
CLC401 - 3 credits

Christian Dating and Relationships Life Coaching

Description:

This course will focus on building healthy and long lasting relationships, by empowering your understanding of the meaning of “setting healthy boundaries.” You will learn how to set Boundaries in your relationships with your family, friends, spouse, children, or at work. You will also learn the fundamentals of setting healthy boundaries in your dating relationship while maintaining your love and respect for the other person. You will understand the importance of taking God with you and walking with Him in your dating relationship. As a Christian Coach, you will learn how to walk alongside your clients by helping them to understand that without boundaries in a relationship, there will be no respect or value for the parties involved in the relationship; healthy boundaries define who we are and who we are not. Throughout this course, you will also learn how to be yourself as a coach and how to appreciate those that you are in a relationship with either in your family or outside of your family. The course will help you to understand that saying “No” when you want to say “No” is not bad or demeaning to the other person. You will also understand the importance of protecting your heart and your boundaries, by keeping out those that may want to control and manipulate you from being who God has created you to be. You will learn through journaling that prayer is invaluable in all your relationships.

Course Objectives

You will memorize:

- ✓ 1 John 13:34-35

- ✓ 1 Corinthians 13:13
 - ✓ 1 John 4:18
 - ✓ Ephesians 4:15
 - ✓ Mark 10:7-8
 - ✓ Acts 17:28
- You will know the meaning of boundaries and their functions.
 - You will know the reason why people say “Yes” when they really want to say “No”
 - You will learn how to fully express yourself by saying “No” when you really want to say “No” and “Yes” when you want to say “Yes”
 - You will learn how to set and develop your boundaries
 - You will be able to identify the problems that come with setting boundaries and how to overcome them
 - You will understand the ten laws of boundaries in your relationships
 - You will learn how to take responsibility for the boundaries you set
 - You will learn how to avoid relationships that include deception.
 - You will know the six steps to take if you have experienced deceit in a relationship.
 - You will know the five areas of your spiritual life you should reveal to your date.
 - You will learn how to overcome boundary issues that come out of fear of being alone.
 - You will understand the importance of holding common interests, goals, and values in the dating relationship.
 - You will get a deeper revelation of why opposites may be attracted to each other.
 - You will learn the value of a support system, in keeping a “reality” check in your life.

- You will get a better understanding of the benefits of being a “whole” person during dating.
- You will learn about the seven ways disrespect can occur in relationships.
- You will get a deeper revelation of the dangers of sex outside of marriage.

Attitudinal:

- As a result of your application of the truths you learn in this course:
- You will set up healthy boundaries in your relationships.
- You will get a greater understanding of God’s love and know His heart for you in your dating relationship.
- You will get a greater understanding of why you should take God with you on a date
- You will understand why dating is not the way to cure the problems you encounter in your dating relationships
- You will develop an awareness of the benefits of dating when healthy boundaries are maintained
- You will become more confident and develop the strength to be yourself in a dating relationship
- You will become more balanced in the way you handle your dating relationship
- You will develop the boundaries necessary in maintaining physical limit and avoid the pitfalls in a dating relationship.
- You will start taking responsibility in your dating relationship by saying “No” when your boundaries are crossed.
- You will know the steps to take in coaching your clients in knowing the right person to date

Course Texts:

Boundaries text & Workbook –when to say “Yes” and How to say “No” by Henry Cloud & John Townsend

Boundaries in Dating text, DVD teaching with Workbook by Henry Cloud & John Townsend

Course Requirements:

NOTE: Save your answers into a digital document to be emailed to your instructor. Use Microsoft Word, Google Docs, any other word processor or even just save it as an email draft or in the Notes application of your mobile device. Handwritten work will be not be accepted without prior approval from your instructor.

1. Prayerfully read *Boundaries –when to say “Yes” and How to say “No”* by Henry Cloud & John Townsend, taking notes and answering all the questions in the workbook as assigned for each lesson.
2. Complete the journaling question for the related chapters found in this *student notebook under Application Questions and Journaling, this will be submitted to your instructor in Lesson 7.*
3. *Prayerfully read Boundaries in Dating, and watch the DVD teachings – by Henry Cloud & John Townsend taking notes and answering all the questions in the Participant's' guide workbook as assigned for each lesson.*
4. *Write a minimum of 2-3 pages report on what the Lord revealed to you from the teachings of this course on Boundaries when to say “Yes” and how to say “No” and Boundaries in dating by Henry Cloud & John Townsend, this will be submitted to your instructor in Lesson 7.*
5. *Final Paper: In a fictitious setting, write a report with a minimum of 2- 4 pages. Choose any topic or topics from the textbooks and teachings from this course; coach a fictitious client of your choice on Boundaries in dating OR on Boundaries in Relationships. Include the following in your coaching report:*

- a. The main topic you chose with your coaching title and the textbook/textbooks title.
 - b. Your client data/information form, including names(fictitious)
 - c. Your coaching agreement form
 - d. The reason why coaching is needed
 - e. Your coaching evaluation at the end of the coaching final session(Coaching contract can be set between 6-12 weeks, this is fictitious)
 - f. Your report will be submitted to your instructor in Lesson 7.
6. ** Earn at least a “B” on all your coursework exercises, Book report, Test and Final exam**.

Standards for Grading Assignments

As indicated below, “C” or 2.0 level work is considered average. **Leaders are not average people.** You are therefore expected (required) to put forth the effort necessary to demonstrate at least “B” (3.0) level work or higher on all assignments which you submit. Any which do not will be returned to you with input from your instructor on how you can raise your grade to the expected level. **A course grade will not be given until your assignments demonstrate that you have understood the material presented in the course and allowed your life to be transformed by the Spirit and the Word studied** — the requirements for attaining a “B”.

Your individual assignments (notebooks, tests, reports) will be graded according to the following standards. These grades will be averaged together to determine your course grade. Remember, we are training leaders and leaders are above-average people. Your work will reflect that.

- “D”
 - Indicates barely passing work that is inferior to the average both in quantity and in quality.
 - Manifests a lack of initiative or sense of responsibility or both.
- “C”
 - Average work; either steady work of an acceptable quality, or work of a high quality which is uneven, irregular or fragmentary.
 - May be mechanically or outwardly correct but shows little reflection upon or personal assimilation of the material.
- “B”
 - Intelligently has fulfilled the requirements of this course.
 - Understands the subject matter presented and has applied it to his life in a limited manner but has not really made the truths his own.
- “A”
 - Grasped the material with thoroughness, industry and correctness of detail.
 - Made the material his own by thinking about it and integrating it, using originality, natural ability, and insight.

Lesson One

Assignment to be completed:

NOTE: Save your answers into a digital document to be emailed to your instructor. Use Microsoft Word, Google Docs, any other word processor or even just save it as an email draft or in the Notes application of your mobile device. Handwritten work will not be accepted without prior approval from your instructor.

Read Chapters 1- 3 of Boundaries by Henry Cloud & John Townsend.

Read the Introduction, and Complete Chapters 1-2 in the Workbook Boundaries by Henry Cloud & John Townsend. Complete the assignments listed in Chapters 1-2 in Boundaries workbook.

Pray the prayer on page 30 of the Boundaries workbook.

Read Why Dating (pages 11-21) and chapters 1-3 of Boundaries in Dating by Henry Cloud & John Townsend.

Listen to Sessions 1& 2 of the DVD teaching Boundaries In Dating by Henry Cloud & John Townsend.

Read Why you don't have to kiss dating goodbye (pages 9-10) in the Workbook Boundaries in Dating participant's guide by Henry Cloud & John Townsend and complete all the assignments for Sessions 1 & 2 of the participant's guide workbook. (You can, but you do not need to form or set up a group to do the written exercise in the workbook; you can answer the questions as it applies to your life

Complete the assignment and journaling exercise found here in your student Notebook for Lesson 1 under Application Questions and Journaling

Memorize 1 John 13:34-35 "A new command I give you: Love one another. As I have loved you, so you must love one another. By this everyone will know that you are my disciples, if you love one another."

Complete and correct Self-Test One.

Subjects to be explored:

A boundaryless Life
What boundaries look like
Boundary problems
Why dating
Boundaries in dating
Take God on your date

Related objectives:

- You will know the meaning of boundaries
- You will define the meaning of the word burden in Greek
- You will define the meaning of the word load in Greek
- You will discuss how boundaries comes from the very nature of God
- You will state some of the examples of boundaries
- You will discuss how the story of the Good Samaritan can be applied to when Boundaries are violated or observed.
- You will know the meaning of Compliant in boundaries setting
- You will list some of the reasons why people do not want to say “No” to others
- You will differentiate between biblical obedience and someone motivated by compliance
- You will know when you are an avoidant in a situation that requires “Yes” for the good
- You will know whenever you are acting like a controller in a relationship
- You will become aware of when someone is acting Non-responsive in a relationship
- You will know the difference between functional and relational boundary issues
- You will learn the benefits of dating

Exercises

1. What is the meaning of boundaries?
2. What are some of the examples of boundaries?
3. What is the meaning of the Greek word for burden?
4. What is the meaning of the Greek word for load?
5. How does the concept of boundaries come from the very nature of God?
6. What is the definition of a compliant in establishing Boundaries?
7. What are some of the reasons why compliant people are unable to NO whenever they need to protect themselves?
8. Do you condemn yourself for things that God does not condemn you for? (personal answer)
9. Quote: 1John 13:34-35 ?
10. Journal and record what God said to you after the prayer on chapters 1 and 2 of Boundaries workbook.

Self Test

1. 1 Corinthians 13:13 “And now these three remain...”

2. Some of the examples of boundaries are:
 - a.
 - b.
 - c. truth;
 - d.
 - e. time;
 - f.
 - g.
 - h. consequences

3. Boundaries are anything _____.

4. How does the concept of boundaries come from the very nature of God:
 - a.
 - b.
 - c.
 - d.
 - e.
 - f.

5. Compliant people are unable to say NO whenever they need to protect themselves because:
 - a.
 - b.
 - c.
 - d.
 - e.
 - f.
 - g.
 - h.

6. Quote 1John 13:34-35 "A new command _____
_____."

Answers to Self Test

1. 1 Corinthians 13:13 “And now these three remain: faith, hope and love. But the greatest of these is love.”
2. Some of the examples of boundaries are:
 - a. Skin
 - b. words
 - c. truth
 - d. Geographical distance
 - e. time
 - f. emotional distance
 - g. other people
 - h. consequences
3. Boundaries are anything that helps to differentiate you from someone else.
4. How does the concept of boundaries come from the very nature of God:
 - a. God defines Himself as a distinct
 - b. A separate being and He is responsible for Himself
 - c. He takes responsibility for His personality by telling us what He thinks, feels, plans, allows, will not allow, likes and dislikes
 - d. He differentiates Himself from others
 - e. He tells us who He is and who He is not
 - f. He defines Himself as separate from His creation and from us

5. Compliant people are unable to say NO whenever they need to protect themselves because:
 - a. fear of hurting the other person's feelings
 - b. fear of abandonment and separateness
 - c. a wish to be totally dependent on another person
 - d. fear of someone else's anger
 - e. fear of punishment; fear of being shamed
 - f. fear of being seen as bad or selfish
 - g. fear of being unspiritual;
 - h. fear of your own overstrict, critical conscience.

6. Quote 1John 13:34-35 "A new command I give you: Love one another. As I have loved you, so you must love one another. By this everyone will know that you are my disciples, if you love one another."