



**TREC: Training
and Equipping
Christ-followers**

At West Highland, we are committed to “making the Word of God fully known and the people of God fully mature” (Col.1:28). This is what TREC is all about, providing Christ-followers with top-notch Biblical and theological education, practical ministry training and Christ-centered leadership development. Courses are generally 8 weeks in length, offered primarily on Sunday evenings from 6:00 to 7:15 P.M.

This brochure outlines the overall curriculum on offer through TREC with room for specific additional electives to be added from time to time. Those courses with an asterisk (*) noted beside them are those we would consider foundational and recommend that every disciple of Christ cover these topics. The other courses are then helpful for your spiritual growth and training for service as you grow in your faith, and will be more elective in nature depending on your personal interest, gifts and areas of ministry.

We would encourage you to keep this guide in your Bible or alongside your study notebook, as a way of tracking the courses you have completed and planning the courses you need as a part of your spiritual growth plan.

“Do your best (study hard) to present yourself to God as one approved, a workman who does not need to be ashamed and who correctly handles the word of truth.” 2 Tim. 2:15

For a listing of the current TREC classes available, please visit www.westhighland.org/trec to check out the latest brochure.



PURPOSE:

**“...to prepare God’s people for works of service, so that the body of Christ may be built up... and become mature...”
Ephesians 4:12,13**

NAME: _____



West Highland

Making the *Word* fully known

1605 Garth Street, Hamilton, Ontario L9B 1X8
Tel: 905-387-5385 | Fax: 905-387-1685
westhighland@westhighland.org
www.westhighland.org



West Highland

Making the *Word* fully known

BIBLE

- ___ *God's Story: The Bible From Cover to Cover
- *Walk Through the Old Testament:
 - ___ History
 - ___ Wisdom Literature
 - ___ Prophets
- *Walk Through the New Testament:
 - ___ Gospels/Life of Christ
 - ___ Acts-Revelation
- ___ *Understanding and Applying God's Word
- ___ The Sermon on the Mount
- ___ The Parables of Jesus
- ___ *Genesis, one of the Gospels, Acts, Romans
- Book Studies:
 - ___ _____
 - ___ _____
 - ___ _____

THEOLOGY

- ___ *The New Catechism
- ___ *West Highland Doctrinal Statement
- ___ *Worldview and the Christian Faith
- ___ Christian Apologetics
- ___ Christian Ethics / Contemporary Issues
- ___ Prophecy and Revelation
- ___ _____
- ___ _____

HISTORY

- ___ Early Church History (0-500 A.D.)
- ___ Medieval Church History (500-1500 A.D.)
- ___ *The Reformation
- ___ Church History in the Modern Era
- ___ The Church Fathers
- ___ The Modern Mission Movement
- ___ _____

GROWING DEEPER AND STRONGER

- ___ *Spiritual Formation (the Disciplines)
- ___ *Our Identity in Christ
- ___ *Freedom in Christ (Healing the Wounds)
- ___ *Prayer 101
- ___ Spiritual Pathways
- ___ Spiritual Warfare
- ___ On Suffering and Evil
- ___ Understanding God's Will
- Colossians 2:7 Series:
 - ___ Part 1—Growing Strong in God's Family
 - ___ Part 2—Deepening Your Roots in God's Family
 - ___ Part 3—Bearing Fruit in God's Family
- ___ _____
- ___ _____

THE CHRISTIAN LIFE

- ___ *Mentoring 101
- ___ Marriage Preparation
- ___ Growing Strong Marriages
- ___ Family Issues
- ___ Raising Kids/Youth
- ___ Parenting Alone
- ___ Money Talks
- ___ Faith and the Marketplace
- ___ Conflict Resolution
- ___ GriefShare
- ___ 33 The Series (Men's Fraternity)
- ___ _____

WORSHIP ARTS

- ___ *Biblical Foundations for Worship
- ___ The Arts in Worship
- ___ Worship Music Through the Ages
- ___ Music Theory for Modern Worship
- ___ _____

SERVICE

- ___ *Discovering Your Spiritual Gift(s)
- ___ *The Adventure of Discipling Others
- ___ Leadership 101
- Pastoral Care Training electives:
 - ___ Visitation
 - ___ Stephen Ministry
 - ___ Prayer Counseling
- ___ Sharpening Your Interpersonal Skills
- ___ Demographically Specific Training
(children, youth, seniors)
- ___ TESL 101
- ___ _____
- ___ _____

CHURCH FAMILY

- ___ *First Steps... At West Highland
 - ___ Module 1—The Foundation & Vision of WH
 - ___ Module 2—Bible & Baptism: What's the big deal?
 - ___ Module 3—Membership Matters
- ___ *Life in Community (Small Groups)
- ___ Leadership in the Local Church
- ___ Church Discipline
- ___ _____
- ___ _____

MISSIONS AND OUTREACH

- ___ *Acts 29: Sharing Your Faith
- ___ The Art of Neighbouring
- ___ Hamilton Challenge
- ___ Reaching Your World Community
- ___ Perspectives
- ___ Christianity and Culture
- World Religions:
 - ___ Overview
 - ___ _____
- ___ _____