

# Video Studies

## Free

[Prayer Course](#)

[Practicing the Way](#)

[Reframe](#)

[Institute for Marketplace Theology \(multiple courses\)](#)

[Sanctuary Mental Health Course](#)

## Available to Purchase

[Bible Course](#)

[Emotionally Healthy Spirituality](#)

[Emotionally Healthy Relationships](#)

**Note:** Many of these programs are run as courses at Tenth. You might consider having your life group join a course together for a season. See what is coming up at [tenth.ca/courses](https://tenth.ca/courses).