

2026-2027
COURSE CATALOG

Valley Creek College

Valley Creek College believes in the next generation, and we're passionate about helping them understand who they are, who God is, and what they were created to do – and learn to act as if it were so. That's why we intentionally built four years of content for our Valley Creek College students to discover truth in those areas.

We don't just want to tell students what to think; we want to teach them how to think through an experiential, engaging, and interactive classroom. Valley Creek College is a training center for life, so everything we teach has a practical application step for students to activate what they're learning.

Our core curriculum is made up of five subjects: theology, character, leadership, Bible, and spiritual formation. Each subject has classroom experiences that will equip and empower them. We want students to both know God and think like Him with a biblical worldview.

Inside this catalog, you'll find the title and a brief description of each lesson for the entire four-year experience.

THEOLOGY

At Valley Creek College, theology is foundational to everything we do. "Theology" is simply what we believe to be true about God or how we think about God. It matters because what we believe determines what we do. We base our theology on what God has said in the Bible and what God is saying to His Church today, neither of which can contradict each other.

That's why our theology lessons are the most robust of all five subjects in Valley Creek College. Students will grasp the freedom of living in the Father's heart and cover topics like repentance, hearing God's voice, God's design for sexuality, and the gospel.

THEO 100 - THE GOSPEL

The gospel is so much more than the promise of heaven someday. In this course, we'll cover a comprehensive view of the good news that Jesus brings. Jesus came to restore our identity, reconcile our relationship with God, and redeem our purpose, which leads us into a life of freedom. This revelation requires us to identify negative thoughts and ungodly beliefs and replace them with the truth of the gospel.

THEO 101 THE THREE CIRCLES

The gospel isn't just for salvation; it's for all of life. Jesus came to restore our identity, reconcile our relationship with God, and redeem our purpose. The Three Circles is an illustration of what it means to live free in the Father's heart.

THEO 102 THE FATHER'S HEART: IDENTITY

An abundant life in the Father's heart starts with identity. We'll examine how God's grace restores identity, what it means to be Jesus-focused, and how this new identity shapes our behavior.

THEO 103 THE FATHER'S HEART: RELATIONSHIP

An abundant life in the Father's heart includes a reconciled relationship with God. We'll examine how God wants us to experience His presence, what it means to be Spirit-filled, and how this new relationship shapes our behavior.

THEO 104 THE FATHER'S HEART: PURPOSE

An abundant life in the Father's heart means living out our redeemed purpose. We'll learn how God wants to release His kingdom, what it means to be life-giving, and how this new purpose shapes our behavior.

THEO 105 SHARING THE THREE CIRCLES

The Three Circles is an illustration of what it means to live free in the Father's heart. We have a responsibility to give what we have received. The gospel isn't just for us; rather, it's meant to be shared with others. We'll practice how to share the Three Circles with others.

THEO 106 MENTAL HEALTH

God created us for mental health. We'll explore negative thoughts and ungodly beliefs that lead to mental health struggles and learn how to change our thinking with the truth of the gospel so that we can live free.

THEO 107 SHARING YOUR STORY

Kingdom leaders have a story worth sharing for the good of others and the glory of God. We'll explore practical ways to prepare our stories, tailor them for specific audiences, and keep them Jesus-focused.

THEO 110 - LIFE AS A DISCIPLE

A disciple is a student, a learner, a follower - one who becomes like the one they're following. In this course, we'll introduce what it means to be a disciple of Jesus. It's not a program to fulfill but a lifestyle to enjoy. We'll explore probing questions that disciples should ask themselves, as well as practical next steps they should take as followers of Jesus.

THEO 111 LIFE AS A DISCIPLE PART 1

The moment we put our faith in Jesus, He invites us to become His disciple. Jesus is the standard and the source of who we're designed to look like everywhere we go. We'll answer two discipleship related questions: "Who am I becoming?" and "Am I enjoying God's presence?"

THEO 112 LIFE AS A DISCIPLE PART 2

The process of discipleship is the delta between who God says we are and how we're living our life. We'll answer two discipleship-related questions: "Am I living a Jesus-focused life?" and "Is Jesus Lord of my life?"

THEO 113 LIFE AS A DISCIPLE PART 3

When we become disciples of Jesus, we give up the right to define truth for ourselves or determine the direction of our lives. We'll answer two discipleship-related questions: "Am I living a life of love?" and "Am I living a life of mission?"

THEO 114 LIFESTYLE OF NEXT STEPS

We'll explore what it means to embrace a lifestyle of next steps by following Jesus wherever He takes us.

THEO 115 FINDING YOUR PEOPLE: GODLY RELATIONSHIPS

Godly relationships are intentional relationships focused on talking about, learning about, and becoming more like Jesus together. We'll assess our current relationships, evaluate whether they are godly relationships, then plan next steps to do life with those who want more of God.

THEO 116 STEWARDING YOUR FINANCES

Conventional wisdom says financial freedom is found in more money. Heavenly wisdom tells us freedom is found in Jesus and what He gives us. We'll assess how to change our thinking around money, the principles of biblical giving, and how to live by a budget.

THEO 117 INVEST YOUR TIME

Investing your time is the most important way to get rooted in Jesus because it takes time to do the things that help us flourish in life. We'll learn the importance of investing our time, why it takes time to grow, and how an eternal perspective can help us invest our time.

THEO 118 LIFESTYLE OF DISCIPLEMAKING

Followers of Jesus are disciples who make disciples. We'll explore the natural growth process of disciple-making – orphans, children, adults, and parents – and we'll discover how to make disciples like Jesus did: reaching, connecting, developing, and releasing.

THEO 200 - GOD'S DESIGN

God's design is His intentional and purposeful plan in creating the universe, including every human being. This course explores God's design for manhood, womanhood, singleness, dating, marriage, and sexuality according to the Scriptures.

THEO 201 GOD'S DESIGN FOR MANHOOD

God created man with intention and purpose. We'll examine biblical manhood by exploring what man was intentionally created and empowered to do.

THEO 202 GOD'S DESIGN FOR WOMANHOOD

God created woman with intention and purpose. We'll examine biblical womanhood by exploring what women were intentionally created and empowered to do.

THEO 203 GOD'S DESIGN FOR SINGLENESS

God created all of us for healthy relationships. When we examine His original design for us, we discover timeless biblical principles for healthy relationships. We'll examine God's design for singleness.

THEO 204 GOD'S DESIGN FOR DATING

God created all of us for healthy relationships. When we examine His original design for us, we discover timeless biblical principles for healthy relationships. We'll examine God's design for dating.

THEO 205 GOD'S DESIGN FOR MARRIAGE

God created all of us for healthy relationships. When we examine His original design for us, we discover timeless biblical principles for healthy relationships. We'll examine God's design for marriage.

THEO 206 GOD'S DESIGN FOR SEXUALITY

God created all of us for healthy relationships. When we examine His original design for us, we discover timeless biblical principles for healthy relationships. We'll examine God's design for sex. We'll also address how this truth impacts gender issues today.

THEO 210 - MINDSHIFTS

A mindshift is a fundamental change in one's perspective, beliefs, and way of thinking. This is what the gospel demands. In this course, we'll investigate the gospel through the lens of the Garden of Eden and how this changes how we view hearing God's voice and renewing our minds.

THEO 211 THE GOSPEL

The gospel is the good news that Jesus came to restore what was lost, repair what was broken, and reclaim what was His. We'll examine the gospel through the lens of the Garden of Eden, identifying God's original design for mankind, how it was lost, and how God restores sons and daughters through the finished work of Jesus.

THEO 212 BIBLICAL WORLDVIEW

A worldview is the lens that helps us make sense of the world. We'll examine why it's important to understand our worldview by identifying where it comes from and how it affects our lives.

THEO 213 HEARING GOD'S VOICE PART 1

God speaks, and every believer can hear God's voice. We'll learn that God's voice guides us into all truth and draws us closer to Him.

THEO 214 HEARING GOD'S VOICE PART 2

God speaks, and every believer can hear God's voice. We'll learn how to position ourselves to hear God's voice and ask questions to confirm it.

THEO 215 RENEWING YOUR MIND PART 1

Transformed thinking leads to transformed living. We'll learn the meaning of repentance and how we now have the mind of Christ.

THEO 216 RENEWING YOUR MIND PART 2

Transformed thinking leads to transformed living. We'll learn what it means to repent by identifying areas of unbelief and replacing them with God's truth.

THEO 217 BUILDING A BELIEF SYSTEM

Kingdom leaders build a belief system around the essentials of faith. We'll construct a personal belief system based on absolutes as opposed to interpretations, deductions, opinions, preferences, passions, and experiences.

THEO 300 - LIFE AS A HOPE CARRIER

A hope carrier is a disciple of Jesus living on mission to change their world. In this course, we'll renew our thinking about movements of hope and the theology of work, then explore how Jesus modeled living on mission in authority and power, acting as if it were so, while dreaming with God to create the future.

THEO 301 THE CHURCH AND THE KINGDOM

"Church" and "kingdom" are two very common words to Christians today, but what do those words mean? We'll unpack the power and purpose of those two words and compare and contrast these two movements of hope in the world today.

THEO 302 THEOLOGY OF WORK

We were created to work. The world tells us that work is about a paycheck, but the Bible tells us it's about our purpose. While humans may focus more on where we work, God is more focused on how we work. We'll explore what God says about work, what kingdom work looks like, and how we can activate our faith in our work.

THEO 303 THE NORMAL CHRISTIAN LIFE

The normal Christian life is to be fully dependent on God by walking in the authority and power that Jesus has given you so that you can release the kingdom of God. We'll practice living in His kingdom through changing our thinking and choosing to surrender our will for His good will.

THEO 304 CHANGING OUR BELIEFS

Religion is focused on changing how people behave, but God cares about changing what people believe. Once we believe that we have a restored identity, a reconciled relationship, and a redeemed purpose, we act as if it's so by rebuilding, restoring, and renewing the areas of life we've been entrusted to.

THEO 305 DREAMING WITH GOD

Dreaming is reaching into the future and pulling it into the present. It's divine ideation, divine imagination, and divine inspiration. God invites us to dream with Him about what the kingdom might look like in our space. We'll examine what it looks like to create the future with God.

THEO 306 REDEFINING SUCCESS

What does success look like? Success is obedience, not results. It's doing what God asks us to do, when and how God asks us to do it. While the world focuses on results, we focus on submitting and surrendering to the will of God.

THEO 307 LIFESTYLE OF HOPE CARRIERS

Hope carriers are disciples of Jesus living on mission to change their worlds. We'll discover what it looks like to live as a hope carrier and to live out the kingdom of God through our daily lives.

THEO 310 - THE SUPERNATURAL LIFE

The supernatural life is the normal, everyday life of the disciple of Jesus. In this course, we'll learn that the Holy Spirit is the source and sustainer of the supernatural life.

THEO 311 HOLY SPIRIT PART 1

The Holy Spirit is the most important person in the room, yet He's often the most ignored. We'll learn that the normal response to the work of the Spirit is to be cut to the heart - where we repent and identify again with the death, burial, and resurrection of Jesus.

THEO 312 HOLY SPIRIT PART 2

The Holy Spirit is the most important person in the room, yet He's often the most ignored. We'll learn about who He is, what He does, what His character is like, how He engages, how He moves, and how He relates to us.

THEO 313 FIGHTING FROM VICTORY: SPIRITUAL WARFARE

We don't fight against spiritual forces for victory; we fight from victory. We'll identify our enemy in spiritual warfare, how he fights against us, who has already won the battle, and how we can live victoriously.

THEO 314 EXPERIENCING HEAVEN ON EARTH: THE MIRACULOUS

Jesus' vision for His church is that we experience the miraculous by the Holy Spirit's power. We'll explore how Jesus relied upon the Holy Spirit's power, how we can rely upon that same power, and what a Spirit-filled life looks like today.

THEO 315 LIVING UNDER AN OPEN HEAVEN

God wants us to live a supernatural, infinite, superior life, not a finite, pointless, inferior life. Because we live under an open heaven, we can use the keys of the kingdom, we can change the atmosphere around us, and we can pray in Jesus' name.

THEO 316 SPIRITUAL GIFTS

The Holy Spirit has given spiritual gifts to every follower of Jesus. We'll discover what those gifts are and how to use them in a way that releases God's grace to the world around us.

THEO 400 - THE WITH GOD LIFE

We now live under the freedom of God's grace, which means we have nothing to prove, nothing to earn, and nothing to achieve. In this course, we'll be reminded that everything we want to know about God, the great "I AM," is embodied in Jesus. Because of His finished work on the cross, we are now forgiven, righteous, favored, and loved. We can now break the shame, fear, and control cycle and live free in the Father's love.

THEO 401 YHWH PART 1

Yahweh is the name of God. He is "I am," – the all-knowing, all-powerful, self-existent, and ever-present One. We'll learn that God's name reveals His glory and His glory is His goodness.

THEO 402 YHWH PART 2

What we think about God determines how we live. Jesus is the visible image of the invisible God (YHWH). We'll learn that everything we want to know about God is embodied in Jesus.

THEO 403 FORGIVEN AND RIGHT WITH GOD

We'll discover what it means to be rooted in the truth that we're forgiven and made right with God.

THEO 404 FAVORED AND LOVED BY GOD

We'll discover what it means to be rooted in the truth that we're favored and loved by God.

THEO 405 FREEDOM PART 1

Freedom goes so much deeper than our political opinions, financial need, or current situation. Freedom is knowing who you are, who God is, and what you were created to do. We'll examine how Jesus came to offer freedom in every area of our lives and how He breaks the shame, fear and control cycle.

THEO 406 FREEDOM PART 2

Jesus came to reveal the Father's heart so we could live free. We'll identify how Jesus revealed the Father's love, what distorts our view of the Father's love, and how we can experience the Father's love for ourselves.

THEO 410 - LIFE TO THE FULL

Christians are called to "take hold of the life that is truly life" (1 Timothy 6:19). In this course, we'll unpack what it means to live fully alive through creating the future with God that doesn't currently exist and stewarding the fire of God within us.

THEO 411 CREATED TO CREATE PART 1

God is a creator. We were created to create for the good of others and the glory of God. Our identity is a creator.

THEO 412 CREATED TO CREATE PART 2

It's through God's relationship with us that He has empowered us to create the future for the good of others and the glory of God. Creativity demonstrates wisdom, provides evidence of a Spirit-filled life, and serves as an act of spiritual warfare.

THEO 413 CREATED TO CREATE PART 3

God has given us resources that are the tools to create a future that doesn't yet exist. But we weren't created to use those resources to only consume for ourselves. He's empowered us to create the future for the good of others and the glory of God.

THEO 414 FUEL THE FIRE PART 1

God is a consuming fire. He wants to consume everything that doesn't belong in us without burning us up. We'll explore what the fire of God is and the importance of our "fueling the fire" on a daily basis.

THEO 415 FUEL THE FIRE PART 2

We must daily fuel the fire of God. We'll examine the difference between real fire and fake fire and explore practical steps to take and avoid while hosting the Spirit's fire.

THEO 416 FUEL THE FIRE PART 3

We must daily fuel the fire of God. We'll examine what happens when our fire goes out, and how Jesus graciously interrupts our conversations, points us to the cross, and rekindles our fire.

THEO 417 ANCIENT FUTURE PART 1

If we lose sight of the past, we'll lose sight of the future. The generations of believers before us have left a path for us that leads the way forward. We'll learn how to practice the ancient path by making wise decisions, activating our faith, and holding on to our unshakable hope.

THEO 418 ANCIENT FUTURE PART 2

There is a wide road that leads to destruction and an ancient path that leads to life. We'll learn how to practice the ancient path by shaking the ground through prayer, living with radical generosity, and embracing a lifestyle of passionate mission, because there's no third road.

CHARACTER

Character is the combination of traits that form the moral qualities of a person. At Valley Creek College, character matters. As we take next steps on our journey with Jesus, we become more like Jesus, reflecting both His character and power. Character isn't something we achieve, prove, or earn. It's something we receive, discover, and explore.

The character curriculum is designed to give our students a picture of what it looks like to live out a kingdom culture in a broken world. There are teachings on integrity, trust, passion, humility, and servanthood - just a few of the qualities we find in the character of Jesus. Jesus was the greatest leader of all time, so it makes sense that we would want to model His character wherever we go.

CHAR 100 - KINGDOM VALUES PART 1

Kingdom values help shape our character. In this course, we'll explore what it means to be Jesus-focused, Spirit-filled, and life-giving people who live in repentance, unity, family, wholehearted devotion, and a passionate pursuit of God's presence.

CHAR 101 WE ARE JESUS-FOCUSED, SPIRIT-FILLED, LIFE-GIVING

We'll explore how we're Jesus-focused (more focused on what Jesus has done for us than what we have to do for Him), Spirit-filled (walking in the character and power of Jesus), and Life-giving (on mission to receive and release the life of Jesus wherever we go).

CHAR 102 WE ARE QUICK TO REPENT

We'll examine the true meaning of repentance: learning to be quick to repent, to think like God, and to come into alignment with God's ways.

CHAR 103 WE PURSUE UNITY WITH EVERYTHING WE HAVE

We'll explore how our anointing is found in our unity.

CHAR 104 WE ARE A FAMILY ON MISSION

We'll explore how we're beloved sons and daughters releasing our Father's kingdom.

CHAR 105 WE DO EVERYTHING WITH ALL OUR HEART

We'll explore what it means to live a wholehearted life submitted and surrendered to God's authority.

CHAR 106 WE ARE PASSIONATE ABOUT THE PRESENCE OF GOD

We'll explore what it means to be a worshipping church and how to invite the presence of God in through gratitude, worship, and prayer.

CHAR 110 - KINGDOM VALUES PART 2

Kingdom values help shape our character. In this course, we'll continue to explore kingdom values such as developing a love for Scripture, embracing the process, giving what we have received, living lives of gratitude, and recognizing that there is always more of God's goodness to discover.

CHAR 111 WE LOVE GOD'S WORD

We'll explore how we value God's voice above all others, how it helps us flourish in life, and how we can continually cultivate a love for Scripture.

CHAR 112 WE EMBRACE THE PROCESS

We'll explore what it means to embrace the process, knowing that the journey is the destination.

CHAR 113 WE HAVE A RESPONSIBILITY TO GIVE WHAT WE HAVE RECEIVED

We'll explore how we owe the world what God has done for us.

CHAR 114 WE BELIEVE THERE IS ALWAYS MORE

We'll explore how there is no end to God's kingdom and what it means to trust in the goodness of God.

CHAR 115 WE LIVE WITH A SPIRIT OF GRATITUDE

We'll explore how gratitude is the normal response to receiving God's grace.

CHAR 116 WE WILL DO WHATEVER IT TAKES TO REACH THE LOST AND DEVELOP LEADERS.

We'll explore what it means to be focused on the mission, not ourselves.

CHAR 117 WE FOLLOW THE CLOUD

We'll explore what it means to embrace a lifestyle of next steps by following Jesus wherever He takes us.

CHAR 300 - THE SET-APART LIFE

The set apart life is the counter-cultural way of Jesus, where character is shaped by kingdom values rather than worldly influence. In this course, we'll explore how honor, submission, vulnerability, integrity, service, humility, and forgiveness work together to cultivate a life that reflects Jesus and sets believers apart as mature disciples.

CHAR 301 HONOR

Honor is giving value to someone and treating them according to that value. We'll examine how to create a culture of honor.

CHAR 302 SUBMISSION

Submission means to willingly come under the mission of another. We'll examine how to embrace a lifestyle of submission.

CHAR 303 VULNERABILITY

Vulnerability is a perceived threat or an emotion we feel during times of uncertainty, risk, and exposure. We'll examine how Jesus was vulnerable, why we avoid it, and construct practical steps for cultivating vulnerability.

CHAR 304 INTEGRITY AND TRUST

Integrity can be defined as who we are when no one is looking. Trust is the confidence that the other person's intentions toward us are good. We'll examine how to live a wholehearted life of integrity that builds trust.

CHAR 305 SERVING AND HUMILITY

The world says greatness comes through the front door of performance, but Jesus says that greatness comes through the backdoor of service. We'll discover Jesus' model of servanthood, the benefits of service, and how humility unlocks a servant's heart.

CHAR 306 FORGIVENESS

Jesus modeled forgiveness by canceling our debt and crediting our account. We'll apply practical steps in apologizing and releasing offenses.

CHAR 307 JOY

Joy is real and available to us every day and in every season. We'll let Scripture illuminate God's truth that joy is from Him and for us. We'll look at the many facets of joy that are available to us in times of celebration and struggle. Finally, we'll look at practical ways to build a life of joy for every stage and season.

CHAR 310 - THE SPIRIT-LED LIFE

The Spirit-led life means living under the transforming leadership of the Holy Spirit. In this course, we'll explore how the Spirit forms our character, brings conviction and freedom, produces lasting fruit, and ignites holy passion that aligns our lives with God's purposes.

CHAR 311 THE HOLY SPIRIT - OUR CHARACTER CREATOR

When we live a Spirit-led life, the Holy Spirit transforms us from the inside out and releases the character of Jesus in our lives. We'll learn that as we choose to submit to Him in any area, we can experience His freedom in every area.

CHAR 312 THE HOLY SPIRIT - OUR CONVINCER

When we live a Spirit-led life, the Holy Spirit is our convincer, who convinces us of the truth about sin, judgment, and righteousness. He reminds us of our right standing with God and that Satan has already been defeated.

CHAR 313 EVIDENCE OF A SPIRIT-LED LIFE PART 1

When we live a Spirit-led life, the Holy Spirit produces the fruit of the Spirit in our lives. We'll learn how fruit is produced when we trust and submit to the Spirit's leading.

CHAR 314 EVIDENCE OF A SPIRIT-LED LIFE PART 2

When we live a Spirit-led life, the Holy Spirit makes us fruitful, in keeping with our divine purpose. We'll learn that when we make God our one thing, He'll make us fruitful in everything.

CHAR 315 PASSION

Passion is what you're willing to endure for a greater cause. Apathy is a spirit of indifference. We'll examine how to create a culture of passion.

LEADERSHIP

Leadership development is in everything we do at Valley Creek College. One of our core values is that "we will do whatever it takes to reach the lost and develop leaders." We lead with our eyes open to the future leaders around us and how we can invest in their growth. Knowing they're looking to us, we model what it looks like to lead with a kingdom perspective.

The leadership curriculum will equip our Valley Creek College students with both theological and practical lessons that will empower them to lead with excellence in ministry or the marketplace. These lessons cover topics such as decision making, qualities of an effective leader, building teams, and clear communication.

LEAD 200 - LEADER AXIOMS

We're designed to be leaders who follow Jesus while taking responsibility to create kingdom culture and make disciples. In this course, we'll learn to live free and stay healthy, dream big while leading small, believe the best in others, invest in developing people, and model the way of Jesus in everyday life.

LEAD 201 DEFINITION OF A LEADER

A leader is a disciple of Jesus who takes responsibility to create kingdom culture and make disciples while accomplishing a specific task. We'll explore each element of what it means to be a leader.

LEAD 202 LEADERS LIVE FREE AND STAY HEALTHY

Every leader is responsible to live free and stay healthy. We'll evaluate how to cultivate a healthy heart and four key steps for establishing healthy rhythms of life.

LEAD 203 LEADERS DREAM BIG AND LEAD SMALL

Every leader is responsible to dream big and lead small. We'll evaluate how to dream big with God and at the same time lead with care over the people He has placed in our sphere of influence.

LEAD 204 LEADERS BELIEVE THE BEST AND HOLD EACH OTHER TO OUR BEST

We have a responsibility to see each other the way Jesus sees us and to treat each other the way Jesus treats us. We'll analyze what it means to see the redemptive potential in others and spur them on to excellence.

LEAD 205 LEADERS MAKE DISCIPLES AND DEVELOP OTHERS

Leaders have a responsibility to make disciples and develop others. We'll examine what a disciple is, how Jesus developed leaders through identification, inviting, and investing. We'll also discuss the best environments for developing leaders.

LEAD 206 LEADERS MODEL IT

Leaders model what it looks like to follow Jesus. We'll explore how we can fulfill our calling to show the world the kingdom.

LEAD 207 HOW TO PLAN FOR A CAREER

We work because we're created in the image and likeness of God. It's in the fabric of humanity. In this session, we'll explore professionalism in the workplace, creating resumes, and conducting mock interviews.

LEAD 210 - RELATIONAL INTELLIGENCE

Relational intelligence is necessary for relationships to be rooted in emotional awareness, clear communication, and spiritual maturity. In this course, we'll learn how to connect with God, ourselves, and others, communicate with clarity and care, engage in coaching relationships, and navigate crucial conversations with wisdom and grace.

LEAD 211 INTRODUCTION TO RELATIONAL SKILLS

Jesus says the most important thing to God is relationships. We'll discover some of the skills that are required for healthy, authentic, and God honoring relationships. We'll also learn what it looks like to connect with God, ourselves, and others so we can live a relationally connected life.

LEAD 212 COMMUNICATION PART 1

Leaders succeed and fail because of the quality of their communication. We'll examine critical questions to ask in preparing for communication.

LEAD 213 COMMUNICATION PART 2

Everyone communicates, but few connect. Kingdom leaders rely on excellent communication to lead effectively. We'll analyze what makes both verbal and non-verbal communication excellent.

LEAD 214 HOW TO RECEIVE AND GIVE COACHING

Jesus-focused coaching assumes that there's untapped potential for life that can be discovered and developed in everyone. We'll explore the elements of a coaching leader as well as the elements of a receiving follower.

LEAD 215 HOW TO HAVE CRUCIAL CONVERSATIONS

Crucial conversations are unavoidable. Therefore, kingdom leaders must navigate them with care and caution. We'll define crucial conversations and explore the best practices for having them.

LEAD 216 APOLOGIZING AND RELEASING OFFENSES

Jesus modeled forgiveness by canceling our debt and crediting our account. We'll apply practical steps in apologizing and releasing offenses.

LEAD 217 BUILDING BETTER HABITS

We'll explore what habits are, why they are important, how they work, and how we can best build better habits.

LEAD 218 SETTING PERSONAL BOUNDARIES

Any confusion of responsibility and ownership in our lives is a problem of boundaries. We'll define what a boundary is, why they are important, and examine healthy and unhealthy examples.

LEAD 219 DIGITAL WORLD

God is not against digital technology. We'll explore how we can steward it well, have proper guardrails, and leverage it for the good of others and the glory of God.

LEAD 400 - LEADERSHIP ESSENTIALS 1

Leadership essentials equip us to lead with clarity, conviction, and purpose in every area of life. In this course, we'll explore how leaders live from a restored identity in Jesus, cast compelling vision, remain faithful in difficulty, navigate change, make wise decisions, and lead intentionally in alignment with God's purpose for their lives.

LEAD 401 THE THEOLOGY OF LEADERSHIP

Jesus has restored every follower of Jesus to be a kingdom leader. We'll explore our restored identity, our calling to be hope carriers, and define what a kingdom leader does.

LEAD 402 LEADERS SEE THE VISION

Leaders dream with God and see His perspective in every situation. We'll examine the characteristics of a well-defined vision: clear, concise, consistent, and compelling.

LEAD 403 LEADERS ARE FAITHFUL AND COMMITTED

The world tells us that if we don't like something, we should quit. In the kingdom of God, faithfulness matters and commitment counts. We'll explore biblical leaders who model perseverance in difficult circumstances.

LEAD 404 LEADERS LEAD THROUGH CHANGE

We're called to be catalysts of change. As leaders, we must take steps to lead our people through change. We'll examine how to manage change by communicating clearly, managing emotions, and following through in transitional seasons.

LEAD 405 LEADERS MAKE GOOD DECISIONS

Great leaders make good decisions every day. We'll assess what gets in the way of good decisions, what's necessary to make good decisions, what key steps to take, and what to do when decisions don't turn out well.

LEAD 406 LEADERS LIVE ON PURPOSE

We're all created on purpose for a purpose. God has a general purpose and a specific purpose for each of us. We'll learn what steps we can take as leaders to prepare for God's purpose for our life.

LEAD 410 - LEADERSHIP ESSENTIALS 2

Leadership essentials equip us to lead with clarity, conviction, and purpose in every area of life. In this course, we'll explore how leaders live from a restored identity in Jesus, cast compelling vision, remain faithful in difficulty, navigate change, make wise decisions, and lead intentionally in alignment with God's purpose for their lives.

LEAD 411 LEADERS BUILD TEAMS

In whatever ways people come to your team, begin with a clear vision in mind. We'll explore the primary reasons people join a team, the keys to building a team, and the essential components of leading a team.

LEAD 412 LEADERS CREATE CULTURE

Leaders create the culture today that will shape who people become tomorrow. We'll learn that the best way to create culture is to name it, model it, celebrate it, and protect it.

LEAD 413 LEADERS EMPOWER OTHERS

Leaders empower leaders to step into their God-given destiny. We'll learn how to identify, invite, and invest in the potential of people around us.

LEAD 414 LEADERS SOLVE PROBLEMS

Leaders are effective problem solvers. We'll learn how to apply analytical rigor, emotional intelligence, and decisive action to solving problems.

LEAD 415 LEADERS DEFINE REALITY

Leaders distinguish between what is real in the spiritual realm versus what is perceived or imagined. We'll learn how to seek God's voice in determining what is real, and to lead from that reality.

BIBLE

At Valley Creek College, we believe the Bible is God's inerrant Word and the footprints that always lead us to Jesus. The Bible is not a book; it's a voice. It's God's voice telling us His thoughts and His will. The Bible is not contained by leather, pages, font, and text. It's Spirit and it's life.

We want our students to learn how to think like a leader with a biblical worldview. We start off by learning about how the Bible was put together and why we can trust it. Truth is a person, and His name is Jesus. That's why we're building students who value truth over trends and are learning to submit to "the truth" rather than "their truth."

These lessons give our students a narrative - a kingdom perspective - of the entire Old and New Testaments. Students will get an overview of Genesis through Revelation and learn how it all points to Jesus. The Old Testament is Jesus concealed, and the New Testament is Jesus revealed - and we all have a place in this story!

BIBL 100 - ENGAGING THE SCRIPTURES

The Bible is God's inerrant Word and His voice spoken in our lives. In this course, we'll learn how the Bible is organized, how we got the Bible, and how we can engage it for transformation.

BIBL 101 HOW IS THE BIBLE ORGANIZED?

Because we've been given the script of God's story, we now know what part we play. We'll investigate how the Old and New Testaments are organized and how they contribute to the overall story of God.

BIBL 102 HOW DID WE GET THE BIBLE?

God has gone to great lengths to preserve His revelation to His people. We'll learn how the Bible was written, built, approved, and preserved throughout history.

BIBL 103 ENGAGING THE SCRIPTURES PART 1

Jesus arranged His life around the Word of God. If we want the life of Jesus, we must engage the Scriptures. We'll learn how to engage the Bible as a voice, not a book.

BIBL 104 ENGAGING THE SCRIPTURES PART 2

Jesus arranged His life around the Word of God. If we want the life of Jesus, we must engage the Scriptures. We'll learn how to engage the Bible for transformation.

BIBL 110 - LEARNING THE SCRIPTURES

What food is for the body, the Scriptures are for the soul. In this course, we'll discover a proven method for how to get the most out of the Bible, then explore what the Bible assumes about God, and discover how the entire Scriptures are the footprints that lead us to Jesus.

BIBL 111 HOW TO GET THE MOST OUT OF YOUR BIBLE PART 1

What food is for the body, the Scriptures are for the soul. Developing the skill of observation will equip us to see things as they really are.

BIBL 112 HOW TO GET THE MOST OUT OF YOUR BIBLE PART 2

What food is for the body, the Scriptures are for the soul. We'll develop the skills of interpretation and application by learning to hear God's voice through the text and applying it to our lives.

BIBL 113 WHAT DOES THE BIBLE ASSUME ABOUT GOD?

The Bible doesn't argue for the existence of God; it simply assumes it. We'll explore the first chapters of Genesis to discern what truths are assumed about God.

BIBL 114 JESUS CONCEALED AND REVEALED

The Scriptures are the footprints that lead us to Jesus. The Old Testament shows Jesus concealed; the New Testament shows Jesus revealed. We'll compare how the Old Testament points forward, preparing God's people for the finished work of Christ, and how the New Testament points back, demonstrating how Jesus was the fulfillment of everything promised.

BIBL 120 - THE STORY OF SCRIPTURE

In this course, we'll learn the entire story of Scripture by leveraging ten symbolic icons from the Old and New Testaments. Then, we'll explore the essentials that the Scriptures reveal as the secret to abundant living.

BIBL 121 THE STORY OF SCRIPTURE PART 1

The Scriptures tell the story of how God is building a family for Himself through His enduring love. We'll explore the story of the Old Testament to show how God builds His family through the narratives of the world, the fall, the blessing, the law, and the prophets.

BIBL 122 THE STORY OF SCRIPTURE PART 2

The Scriptures tell the story of how God is building a family for Himself through His enduring love. We'll explore the story of the New Testament to show how God builds His family through the narratives of the birth of Jesus, the kingdom, the cross, the empty tomb, and the golden crown.

BIBL 123 THE ESSENTIALS PART 1

Jesus is everything we need, and He has given us everything we need to live an abundant life. We'll inspect three essentials of the Christian life: the grace of God, the Spirit of God, and the Word of God.

BIBL 124 THE ESSENTIALS PART 2

Jesus is everything we need, and He has given us everything we need to live an abundant life. We'll inspect two essentials of the Christian life: the people of God and the mission of God.

BIBL 130 - THE HOPE OF SCRIPTURE

In this course, we'll explore how Jesus is enough for our life and everything we long for. We'll then discover how this is accomplished through Jesus' finishing well the last week of His life.

BIBL 131 JESUS IS ENOUGH PART 1

When we believe Jesus is the most important thing in our lives, He changes everything! We'll examine why Jesus is relevant and why we need Jesus today.

BIBL 132 JESUS IS ENOUGH PART 2

When we focus on what Jesus has done for us, we begin to live the life God has for us. We'll examine Jesus' secret for life change and how our pursuits reveal what we value most.

BIBL 133 JESUS' FINAL WEEK PART 1

The resurrection of Jesus isn't just a one-time event – it's a way of life. Before we can live it out, it's important for us to examine each step Jesus took during His last days on earth. We'll inspect the major episodes in the final week of Jesus' life from Palm Sunday to the Last Supper.

BIBL 134 JESUS' FINAL WEEK PART 2

The resurrection of Jesus isn't just a one-time event – it's a way of life. Before we can live it out, it's important for us to examine each step Jesus took during His last days on earth. In Part 2, we'll inspect the major episodes in the final week of Jesus' life from the Garden of Gethsemane to His post-resurrection appearances.

BIBL 135 EASTER JOURNAL EXPERIENCE

The resurrection of Jesus isn't just a one-time event - it's a way of life. Before we can live it out, it's important for us to examine each step Jesus took during His last days on earth. We'll inspect the major episodes in the final week of Jesus' life from Palm Sunday to His death and resurrection.

BIBL 300 - THE STORY OF THE OLD TESTAMENT PART 1

In this course, we'll learn the story of the first half of the Old Testament by looking through the lens of the major activities of God in this period - God created and God delivered.

BIBL 301 GOD CREATED PART 1

By His power, God created the world, and it was very good. We'll examine the two parts of the creation account of Genesis 1-3 and discover why God created the world.

BIBL 302 GOD CREATED PART 2

By His grace, God provides a roadmap in Genesis for how He intends to bring His children back to freedom. We'll examine this roadmap through the lives of Cain and Abel, Noah, Abraham, and Joseph.

BIBL 303 WAITING ON GOD PART 1

Joseph modeled what it means to wait on God. We'll learn how he refused to let people or circumstances disappoint him and how he chose to forgive others and hold on to the promises of God.

BIBL 304 WAITING ON GOD PART 2

Joseph modeled what it means to wait on God. We'll learn how he chose to see God's goodness and embrace his season of hiddenness in the midst of disappointment.

BIBL 305 GOD DELIVERED PART 1

God sees our misery, hears our cries, is concerned about our suffering, and comes down to rescue us. We'll assess how Moses was God's chosen instrument to answer the kingdom cries of His family.

BIBL 306 GOD DELIVERED PART 2

God instructed Moses to make the Tabernacle exactly according to the pattern He would show him. We'll inspect the details of the Tabernacle to determine how it points to the future deliverance Jesus would bring.

BIBL 307 GENESIS AND GEOLOGY

There are two paradigms for making sense of our planet's origin: one defined by natural processes occurring slowly over billions of years, another defined by recent, direct actions of God as recorded in the Bible. We will investigate the evidence and decide for ourselves.

BIBL 310 - THE STORY OF THE OLD TESTAMENT PART 2

In this course, we'll learn the story of the second half of the Old Testament by looking through the lens of the major activities of God in this period - God provided and God restored.

BIBL 311 GOD PROVIDED PART 1

God often gives us what we ask for in order to reveal our true selves and expose our true weaknesses. We'll identify why the people of Israel insisted on choosing Saul as their king and what it revealed about their true selves.

BIBL 312 GOD PROVIDED PART 2

God's discipline is always purposeful – it always leads to what is better. We'll explore how David was a better choice than Saul for king.

BIBL 313 GOD RESTORED PART 1

We'll examine how Hosea's purchase of his wife Gomer is a picture of the extravagant price Jesus will pay to restore us.

BIBL 314 GOD RESTORED PART 2

We'll compare the major characters in the book of Esther to discover how God often works in the everyday events of life to accomplish His purposes.

BIBL 315 PROFILES OF OLD TESTAMENT LEADERS

Every story of every character in the Bible is meant to instruct us in how to live and lead in the ways of God. We'll review the character traits of five Old Testament leaders and learn from their leadership.

BIBL 320 - THE STORY OF THE NEW TESTAMENT PART 1

In this course, we'll explore what happened between the Old and New Testaments, then learn the story of the first half of the New Testament by looking through the lens of the major activities of God in this period - God came. We'll also examine the hope associated with Jesus' promised return.

BIBL 321 THE PERIOD BETWEEN THE OLD AND NEW TESTAMENTS

God never wastes a waiting period. In the 4oo years between the Old and New Testaments, God worked behind the scenes to prepare for the coming of Jesus. We'll examine the six ruling parties leading up to Jesus and identify changes or events that paved the way for the message of Jesus to flourish.

BIBL 322 GOD CAME PART 1

In the fullness of time, Jesus came for very specific reasons. We'll investigate these reasons and the various gospel accounts of Jesus' coming to show different perspectives on how and why He came.

BIBL 323 GOD CAME PART 2

The four gospels give us a multi-faceted, yet consistent narrative of Jesus' life. We'll analyze the various styles and purposes of the four gospel writers and show how they capture both the humanity and deity of Jesus.

BIBL 324 CASE FOR THE RESURRECTION

Faith is necessary to live a life that releases the power of resurrection. However, God in His goodness has given us significant evidence for Jesus' resurrection to support our faith. We'll examine the historical facts that support the case for the resurrection.

BIBL 330 - THE STORY OF THE NEW TESTAMENT PART 2

In this course, we'll learn the story of the second half of the New Testament by looking through the lens of the major activities of God in this period - God built and God makes new.

BIBL 331 GOD BUILT PART 1

Jesus' strategy for changing the world is to release kingdom leaders to say and do what He said and did. We'll explore how the church in Acts changed the world by continuing to release the words and works of Jesus.

BIBL 332 GOD BUILT PART 2

Jesus used simple letters – a personal and affordable means of communication – to build up His church. We'll observe and evaluate the common letter format used in building up the early church.

BIBL 333 GOD MAKES NEW PART 1

The book of Revelation is often known for its mysterious images of catastrophic events, but the real purpose of the book is to reveal the glorified, trustworthy King Jesus. We'll analyze the setting and style of the book of Revelation and how it points to the big idea that Jesus is on His throne making all things new.

BIBL 334 GOD MAKES NEW PART 2

The sin-ruined creation of Genesis is restored in the Savior-renewed creation of Revelation. We'll compare and contrast the elements of the Garden of Eden with the elements of the new heaven and earth.

BIBL 335 PROFILES OF NEW TESTAMENT LEADERS

Every story of every character in the Bible is meant to instruct us in how to live and lead in the ways of God. We'll review the character traits of five New Testament leaders and learn from their leadership.

BIBL 336 THE HOPE OF THE RETURNING KING

The return of Jesus is described as the "blessed hope." We'll explore and synthesize Scriptures associated with the return of Jesus and why they instill hope for those who follow Him.

SPIRITUAL FORMATION

Valley Creek College is committed to the spiritual formation of every student. Spiritual formation is the process of being formed into the image of Jesus to become a person of love. It's a process that takes time. It's an ongoing lifestyle, not a one-time activity. There are good days and bad days. There are ups and downs. There are failures and victories. It's the process of being formed by God because you can't form yourself.

You're the clay, and God is the sculptor. You're the plant, and God is the gardener. You're the gold, and God is the refiner. Over time, little by little, we become a person that knows and relies on the love of God and who has good will towards God and towards others. People who start to live like, think like, act like, and believe like Jesus - that's spiritual formation.

To do the things that Jesus did, we first have to do the things that Jesus did. This takes intentionality and discipline. This curriculum explains the "why" behind spiritual formation and gives specific practices that Jesus did in order to help our students grow on their spiritual journeys.

SF 200 - THE JOURNEY OF SPIRITUAL FORMATION

Spiritual formation is the process of being formed into the image of Jesus to become people of love by doing practices that position us to be changed by God. In this course, we'll discover that the journey of spiritual formation begins with realizing that you can do the things that Jesus did as His disciple by taking on His lifestyle.

SF 201 CAN I REALLY DO WHAT JESUS DID?

American Christianity is essential but not sufficient. It's time to live a different way. We'll explore how we can take on both the life and the lifestyle of Jesus.

SF 202 WHAT IS A DISCIPLE AGAIN?

Jesus invites us to become disciples by following Him and living a different way as a new creation in Christ. We're going to explore what the Bible says about being a disciple and what it looks like to live that out in everyday life.

SF 203 HOW DO I CHANGE?

Is change really possible in your life? We'll discover how change is possible with the Holy Spirit. God uses His Word, godly relationships, trials, time, and spiritual practices to open us up to His grace so we can become more like Him.

SF 204 THE HEART OF SPIRITUAL FORMATION

The heart of spiritual formation is God changing us from the inside out. We'll learn that doing spiritual practices isn't a measure of maturity. They're invitations, not obligations. They're done with God, not for God.

SF 210 - INWARD PRACTICES

Inward spiritual practices are defined as those that focus on transforming our inner life. In this course, we'll practice specific spiritual disciplines such as Scripture, meditation, prayer, and fasting.

SF 211 SCRIPTURE

Spiritual practices are daily activities that open us up to the grace of God. We'll learn that the practice of Scripture is about arranging our lives around the Word of God.

SF 212 MEDITATION

Spiritual practices are daily activities that open us up to the grace of God. We'll learn that the practice of meditation is thinking deeply about deep things with God.

SF 213 PRAYER

Spiritual practices are daily activities that open us up to the grace of God. We'll learn that the practice of prayer is talking with God about the life we're living with Him.

SF 214 FASTING

Spiritual practices are daily activities that open us up to the grace of God. We'll learn that the practice of fasting is abstaining from food to seek God.

SF 220 - OUTWARD PRACTICES

Outward spiritual practices are visible expressions of inward transformation and affect how we relate to others. In this course, we'll practice specific spiritual disciplines such as sabbath, silence and solitude, simplicity, and service.

SF 221 SABBATH

Spiritual practices are daily activities that open us up to the grace of God. We'll learn that the practice of sabbath is taking one out of every seven days off to rest from work and enjoy God.

SF 222 SILENCE AND SOLITUDE

Spiritual practices are daily activities that open us up to the grace of God. We'll learn that the practice of silence and solitude is quieting down the noise of the world to prepare ourselves to listen to what God wants to say.

SF 223 SIMPLICITY

Spiritual practices are daily activities that open us up to the grace of God. We'll learn that the practice of simplicity is arranging our lives in a way that we can seek God's kingdom first.

SF 224 SERVICE

Spiritual practices are daily activities that open us up to the grace of God. We'll learn that the practice of service is love expressed.

SF 230 - COMMUNAL PRACTICES

Communal spiritual practices are experienced through Christian community and require shared participation. In this course, we'll practice specific spiritual disciplines such as celebration, generosity, confession and repentance, and community.

SF 231 CELEBRATION

Spiritual practices are daily activities that open us up to the grace of God. We'll learn that the practice of celebration is paying attention and calling attention to the goodness of God.

SF 232 GENEROSITY

Spiritual practices are daily activities that open us up to the grace of God. We'll learn that the practice of generosity is giving God's resources to others in a way that releases His kingdom in their lives.

SF 233 CONFESSION AND REPENTANCE

Spiritual practices are daily activities that open us up to the grace of God. We'll learn that the practice of confession and repentance is simply agreeing and acting with God.

SF 234 COMMUNITY

Spiritual practices are daily activities that open us up to the grace of God. We'll learn that the practice of community is building relationships to seek God together.

SF 400 - LIVING TRANSFORMED

Living transformed focuses on cultivating rhythms that lead to deep and lasting transformation in Jesus. In this course, we'll explore how to behold Jesus, develop spiritual health, and create a rule of life that opens us to God's changing grace.

SF 401 GOING DEEPER IN SPIRITUAL PRACTICES

Spiritual practices are habits or disciplines that help us to become like Jesus. The point of spiritual practices is not the disciplines; it's learning to behold Jesus. We'll learn what it means to behold Jesus, to live dependent on Him, and to be open to His changing grace so we can live a life of deep joy.

SF 402 THE JOURNEY OF TRANSFORMATION

We tend to think that following God is a straight line toward the destination of heaven. But, it's more about being with someone than getting somewhere. God invites us on a lifelong journey of transformation. We'll examine the process of transformation and the stages of the critical journey of faith: awakening, learning, contributing, the inward journey, the outward journey, and the life of love.

SF 403 RULE OF LIFE

A rule of life is an intentional plan for creating habits that help organize our lives around following Jesus. It's a number of personalized ways that help us create space to encounter God and open ourselves up to His changing grace.

SF 404 ASSESSING YOUR SPIRITUAL HEALTH

Disciples must be spiritually healthy to become mature, attaining to the whole measure of the fullness of Christ. We'll explore how reflection helps create a plan for maintaining spiritual health: being self-aware, having godly relationships, digging a deep well with God, and practicing spiritual disciplines.

SF 410 - LIVING FROM VICTORY

A giant is simply anything that stands in between us and the promises of God. In this course, we'll discover how to face our giants and enjoy the victory and the freedom that Jesus already won for us.

SF 411 FACE YOUR GIANTS PART 1

A giant is anything that stands between us and the promises of God. Since Jesus came to be a conqueror, we should never be okay allowing giants in our lives. We begin to face our giants when we admit they are in our lives and remember who we are in Jesus.

SF 412 FACE YOUR GIANTS PART 2

A giant is anything that stands between us and the promises of God. Our future is on the other side of the giant we face. We'll learn that our giant has already been defeated and how to hold on to the promises of God.

SF 413 FACE YOUR GIANTS PART 3

A giant is anything that stands between us and the promises of God which are found in His Word. God's Word exposes truth, and truth is designed to set us free. We'll discover that worship is a warrior's greatest weapon and that, if we can change our thinking – we can change the way we live.

SF 414 FACE YOUR GIANTS PART 4

A giant is anything that stands between us and the promises of God. You don't face your giants alone. God is with you and His presence gives you everything we need to overcome them. We'll learn how to get back up after defeat and how to deal with our giants so the next generation doesn't have to.

SF 420 - LIVING IN THE KINGDOM

Jesus' Sermon on the Mount reframed what it means to live fully alive as a human. In this course, we'll discover how to be transformed to live in the kingdom today.

SF 421 THE GOOD AND BEAUTIFUL LIFE PART 1

The Sermon on the Mount was Jesus' greatest teaching on the kingdom of God. We'll explore what life in the kingdom looks like.

SF 422 THE GOOD AND BEAUTIFUL LIFE PART 2

The Sermon on the Mount was Jesus' greatest teaching on the kingdom of God. We'll explore what it means for us to be salt and light in the world.

SF 423 THE GOOD AND BEAUTIFUL LIFE PART 3

The Sermon on the Mount was Jesus' greatest teaching on the kingdom of God. We'll explore the place of prayer and fasting in kingdom living.

SF 424 THE GOOD AND BEAUTIFUL LIFE PART 4

The Sermon on the Mount was Jesus' greatest teaching on the kingdom of God. We'll explore what it means for us to build our house on the rock of Jesus.

SF 430 - LIVING LOVED

As disciples of Jesus, we're called to cultivate healthy souls rooted in the love of God revealed through Jesus. In this course, we'll explore what it means to live from our identity as people deeply loved by God, resulting in freedom from performance, worry, fear, and the pressures of the world.

SF 431 SOUL CARE

God declares that we are living souls. Our souls are the wellspring of our spiritual formation. We'll learn how to care for our souls as we understand that Jesus has already provided everything our souls need.

SF 432 YOU ARE LOVED BY GOD

At the deepest part of us, we all want to know the answer to the question, "Am I loved?" The cross answered that question once and for all when Jesus laid down His life for us. We'll address what it means to make that reality our way of life.

SF 433 LIVING FREE FROM THE WORLD AND PERFORMANCE

Many of us know that we're loved by God, but are we actually living as if it were so? We'll explore how living loved means we're free from the world and performance.

SF 434 LIVING FREE FROM WORRY AND FEAR

Many of us know that we're loved by God, but are we actually living as if it were so? We'll explore how living loved means we're free from worry and fear.