
CLC402 3 credits

Christian Premarital Life Coaching

Description:

In this course, the focus will be on Pre-marital coaching. With the divorce rate in our country today it is important for Christian couples to seek premarital coaching before tying the knot. As a coach, you will enhance your knowledge of the term courtship and Pre-marital coaching. You will be able to help your client identify and differentiate between a healthy and unhealthy courting relationship by being aware of the signals, warning signs and experiences in the relationship. You will learn how to walk alongside your clients by helping them to overcome the pitfalls that could damage the courting relationship. Through this course, you will learn how to help the client overcome the myths of marriage by enlightening them on the purpose of marriage and the part that each of the couples has to play to make their courtship season a time of getting to know each other better before getting married. Some couples believe that only by getting married, can their problems be solved, or that rushing into marriage will be a fixer-upper for the soul. This course will guide and train the coach on how to guide the clients in developing and building the premarital relationship on honesty, trust and making God the foundation of the relationship. As a Christian coach, you will understand the importance of the five love languages and the role this can play in the lives of courting couples. You will get a greater understanding of how the five love languages can help engaged or courting couples maintain their love now and after marriage.

Course Objective

Academic:

As a result of the course, you will quote the following Scriptures:

- Acts 17:28
- Ecclesiastes 4:9-10
- James 1:19
- Ephesians 4:26
- John 13:34-35
- 1Corinthians 13:13
- You will know the five love languages and how to apply them in your relationships.
- You will learn the five negotiating principles.
- You will know how to determine who is a “diamond” or a “rock” in a courting relationship.
- You will be able to identify destructive patterns, which may occur in your relationships.
- You will get a deeper insight into God’s faithfulness in your courting relationship and other relationships in your life.
- You will learn how to wait patiently on the Lord until He brings the right person into your life.

Attitudinal:

- Your listening skills will be improved by learning the art of active listening in your interpersonal relationship.
- You will know yourself more and how to live emotionally healthy.
- You will begin to appreciate the relationships in your life and be thankful to God for each of the people you are with within a relationship.

- You will be encouraged at the beauty of how God has created us different from each other.
- You will be thankful to God for His plan for the courtship season in the life of the man and woman.

Course Texts:

Date or Soul Mate by Neil Clark Warren

The Five Love Languages by Gary Chapman

Falling in love for all the right reasons Text and DVD by Neil Clark Warren

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 not be accepted without prior approval from your instructor.

1. Prayerfully Read *Date or Soul Mate* – by Neil Clark Warren, taking notes and answering all questions as assigned for each lesson.
2. Prayerfully read the book *Falling in love for all the right reasons* and watch accompanying DVD teachings by Neil Clark Warren taking notes and answering all questions as assigned for each lesson.
3. Prayerfully and thoroughly read the collateral book *The Five Love Languages* by Gary Chapman. (You can start reading this book at any time during the course) Write a minimum 4 pages report on the book. Include the following in your report:
 - a. A short summary of each chapter.

- b. What the Lord revealed to you from what you read in the book.
 - c. Which two love languages do you feel describe you from your understanding of the five love languages? How did you come to this conclusion how will this impact your relationships going on forward?
 - d. What are your partners love language if you are in a courtship, engaged or married? Ask the Lord to show you how He wants you to apply the teachings in the book to your relationship. Journal on what the Lord told you and include that in your report.
 - e. If you are single; ask the Lord how He wants you to apply the teachings in the book to your relationships within your family or amongst your friends, journal on what the Lord told you and include that in your report.
 - f. In a few words, share how your life has been transformed through the teachings from this book and a verse of scripture that the Lord used from the book to speak to you from those mentioned under Notes at the end of the chapters in the book.
4. 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 Christian premarital relationship. 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 final coaching 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.

** 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 be not be accepted without prior approval from your instructor.

Read the Introduction and chapters 1 & 2 of *Date or Soul Mate* – by Neil Clark Warren, taking notes and answering all questions in the textbook.

Read the Introduction and chapters 1- 6 and Appendix A of the book *Falling in love for all the right reasons*. Watch the accompanying DVD teachings *Falling in love for all the right reasons* by Neil Clark Warren taking notes and answering all questions in the textbook.

Start reading *The Five Love Languages* by Gary Chapman (For Collateral reading: according to course requirement #3)

Memorize Acts 17:28 “for in Him we live and move and exist, as even some of your own poets have said, ‘For we also are His children.’

Complete Questions and Application exercise for Lesson 1

Complete and correct Self-Test One.

Subjects to be explored:

Winning at the dating game

Know yourself

Finding your soul mate

Good Character

Anger management

Related objectives:

- You will discuss how to coach a client on knowing if someone is right for them in a courting or dating relationship.
- You will get to know yourself more.
- You will list our culture's five main qualities in choosing a partner.
- You will discuss the first four dimensions to look for in a potential relationship.

Exercises

1. Quote: Acts 17:28
2. What did you discover about yourself after answering the twenty questions on how to get to know yourself more in chapter 2 of the text *Date or soul mate*?
3. What is our culture's five main qualities for choosing a life partner?
4. What are the first four dimensions to look for in a potential relationship?

Self Test

1. Memorize Acts 17:28 “for in Him we live
2. The five main qualities for choosing a life partner are?
 - a.
 - b.
 - c.
 - d.
 - e.
 - f.
3. The first four dimensions to look for in a potential relationship?
 - a.
 - b.
 - c.
 - d.
 - e.

Answers to Self Test

1. Quote: Acts 17:28 “For in Him we live and move and exist, as even some of your own poets have said, ‘For we also are His children.’
2. The five main qualities for choosing a life partner? FLFATRR pg 34 appearance; chemistry; a sense of humor; status; a front-end personality.
3. The first four dimensions to look for in a potential relationship? FLFATRR pg 52 screening dimensions-designed to help you avoid troublemakers and to prevent you from becoming romantically involved with a problematic person; core personal dimensions-characteristics in you and your partner that are relatively difficult to alter; necessary skills that can be developed; crucial qualities that can be developed.