

# BIG TUES DAYS

Courses run on Tuesday nights from 7pm to 9pm for the entire month. New courses commence every month. Cost is \$20 per person, per course. Register your interest at the info desk or email [info@metro.org.au](mailto:info@metro.org.au).



## [LIFE SKILLS STREAM]

**MONEY MATTERS\_** A biblical look at finance. Learn some practical keys to steward your finances and manage money well.  
+ 4 WEEK COURSE - AUG

**DESTINED FOR GREATNESS\_** Discovering your purpose and calling in life is a process. This course will help you discover more about yourself and how to work out that sense of destiny God has placed in your life.  
+ 4 WEEK COURSE - SEPT



## [FAMILY STREAM]

**PREPARING FOR THE TEEN YEARS\_** The teenage years are an important aspect in child development. If you have children approaching the teen years this course is specifically for you. Gain some wisdom from some of our team who have navigated these years with success and hear some good godly principles that will set you and child up for this very important season.  
+ 4 WEEK COURSE - AUG

**HEAVEN ON EARTH\_** The way marriage was meant to be. This course is designed for couples to do together but is also great info for singles wanting to prepare for their future marriage.  
+ 4 WEEK COURSE - SEPT



## [BIBLICAL STUDIES STREAM]

**DNA\_** DNA is a 6 week course for anyone who wants to grow in character and leadership. It is also a prerequisite for those who aspire to serve in any form of leadership at METRO. This six session course revolves around the mandate and distinctive core values of METRO.  
*+ 6 WEEK COURSE - ALL YEAR*

**FOUNDATIONS\_** Our Foundations Course is a FREE new Christian's course that is fun and informative. It is a must for anyone who is just getting started in the NEW groove of life with Jesus.  
*+ 4 WEEK COURSE - EVERY MONTH*

**CAN WE TRUST THE BIBLE?\_** Have you ever wondered if the word of God is accurate? Come find out WHY we can trust the Bible. See how this amazing book is still a relevant message for today.  
*+ 4 WEEK COURSE - SEPTEMBER*

**HOLY SPIRIT\_** Systematic theology on the Holy Spirit. A great course for those who want a deeper understanding and experience in the Holy Spirit. *+ 4 WEEK COURSE - AUG*



## [HEALTH STREAM]

**FIRST AID\_** This Senior First Aid course is a nationally recognised qualification that remains current for three years. Why not upgrade your skills and be prepared for an emergency.  
*+ 4 WEEK COURSE - AUG*

**HEALTHY LIVING\_** We're constantly being bombarded with new diet plans that promise to revolutionise our lives. What about healthy eating plans for our children and teenagers? With so much information on what we should, and shouldn't be eating how do you separate healthy eating facts from fiction? This course will cover a wide range of healthy eating tips, information and ideas. It explains what healthy eating is and why it is important.  
*+ 4 WEEK COURSE - SEPT*



## [WHOLENESS STREAM]

**MAN TO MAN\_** This program focuses on the man and his relationships. It common for men to feel isolated and unsupported, especially when our culture has trained guys that they should be able to keep it all together. Men today need help with hassles and hurts and an opportunity to find encouragement and support from other men.  
*+ 8 WEEK COURSE - AUG/SEPT*

**CAPTIVATING\_** This course covers the glorious design of women before the fall, describes how the feminine heart can be restored, and casts a vision for the power, freedom, and beauty of a woman released to be all she was meant to be. This course focuses on the core desires every woman shares - to be romanced, to play an irreplaceable role in a grand adventure, and to unveil beauty.  
*+ 7 WEEK COURSE - AUG/SEPT*