

## INTRODUCTORY COURSES

### START INTO LIFE



*Start into Life* is a foundational course that will help you discover God and find His purpose for your life. If you are setting out on your faith journey, or have some basic questions about life, God, and faith, this is the right course for you.

### MESSAGE OF TRUTH



Reading the Bible may seem to be an overwhelming challenge. Where to start, how to navigate its contents, what do its symbols mean? *The Message of Truth* is our basic course on how to study the Bible. Not a Bible study, instead, a *how to* read and study the Bible!

### TRY JESUS!



The life and teachings of Jesus are the foundation of Christianity, the largest of the world's religions. *Try Jesus!* will take you on a journey from Jesus' birth to His resurrection, while the second series explores Jesus' amazing teachings.

### QUESTIONS FOR GOD



Imagine a face-to-face sit down with God. What questions would you ask Him? Would you ask about pain and suffering in the world, His views on sex and marriage or how will this world end, if ever? Follow these *10 Questions for God*.

## ADVANCED COURSES

### WE BELIEVE



'Essentials' – that's what we call a series of key subjects that Bible students have discovered over time. Presented in a straightforward manner, these 'essentials' outline Scripture's main themes and summarise what *We Believe*.

### DISCOVER



This Bible study will help you to *Discover* hope and meaning in these turbulent and seemingly hopeless times. Important topics such as death, prayer, future events, and heaven or hell are presented in the universal context of the great controversy between good and evil.

### FOCUS ON PROPHECY



The *Focus on Prophecy* course helps you to understand the current *signs* of the times: why Europe can't unite, why pandemics, conflicts, and crises. Is the Third World War coming? Will our planet end in a climate *Apocalypse*? God's plan is different!

### BIBLE'S TEACHINGS



*The Bible's Teachings* is our most comprehensive guide to the important themes in the Scriptures. As an advanced Bible student you will gain a deeper understanding of key biblical truths and develop a closer relationship with God.

## SPECIAL COURSES

### 'DIGGING' SERIES



Explore ancient civilisations and discover amazing connections with events, characters, and themes of the Bible. Our three part '*Digging*' Series is a fascinating course on archaeology and a spiritual guide to see how the past projects the future.

### SHEMA!



Written by a professor of Hebrew and Old Testament Exegesis, *Shema!* is the ADC course talking about God, life, and Scriptures from a specific Hebrew perspective. It is designed for students of a Jewish heritage and for Christians wishing to rediscover their Jewish roots.

### PROPHETS & BOOKS



Few people imagine there is any bridge between the sacred pages of the world's largest religions. *Prophets and Books* was written for the Muslim student, helping to see the Bible as valid Scriptures by using the Qur'anic evidence itself.

### LET'S EXPLORE!



This course helps children (7–12 years) to learn about God and the Bible in a fun and relational way. Older children and teenagers may want to try our introductory courses such as *Start into Life* or *The Message of Truth*.



HEALTH &  
WELLBEING

## YOUR HEALTH



**Your Health** is a foundational guide to a holistic and healthy lifestyle. This course is for anyone who wants to discover the principles of a healthy life and make positive life-changing decisions. Topics include 'Smart Eating' and 'Healthy Weight'.

## YOUR LIFE



Do you want to discover the secrets of personal development and success through an understanding of how your feelings impact your life and the choices you make? **Taking Charge of Your Life** is the course designed to help do just that – be the one in charge of your own life.

## COPING WITH STRESS



All of us feel the crushing power of daily pressures. The **Coping with Stress** course illustrates how stressors work in our lives and explains different techniques to respond, to cope and to thrive while living with unavoidable stress.

## RELATIONSHIPS



We may have thousands of 'friends' on social media, but only a few when in need. The **Relationships** course provides practical tips on how to tackle the challenges of modern relationships. It also deals with the issue of parenting styles.

Get a new perspective on today's challenges and discover how a better life is possible with any of our 20 free Bible and health courses!



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**Interested**  
in a new perspective  
on life's challenges?

See our FREE courses

REFLECTING  
*hope*