

PLMC Ohana Camp 2026 Workshops

Workshops	Titles	Synopsis
W1	Strengthen Your Stakes – Spiritual Discipline of <i>Lectio Divina</i> Maximum capacity: 60	<p>Participants will be offered a space to encounter Scripture not just in the form of text, but also as a Living Word through listening, meditating, praying and resting in God's Word together.</p> <p>Everyone is invited to respond to God's voice with the posture of openness and trust. The session will be a time of guided silence and reflective prompts to create sustainable spiritual rhythms to deepen the awareness of God's presence, which can be used beyond the session in daily life.</p>
W2	Strengthen Your Stakes – Spiritual Discipline of <i>Examen</i> Maximum capacity: 60	<p>Participants will experience an intentionally guided session where participants are led to prayerfully review their experiences in order to recognise moments of God's nearness rather than performance or outcomes.</p> <p>This session helps to nurture attentiveness, where participants can learn to notice where God has been at work in their daily lives, and where He may be inviting them into a time of healing, surrender or growth.</p>
W3	Strengthen Your Stakes – Spiritual Discipline of Entering Scripture Through Breath Prayer Maximum capacity: 60	<p>A simple and grounding way to return to God's presence. Participants are invited into an experience of being gently guided into prayer with short Scripture-based phrases where one learns to synchronise breath with prayer. Each inhale and exhale become an act of surrender and reception, especially in moments of stress or anxiety.</p>
W4 (Mandarin)	增强你的信仰——灵修操练：圣言诵读 最大容量：60	<p>参与者将有机会不仅以文本形式，更以聆听、默想、祷告和安息于神的话语中的方式，与圣经相遇，感受其鲜活的生命之道。</p> <p>我们邀请每一位参与者以开放和信赖的姿态回应神的声音。本次活动将以引导式的静默和反思提示，帮助参与者建立可持续的灵性节奏，加深对神同在的觉察，并将这种觉察运用到日常生活中。</p>
W5	Make Room – Emotional and Mental Wellness	<p>Mrs Deonna Tan-Chi invites participants into a safe, grace-filled space to pause, reflect, and intentionally make room in their hearts and minds for God's healing and renewal.</p> <p>Drawing from biblical wisdom, life experiences, and her journey as a wife, mother, and mentor, this workshop helps participants understand how emotional and mental well-being are deeply connected to our spiritual life and relationships.</p> <p>Through guided reflection, practical teaching and prayerful moments, Mrs Deonna will address common emotional burdens—such as stress, anxiety, unresolved pain, and unrealistic expectations—that quietly crowd our inner lives. Participants will learn how to recognise these pressures, process emotions in healthy ways, and replace them with truth, hope, and God's promises. The workshop is designed to be safe, nurturing, and deeply personal, offering practical tools for daily emotional care and equipping participants to cultivate emotional resilience, so they can make room not only for personal healing, but also for deeper connection with God and others.</p>

W6	Make Room – Inclusivity	A workshop designed to help the PLMC church family reflect and actively respond to God's call to create spaces where everyone belongs. Through activities and guided discussions, each individual can contribute to making the church a more inclusive space for the wider community.
W7	Lengthen Your Cords – Intergenerational Community	This is an intentional space designed to create an experience for meaningful conversations and connections across generations within the church. The session seeks to strengthen communal bonds through fostering intergenerational spiritual friendships. In small groups of four to six members, participants will follow prompts on uniting generations conversation cards that will spark meaningful conversations within the groups.
W8	Enlarge the Tent – Blessing the Nations	Reimagine Missions through the lens of kingdom partnership with Dr Ng Oi Leng , who will be sharing her personal journey of faith and mission through the work of El Shaddai Centre.
W8A	<i>[Only for those who chose W8]</i> Visit and meal with Afghan family	This is an extension of W8: Enlarging the Tent, Blessing the Nations. Participants will visit and have a meal with an El Shaddai Afghan family on 16 June 2026 from 12.15pm onwards (during the Free & Easy time). Participants will need to be above 12 years old if unaccompanied, and mobile in case of lift issue. Meal cost per person: RM50.00 (excludes transport which will be at own expense)
W9	Enlarge the Tent – Corporate Prayer in Word Maximum capacity: 60	A multi-modal prayer experience to engage in deeper intimacy with God through various expressions of prayer (Word, worship, dance/flagging and prophetic arts). There will be sub-workshops in the prayer room which will offer 45-min activation sessions in each specific expression of prayer.
W10	Enlarge the Tent – Corporate Prayer in Prophetic Arts Maximum capacity: 60	
W11	Enlarge the Tent – Corporate Prayer in Flagging and Dance Maximum capacity: 60	
W12	Enlarge the Tent – Corporate Prayer in Song Maximum capacity: 60	
W13	Parent-Child (ages 4 to 12): Growing Deeper, Growing Wider	This three-hour workshop invites families with children aged 4 to 12 to encounter God together in age-appropriate and engaging ways. Through play, stories, creative activities, prayer and guided reflection, parents and children will grow deeper in their relationship with God and wider in love, understanding and connection with one another. Designed to be inclusive of younger and older children, the workshop creates meaningful shared moments while offering simple faith practices that families can continue at home long after camp ends. Pre-requisite: Parent/Guardian (21 years and above) needs to attend the workshop with the child.