

---

CLC403 3 credits

# Christian Marriage Life Coaching

---

---

## Description:

Marriage is the building block and the stability of our society. This course will equip you as a marriage coach in the understanding of God's purpose for marriage. You will know your role as a marriage coach and how to help couples in strengthening their marriage by making God their foundation. As a coach, you will walk alongside the couples to help them identify the obstacles in their marriage relationship and how to overcome those obstacles in reverence and submission to one another. You will help the couples to get a deeper meaning of Marriage as a union between a man and a woman which involves leaving both parents and other distractions, cleaving together in oneness and becoming one flesh according to God's blue print for marriage in the scriptures. Through this course as a marriage coach, you will enhance your understanding of the needs of humans in the area of security and significance, which cannot be satisfied or fully given to us by any other human being but only by God. You will help couples to get over the cliché "once I get married I will be finally happy." Through this course, as a marriage coach you will be able to help the couples come to a deeper understanding of the union of marriage, giving them the most important roadmap to joy, happiness, peace and bliss in their home, which is the knowledge that only God can satisfy their deepest needs and give them eternal fulfillment.

---

## Course Objectives

You will quote:

- ✓ Genesis 2:18
- ✓ Ephesians 5:22-24

- ✓ Ephesians 5:25,28
- ✓ Ephesians 5:29,31
- ✓ 1 Cor 13:4 - 7
- ✓ 1 Peter 5:6-7
- ✓ Ephesians 4

**You will define/state/list/discuss the following:**

- State the fabric of biblical truth as seen in Genesis to revelations as pertaining to relationship.
- List the two essential elements that are essential for a relationship in order for us to live as God intended.
- Discuss the dilemma of legitimate personal needs in the relationship between husband and wife.
- Discuss the four courses of action we can take to meet our needs in a marriage.
- Discuss how important it is for husband and wife to depend on the Lord to meet their needs for security and significance in the marriage.
- Explain the significance of the central truth that serves as the platform for Christian marriage.
- State the two errors that can nudge the husband and wife off the platform of truth.
- Discuss how couples can become spiritually one by remaining atop of the platform of truth.
- Discuss how husband and wife can find solid footing on the platform of the truth.
- State the meaning of spirit oneness in the relationship between husband and wife.
- Discuss the principle of ministry on which soul oneness depends in a marriage.

- Discuss how the principle of manipulation in a marriage destroys soul oneness.
- List five steps a husband and wife can take when they are angry at each other.
- State the definition of Body Oneness.
- Discuss the building blocks required for the development of oneness in marriage.
- Discuss God's blue print for marriage.
- List the husband and wife's responsibilities in a marriage.
- State the twelve practical ways to develop and maintain good marital communication in a marriage.
- State eight different ways you can predict a happy marriage.
- State how a sense of wholeness can be achieved in a marriage or relationship.
- Give the definition of A-H-M in a relationship.
- List the four myths of marriage.
- State and discuss the five stages of marriage
- List the three different ways husband and wife can start planting their marital Eden.
- Discuss the three saboteurs of a happy marriage.
- State the four styles of miscommunication that is a result of us feeling threatened.
- Discuss the three bedrock of successful communication in a marriage.
- Discuss the three basic needs of a woman in a marriage.
- Discuss the three basic needs of a man in a marriage.
- List the four disastrous ways of interacting that can sabotage the attempts to resolve conflict in a marriage.
- Discuss the seven ways by which successful couples resolve conflict.

- State two important ways by which God shows Himself in a marriage.
- Discuss three ways by which husband and wife can tend the soul of their marriage.
- Define Soul-Talk
- State three ways you can escape the feeling of inadequacy in a conversation.
- List the three truths of soul talk.

**Attitudinal:**

As a result of your application of the truths you learn in this course:

- You will get an awareness of the four kinds of emotions that can develop within relationships as seen in scriptures.
- You will know the two elements that are essential for a relationship.
- You will have an understanding of the dilemma of legitimate personal needs in the relationship between husband and wife.
- You will know the four courses of action we can take to meet our needs in a marriage.
- You will get a deeper understanding of why husband and wife have to depend on the Lord to meet their needs for security and significance in their marriage.
- You will receive a revelation of the significance of the central truth that serves as the platform for Christian marriage.
- You will recognize the two errors that can nudge the husband and wife off the platform of truth.
- You will become conscious of the significance of couples staying spiritually connected as one in order to stay atop of the platform of truth.

- Your perception of truth in marriage will be strengthened by the revelation of how husband and wife can find solid footing on the platform of truth in their marriage.
- You will get a deeper meaning of spirit oneness in the relationship between husband and wife.
- You will see the plan of God and His blueprint for marriage according to Gen.2
- You will get a deeper understanding of the wife's responsibilities in a marriage
- You will get a deeper understanding of the husband's responsibility in a marriage
- You will know the steps that husband and wife can take in a marriage when they are angry at each other.
- You will get an understanding of the twelve practical ways to develop and maintain good marital communication in a marriage.
- You will work towards maintaining peace in your home and how the different ways to predict a happy marriage.
- Your perception of marriage will change by overcoming the four myths of marriage.
- You will become a better husband/wife in your marriage by becoming aware of the unconscious roles that husbands and wives fall into in a marriage.

---

## **Course Texts:**

*The Marriage Builder*- By Larry Crabb

*Strengthening Your Marriage* – By Wayne A. Mack

*Saving Your Marriage Before It Starts*- By Les & Leslie Parrott

*Soul Talk The Language God longs for us to speak*- By Larry Crabb

---

## 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 the text *The Marriage Builder* by Larry Crabb thoroughly and completely, answering all related questions and assignments found in the textbook assigned for each chapter.
2. Complete the journaling question for the related chapters found in this student notebook under Application Questions (this will be submitted to your instructor with your completed exercises at the end of the course).
3. Prayerfully read the text *Strengthening your marriage* by Wayne A. Mack answering all Discussion and Study questions at the end of each Unit/Chapter. If you are married, work through the study questions with your husband, if you are not married, you can still answer the questions from your perspectives.
4. Completely and prayerfully read *Saving your marriage before it starts* by Les & Leslie Parrott. The SYMBIS assessment for couples is not a requirement for this course but it can be a good resource for you as part of your marriage coaching tools. Answer all For Reflection questions at the end of each chapter.
5. Completely and prayerfully read the *SoulTalk* by Larry Crabb. Write a minimum of 2-3 pages summary of what you learned from the teachings in the text. Complete all journaling for the text *Soul Talk* found under Application and journaling Questions in your student syllabus.
6. Final Paper: In a fictitious setting, write a report with a minimum of 2-3 pages. Choose any topic or topics from any of the textbooks and teachings from this course; coach a fictitious client of your choice on Christian. You can also use resources that you have

acquired in your coaching tool box i.e. assessment tests for couples, personality tests etc. Include the following in your coaching report:

- a. Your main topic you chose from the course, 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 12.
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 The Marriage Builder by Larry Crabb.

Read the Introduction under Discussion Guide and complete the assignments listed under Discussion guide for chapters 1 & 2 of The Marriage Builder by Larry Crabb.

Read the Introduction, and Units 1 and 2 of the book Strengthening your marriage by Wayne Mack. Answer the Discussion and Study Questions at the end of Units 1 & 2

Memorize Genesis 2:18 “ Then the LORD God said, “It is not good for the man to be alone; I will make him a helper suitable for him.”

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

Complete and correct Self-Test One.

## **Subjects to be explored:**

The goal of marriage

Spirit Oneness

God’s Purpose for Marriage

The Wife’s Responsibilities

## **Related objectives:**

- You will list the five fabric of biblical truth as seen in Genesis to Revelations as pertaining to relationship.
- You will list the four kinds of emotions that can develop within relationships as seen in scriptures.
- You will discuss the two essential elements that are essential for a relationship.
- You will discuss the dilemma of legitimate personal needs in the relationship between husband and wife.
- You will state the four courses of action we can take to meet our needs in a marriage.
- You will discuss how important it is for husband and wife to depend on the Lord to meet their needs for security and significance in their marriage.
- You will discuss the significance of the central truth that serves as the platform for Christian marriage.
- You will recognize the two errors that can nudge the husband and wife off the platform of truth.
- You will discuss how couples can become spiritually one by remaining atop of the platform of truth.
- You will be more aware of how husband and wife can find solid footing on the platform of truth in their marriage.
- You will discuss the meaning of spirit oneness in the relationship between husband and wife.
- You will state the meaning of God's blueprint for marriage according to Gen.2
- You will discuss the wife's responsibilities in a marriage.

---

# Exercises

1. Write out and memorize Genesis 2:18
2. List the five fabric of biblical truth as seen in Genesis to Revelations as pertaining to relationship?
3. What are the four kinds of emotions that can develop within relationships as seen in scriptures?
4. What are the two essential elements that are essential for a relationship?
5. In your own words, discuss the dilemma of legitimate personal needs in the relationship between husband and wife?
6. State the four courses of action steps husband and wife may tend to take to meet their personal needs in a marriage?
7. State the significance of the central truth that serves as the platform for Christian marriage?
8. What are the two errors that can nudge the husband and wife off the platform of truth?
9. State the meaning of God's blueprint for marriage according to Gen.2?

---

# Self Test

1. Genesis 2:18 “ Then the LORD God said,\_\_\_\_\_”  
\_\_\_\_\_.”
2. What are the four kinds of emotions that can develop within relationships as seen in scriptures with one examples of each:
  - a.
  - b.
  - c.
  - d.
3. The two elements that are essential for a relationship are:
  - a.
  - b.
4. The significance of the central truth that serves as the platform for Christian marriage is:\_\_\_\_\_.
5. The concept of husband and wife leaving, cleaving and becoming one flesh is:\_\_\_\_\_.

---

# Answers to Self Test

1. Genesis 2:18 “ Then the LORD God said, , “It is not good for the man to be alone; I will make him a helper suitable for him.”
2. The four kinds of emotions that can develop within relationships as seen in scriptures with one examples of each are: TMB pg 20

Agony over lost relationships- David weeping for Absalom; Jesus crying out “My God, why have you forsaken me?”

Bitter remorse from grieving a loved one- Peter after the cock crowed the third time;

the joy of reunion- Jacob meeting Joseph in Egypt; Jairus’s daughter restored to her father;

the relaxed enjoyment of a comfortable relationship- Christ at the home of Mary and Martha.

3. The two essential elements that are essential for a relationship are:  
TMB pg 21  
the security of being truly loved and accepted;  
the significance of making a substantial, lasting,  
positive impact on another person.
4. The significance of the central truth that serves as the platform for Christian marriage is: TMB pg 35 In Christ we are at every moment eternally loved and genuinely significant. In Christ I am significantly secure therefore I can live responsibly before God no matter what happens.
5. The concept of husband and wife leaving, cleaving and becoming one flesh is: SYM pg 1 God’s blueprint for marriage according to Gen.2