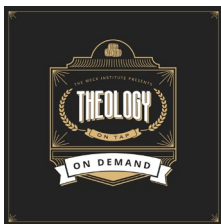
SETTING SAIL: LIVING WITH PURPOSE

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.

4 Sessions, Total Time: 44 minutes

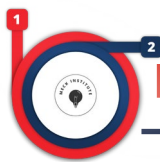


THEOLOGY ON TAP

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

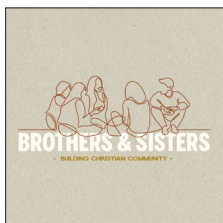


Ultimately, the Christian life is not simply the accumulation of knowledge about God. Instead, it's about letting that knowledge transform who we are so that we can draw closer to God and position ourselves to be changed by Him. One of the best ways to embody what you learn is by participating in community 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.



WHAT WE'RE STUDYING THIS SEMESTER: **Brothers and Sisters (A Well-Ordered Life Series #5)**

The apostle Paul wrote many of the letters found in the New Testament of the Bible; he is respected and lauded as one of the most important leaders of the early Church as he spread the message of Jesus from Asia to Rome. We can see many themes in his teaching, but one theme that spans all of his letters is the idea of the Church as a family. We referred to other disciples of Jesus as "brothers and sisters" more than 130 times

in the New Testament, alerting us to the importance of familial love, respect, and care being lived out in the Church.

In the 5th series of “The Well-Ordered Life” Study, we will examine what Christian community truly entails. Specifically, we’ll talk about how we might live as a community beyond Sundays, and with people dissimilar from ourselves. We’ll dive into some of the ways we can care for others as a reflection of the community that exists within the Triune God we aim to serve. Only then can we truly carry out God’s vision of the Church as a family.

4-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 Writings (Series #6)

In The Writings, we're going to backtrack a bit in our chronological study of the Bible to tackle some poetic books and wisdom writings; specifically, we'll read the books of Job, Psalms, Proverbs, Ecclesiastes and the Song of Songs. We'll dive into the historical and cultural contexts of these books to learn how to properly interpret wisdom literature and how to apply wisdom to our own lives.

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



The Gospels (Series #7)

In this series, we're turning to the New Testament to study the central figure of the entire Bible: Jesus of Nazareth. We'll study the four biographical accounts of His life – Matthew, Mark, Luke and John – to find out what made this God-man such a polarizing figure. With intertestamental background, we will dig into the historical and religious climate of the world in the first century, taking an immersive look into the context of Jesus' audience. You may have read a lot about Jesus before, but we guarantee you this class will offer a much-needed fresh perspective to the untold story behind the text.

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



FINDING GOD AT THE MOVIES (CHRISTIANS IN WAR)

In this 4-week, in-person class, we will focus on films exploring the challenge of living faithfully during a time of war. We will consider how war affects families (“Shenandoah”), personal convictions (“Sergeant York” and “Hacksaw Ridge”), and worship (“Dietrich Bonhoeffer: Agent of Grace”). As we watch clips from these films, we will encounter questions that run to the heart of Christianity. How do we protect our children from the consequences of war? Does the state have the right to conscript those whose moral principles forbid the use of violence? How should one resist an evil regime that supports genocide (e.g., the Holocaust)? The conflicts depicted in these movies range from the American Civil War to the World Wars of the 20th century.

4-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



SANCTUARY

The topic of mental health has increasingly become an important part of the cultural conversation in recent decades – and rightly so! But does the Bible have anything to say to those struggling with their mental health? Does it give any guidance to those trying to support a loved one who's struggling? What about just general guidance for paying attention to our own mental health? How should the Church be creating space for open and compassionate conversations surrounding mental health? In this series of seminars, we'll explore all of those questions and more.

6-Session, In-Person 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, offered both in-person and online



TRAINING CAMP

"Training Camp" is typically a time when you prepare yourself for what lies ahead, whether a season or a mission. In this Training Camp class, we hope to prepare and equip you to live a life with God at its center. We'll talk about how to read the Bible, pray, spend time with God, be an active participant in the Church, and more.

Single-Session, In-Person Course



FATHERHOOD INITIATIVE

FATHERHOOD INITIATIVE

Fatherhood can feel daunting at any and every stage. When we combine this with the fact that many men weren't fathered well themselves, and conflicting messages from culture about what it means to 'be a man' in our modern era - it can feel impossible to do it all well.

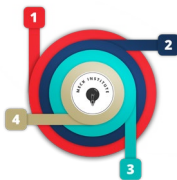
Fatherhood Initiative is a program designed by Meck Pastor Chad Macy to lead fathers through formative conversations and habits that guide them towards an understanding of the critical role they play in their family and community.

In collaborative groups with other fathers, participants will build relationships through bi-monthly meetings (one in person), grow in their faith through the development of formative habits, and step into an active role in their family and community.

This program runs August-November and is for fathers at any and all stages of parenting.

PROGRAM DATES:

- August 29
- September 26
- October 24
- November 21



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
- Financial Stewardship
- 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 September 1, 2026 to February 8, 2027 for the Spring Rotation.

Questions? Email 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 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 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.

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