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| **PLAN DESCRIPTION** | **2025 Dates** |
| 1. **We equip our congregation for their different family life stages through these experiences:** 2. **FAITH LADIES (Singles/Married):**   ***Spiritual Retreats***  These one-day spiritual retreats enable our Faith Ladies to grow by resting in the Lord, enjoying intimacy with Him and hearing from Him. These retreats also provide our ladies a community to journey with them.  In Charge – Christina Chia (chrischia\_sg@yahoo.com ) and  Wong Maylin (gplwml@gmail.com) | 1. 29th March 2. 10th May 3. 16th Aug 4. 27th Sep |
| 1. **FAITH COUPLES** 2. **The Marriage Course**   The video-based Marriage Course is for couples who are seeking to strengthen their relationship. Some couples do the course to intentionally invest in their relationship, others are looking to address more specific challenges. Either way, the course offers essential tools and practical ideas to help you build a relationship that lasts a lifetime. Couples will be equipped with tools and techniques to keep the spark alive and stay connected.  There are 7 sessions covering the key issues of marriage:   1. Strengthening Connection 2. The Art of Communication 3. Resolving Conflict 4. The Power of Forgiveness 5. The Impact of Family 6. Good Sex 7. Love in Action   In Charge – Wee Chor Keong (weeck01@yahoo.com.sg)   1. **The Art of Disagreement**   Couple conflicts aren't necessarily unhealthy. In fact, fighting is an attempt to restore the bond between a couple. Studies show that it is not WHAT couples fight about but HOW they fight that threatens a marriage.  Join us for this one-day workshop to discover the art of disagreement, and how to reconnect with your spouse through the heated moments of life.  In Charge – Anna Hoffman (aihoffmann0303@gmail.com) | This is for couples who have been married for three years or more.  We adopt a hybrid approach for the Marriage Course (11th October to 22nd November). The first and last sessions are held onsite and the remaining 7 sessions virtual.  Life Groups can run this programme on their own with support from Family Life  Raymond and Jenny Lie from Wesley Church are the facilitators for this programme. |
| 1. FAITH FATHERS:    * 1. Faith Father Prayer Altar (FFPA) As a community of fathers, we support and uphold one another to be the spiritual heads of the household, to bring heaven on earth into our families. Father should first be a son to our Abba Father and then a loving husband and a spiritual father, where the love of Abba Father can be experienced at home. The prayer altar provides a safe space for fathers to share and encourage one another with testimonies and thanksgiving of our journey as sons, husbands, and fathers. It is our prayer that as the fathers draw closer to Abba Father, “He will restore the hearts of the fathers to their children and the hearts of the children to their fathers”(Malachi 4:6).   In Charge: Lemuel Leong (Lemuelleong@gmail.com)   * + 1. The World Needs A Father (TWNAF)   To encourage Dads of Faith to be part of the ‘The World Needs A Father (TWNAF), a global movement to build unbreakable families and healthy communities. Through this, fathers will know God and His ways to bring heaven to their homes.  In Charge: John Woon ([johnwoon65@gmail.com](mailto:johnwoon65@gmail.com)) and  Lionel Chan (lionel@syfc.org.sg) | Calling all biological and spiritual fathers to join the FFPA every first Saturday of the month from 7 to 8.30 am, followed by Breakfast fellowship after the session.  TWNAF Sessions are held on:   1. 5th April 2025; 2. 3rd May 2025; 3. 5th July 2025; 4. 2nd August 2025; 5. 6th September 2025; 6. 4th October 2025; |
| 1. FAITH MOMS   \_  Mothers’ School  The purpose of Duranno Mother School is to restore and strengthen families. It was founded in Korea as a result of  the 21st century familial crisis that arose from the absence of father figures in families and mothers losing their rightful identity.  This 4 - day Mother School experience seeks to  minister to mothers through restoring the biblical images of wives and mothers. Besides Korea, Mother School is actively held in over 54 countries. The Overseas Mother School first started in Seattle, USA and Vancouver, Canada in 2002.  The topics help to build mothers in their discipleship:  1) Restoration of Biblical womanhood,  2) The calling as a wives,  3) Influences of a mother,  4) The Praying mother, and  5) The Cross and its calling.  In Charge: Alison Lim (alison010114@gmail.com) | FMC will co-host the Mother School from (21st to 24th July)  Happy Moms  This is a 9-week programme to follow up with the participants in their application of what they have learnt in Mother School.  Moms of Faith Overnight Retreat  (14th to 15th November)  We are bringing Faith Moms together to journey with each other in this fulfilling but challenging journey of motherhood. |
| 1. FAITH PARENTS:   We will continue to collaborate with SUNJAM to organise relevant sessions to equip parents and SUNJAM teachers in key aspects of parenting as part of the family intentional discipleship.  In Charge – Sandra Tang (sandraesthertang@gmail.com)  The Art of Parenting  Help parents make faith the core of their parenting with intentional, biblical teaching and Christ-centered plans. Parents will end the experience with renewed confidence, fresh insights on raising children at different ages, and a parenting plan unique to each child’s personality and gifting.  Inspired by Psalm 127:4, this new eight-session small-group study is video based and covers the following topics:   1. The Goal of Parenting 2. Forming Character 3. Applying Discipline 4. Building Relationships 5. Understanding Identity 6. Nurturing Identity 7. Preparing for Mission 8. The Power of Family   The engaging video sessions feature interviews with parenting experts, stories from parents who share their own experiences, and dramatic clips from Family Life’s feature film Like Arrows.  In Charge – Hillary Chan (chengleng.chan@gmail.com) |  |
| 1. FAITH GRANDS   To equip godly grandparents to support their children in raising god-fearing grandchildren and strengthen intergenerational bonds.  In Charge: Alison Lim (alison010114@gmail.com) | These sessions will be led by external speakers. |