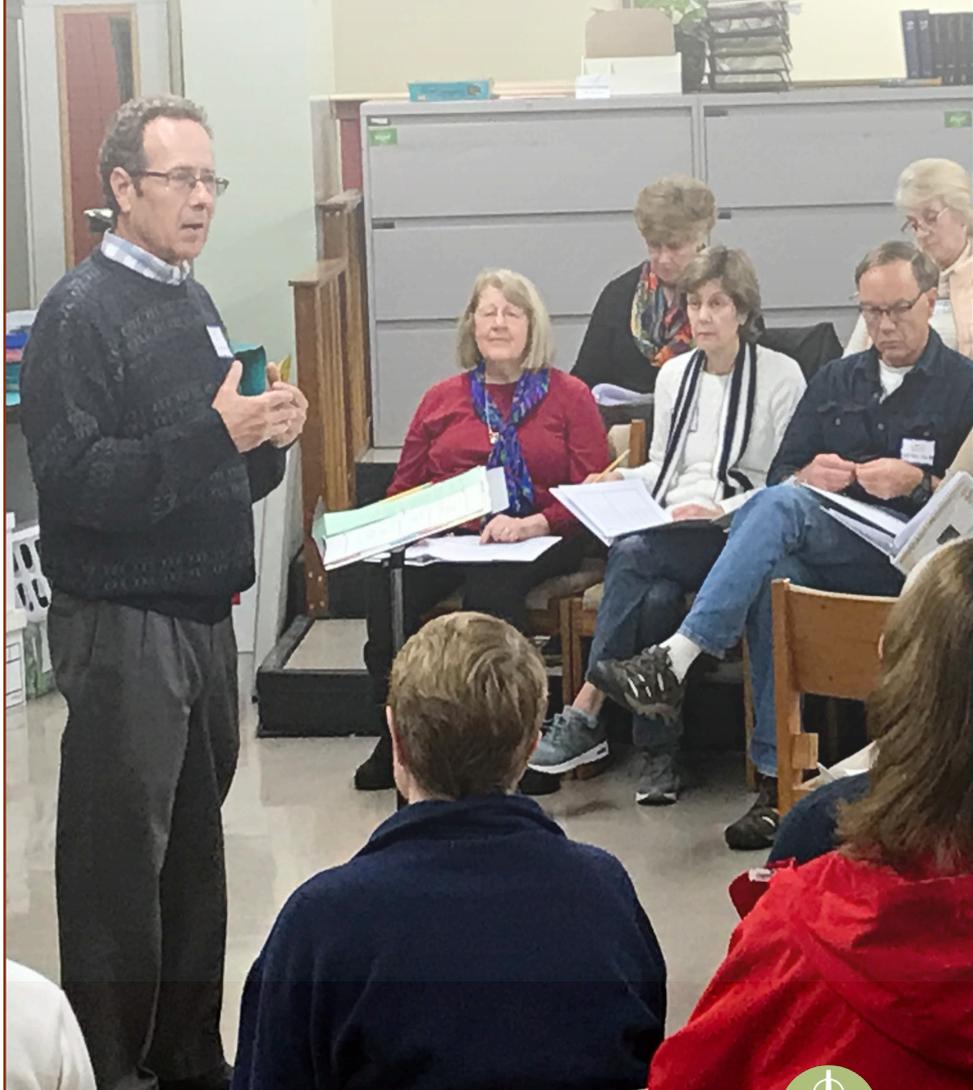


# Adult Education

Fall 2019 • COURSE CATALOGUE

*LifeGroups, Marriage Enrichment, Men & Women's Ministry, Leadership & Staff Training*



**RB Community Church**

17010 Pomerado Rd | San Diego, CA 92128

858.487.0811 | [rbcommunitychurch.org](http://rbcommunitychurch.org)





# Introduction

We are grateful for the enthusiasm that many have shown for our course offerings at the College of the Bible. It has been exciting to see our faculty grow and, in turn, our class offerings. However, as you may have realized, some of our courses are offered at the same time and this may present a quandary for you. Although I can identify with those finding themselves in this predicament - desiring to take all the classes offered - the truth is, it just isn't possible. As we continue to grow, adding instructors and more classes, this will become even more evident. Nevertheless, you will still be able to take the classes you want over time. So, I want to let you know, like all colleges, classes will be offered again. If you miss a class, or must choose between two classes, don't despair. The class you missed will return in another semester.

We are honored to offer a "college within a college," known as the College of Marriage, designed and supported by our Marriage Enrichment Ministry! Take the time to read all the offerings within this catalogue about the College of Marriage. We think it is consistent with RB Community Church's focus on family ministries, and the Great Commission. The College of Marriage is intended for married and engaged couples, both within the church and from the community. The College offers 15 sessions, divided into 5 modules. You are welcome to register for any session; however, I do encourage you to eventually complete all the sessions. It is a pleasure to have Scott Wood, licensed marriage and family therapist, and Carolyn Klusmeier, marriage and family therapist associate, as primary faculty in leading the College of Marriage.

This semester we are privileged to have a very distinguished faculty member join the College of the Bible. Retired UCLA Professor, Dr. Bill Creasy, founder of the Logos Bible Study Ministry. Don't miss this man's teaching, he is fast becoming the most dynamic, comprehensive and in-depth Bible Teacher of our generation. Dr. Creasy will be teaching the ten-week

course "A Portrait of Jesus," using all four Gospels, and weaving the materials together in an engaging narrative. His class will immediately follow our weekly Wednesday Dinners and be taught in the Sanctuary. This would be a wonderful class to invite your friends and neighbors to join you. This ten-week course is \$85.00 per person and we are asking those who support our College of the Bible to assist us with underwriting this course through generous donations. Your gifts will make it possible for everyone to come and engage Jesus in an insightful and entertaining fashion with solid academic credibility and joyful fun. It is my prayer that we can offer this course at a reduced rate for all who register. If you would like to join my wife and I in making a donation, please contact me to learn more.

This program year we are continuing with our "mini" LifeGroups, along with our House LifeGroups. The Fall "mini" LifeGroups will focus on the topics of mind, spirit, and body. Our LifeGroup ministry will kick-off with a fun square dance party on Friday, September 20th. I encourage you to look into at a challenging LifeGroup called the "Bible in 90 Days." The purpose of this group is to read through the Bible in just 3 months! Read all about LifeGroups in this catalogue and become involved in Christian life - through a group!

You can register on-line at:  
<https://bit.ly/cotbible>

In Gratitude,

*Rev. John M. Scholte*  
Pastor of Adult Christian  
Education and Discipleship

II Corinthians 5:17



## CMCM 100 Revealing the Mysteries of Heaven



**Tuesday, September 10 & November 12**

**10:00 - 11:30 | Pineview**

*Instructor: Ken Sheets*

**Text:** The Bible

### Course Description:

The Bible is our only authoritative source of information on what lies beyond the grave; and fortunately, the Bible has a lot to say on the subject. From Genesis to Revelation there are 600 references to the word Heaven. Each of these uplifting texts affords "insider information" about God's glorious habitation and the eternal home for his children. Join this class and learn about heaven and how it positively determines how we live today.



**Ken Sheets**

kensheetsasst@att.net

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## CMBS 100 SEEKERS: STUDY THE BIBLE with PASTOR MOFID



**Wednesdays, starting October 2**

**10:00 - 11:30 am | Location: TBA**

*Instructor: Rev. Dr. Mofid Wasef*

### Course Description:

This class focuses on the cohesiveness of the Old and New Testaments as God's continuous story. Or, as Pastor Mofid says, "What is hidden in the Old Testament is revealed in the New Testament."



**Dr. Mofid Wasef**

modfid@rbpc.org

## CMCM 200 Sitting at the Feet of Rabbi Jesus



**Mondays**

**10:00 - 11:30 am | Pineview**

*Instructor: Abbe Willner*

*Cost: \$10*

**Text:** Sitting at the Feet of Rabbi Jesus by Ann Spangler and Lois Tverberg

### **Course Description:**

Sitting at the Feet of Rabbi Jesus will change the way you read Scripture and deepen your understanding of the life of Jesus. It will also help you to adapt the rich prayers and customs you will learn about to your own life, in ways that both respect and enrich your Christian faith. By looking at the Jewishness of Jesus, Abbe Willner, an instructor that converted from Judaism to Christianity, will take you on a captivating journey into the heart of Judaism, one that is both balanced and insightful, helping you to better understand and appreciate your own faith.



**Abbe Willner**

abbe.sd49@gmail.com



# College of the Bible

## CMBS 100 The Book of Genesis



Sundays, September 8 – November 24

10:00 - 11:30 am | Fellowship Center

Instructor: Rev. Dr. Bob Lauer

Text: The Bible

### Course Description:

In Genesis, God's purposes for the heavens and earth, distorted by sin spreading through all the earth, are focused in one man: Abraham. Through him and his family God would bring blessing to all nations.

Despite God's good purposes for creation, sin enters and fills the earth (the primeval history; chs. 1–11), and so God moves his plan forward to bless the nations through the offspring of Abraham (the patriarchal history; chs. 12–50). Genesis is foundational to the whole Bible, and to every human life. Genesis tells us who God is, who we are, how things went wrong, and the plan that God has put in place to return the earth to the way it was meant to be.



**Bob Lauer**

rjlauer76@gmail.com



*"College of The Bible offers so many opportunities for growth & learning in a low key, non threatening environment with room for questions & discussion. The classes are thought provoking & inspirational. In addition you may get to meet people you've not met before & to form new relationships. You never know, you may discover your passion & find your purpose! It has been a joy!" - Cathy Gross*

## CMCM 100 "A Portrait of Jesus"



Wednesdays, September 18 - December 4

6:00 - 8:00pm | Sanctuary

Instructor: Dr. Bill Creasy

Cost: \$85

Text: NIV Bible

### Course Description:

Dr. Bill Creasy, author and lecturer, is fast becoming the most dynamic, comprehensive and in-depth Bible teacher of our generation. Dr. Creasy brings to his teaching not only a profound commitment to the Word of God and rigorous academic standards, but a zest for life and adventure that animates and enriches his writing and presentations. Founder of the Logos Bible Study Ministry ([www.logosbiblestudy.com](http://www.logosbiblestudy.com)), Dr. Creasy will present a "portrait" of Jesus using all four Gospels, weaving the materials together in an engaging narrative. Come engage Jesus in an insightful and entertaining fashion with solid academic credibility and joyful fun. Scholarships are available. Email [john@rbcp.org](mailto:john@rbcp.org) for scholarship information.



**Elaine Johnson**

[Elaner2010@gmail.com](mailto:Elaner2010@gmail.com)



# College of the Bible

## CMTT 200 Wisdom: God's Possibilities for Us!



Thursdays, September 12 - November 21

Thursdays 10:00 - 11:30 a.m. | Pineview

Instructor: Rev. John M. Scholte

Text: The Bible, and Apocrypha

### Course Description:

A study of the Biblical theme of wisdom and its development and growth through the literature of the Old Testament, the Apocrypha, and the New Testament. The focus will be on the significance of the Holy Spirit as the wisdom of God and faith in Jesus Christ as a wise way of life. The significance of the sages' quests for wisdom will be examined in the view of our own personal striving for a faithful Christian witness in our complex, and often frightening, world.



**Rev. John M. Scholte**

john@rbcpc.org



"The class, 'Tattoos on the Heart,' impacted me more strongly than I ever could have imagined. It truly challenged me to view other people, no matter their race, economic status, ethnicity, challenges or differences, as equal partners in this life and not exclusively people to serve from afar." – Joy Cook



## CMTT 200 Theology II The Doctrine of God



**Tuesdays, September 10 - November 19**

**6:00 p.m. – 7:30 p.m. | Pineview**

*Instructor: Rev. John M. Scholte*

**Text:** Systematic Theology Made Easy by C. Matthew McMahon (e-book)

### **Course Description:**

This course continues the systematic study of Reformed Theology by introducing the student to the biblical teachings on God's nature. It covers the knowledge of God, the arguments for God, and the attributes of God. The subject matter includes consideration of God's wisdom, holiness, justice, goodness, truth, and sovereignty. It will also include a brief look at the topic of Evil.



**Rev. John M. Scholte**

[john@rbcpc.org](mailto:john@rbcpc.org)



# College of the Bible

## CMCM Serendipity Women's Bible Study



**Tuesday's October 1 – November 19**  
**9:30 – 11:00 am | Upper Fireside Room**  
*Instructor: Linda Allen*

**Text:** Study Guide (Cost - \$8)

### Course Description:

Join us on Tuesday mornings for a study of the gospel of Luke - the story of God's good news to the world - of healing, comfort and acceptance. We meet together, then divide into groups to discuss the lesson in a study guide. Visit and see if this group is for you - all backgrounds are welcome.



**Linda Allen**

858-487-1667

[lindainpoway@yahoo.com](mailto:lindainpoway@yahoo.com)



*"I took the 'Art of the Reformation' class with Pastor John Scholte a few summers ago. I was particularly fascinated with the painting "The School of Athens" and all the little tidbit secrets it held. While recently in Rome and on a tour of the Vatican museums, we came around a corner and there it was- larger than life. I could hardly contain myself. The guide spoke briefly about it, but of course I already knew all about it from class. When in Malta, we also saw a painting by Caravaggio. I remembered what Pastor John had taught us about Caravaggio and his lighting and how it spoke to the Reformation. This is a great class- even for those who know nothing about art! Thank you Pastor John." - Miriam Lauff*

## CMCL 300 Equipping Leadership



**Online Course**

**Website:** <https://scs-university.teachable.com/>

*Instructor: Rev. John M. Scholte*

**Text:** Experiencing Leadership Application Guide by Don Cousins and Bruce Bugsbee

*(Textbook can be downloaded for free on class platform)*

### **Course Description:**

The Equipping Leadership class is open to anyone but is primarily intended for leadership training and ministry development. It's for all who are in a leadership role, whether paid or volunteer, whether you lead three people, thirty, or one thousand. It's about assisting all those who have leadership responsibilities at RB Community Church.

### **Directions to join your online class:**

Type the Web Address into your browser. You will reach SCS University, which assists the College of the Bible with its online platform. Select "Enroll Now." Complete the Enrollment Form. Agree to the "Terms of use and privacy policy." Select "Sign Up." Choose Course. Select videos to watch. If you have problems please contact the instructor.



**Rev. John M. Scholte**

[john@rbcp.org](mailto:john@rbcp.org)



# College of the Bible

## CMMT 300 Comparative Religions



Online Course

Website: <https://scs-university.teachable.com/>

Instructor: Rev. John M. Scholte

**Text:** RELG: World (Any Edition) by Robert E. Van Voorst  
(The textbook can be purchased on Amazon.com)

### Course Description:

A comparative approach to the teachings of the world's primary religions to Christianity. The religious and cultural expressions of Hinduism, Buddhism, Confucianism, Taoism, Judaism, Islam, and Sikhism will be explored through their core teachings against the back drop of Christian theology and culture.

### Directions to join your online class:

Type the Web Address into your browser. You will reach SCS University, which assists the College of the Bible with its online platform. Select "Enroll Now." Complete the Enrollment Form. Agree to the "Terms of use and privacy policy." Select "Sign Up." Choose Course. Select videos to watch. If you have problems please contact the instructor.



**Rev. John M. Scholte**

[john@rbcpc.org](mailto:john@rbcpc.org)





*"I really enjoyed the Comparative Religions class taught by Pastor John. The study of each major religion was fascinating and helped me better understand the impact religion has on different cultures. I found the class very interesting and Pastor John's knowledge is amazing which he communicated in a clear way. He coupled his lectures with related videos which enhanced the learning experience and made the class enjoyable and fun." - Mojdeh Smith*

*"The information in the (Comparative Religion class) is clear, understandable, and made me more secure in my belief in Jesus." – Ann Pelletier Wilensky*



# CURRICULUM TRACKS

*The Mission of RB Community Church College of the Bible is to “equip believers for the work of ministry”(Eph 4:12-14) with RB Community Church. The goal is to effectively train believers in the Word so they can grow in their relationship with Christ and others and effectively minister in their community. RB Community Church College of the Bible is committed to the foundation of God’s truth in the Scriptures, the clear presentation of those truths as they relate to each course, and the application of those truths to individual believers and their ministry in the world.*

*The College of the Bible offers ten tracks which students can follow that will lead to a “major,”and/or “minor.”*

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**To receive a Major Certificate,** students must complete 60 credit hours of which 36 hours must be within the discipline of their track. The remaining 24 credit hours may be taken outside their track.

## **THE CERTIFICATE MAJORS ARE:**

**1. Christian Ministry (CMCM)** Includes a concentration on a wide range of classes that support a student’s spiritual growth and discipleship. The focus is on the Christian life in general and how to live a Christian life within a secular world. (Although this can be a declared track, those who do not declare a major or minor will automatically be enrolled in this track.)

**2. Biblical Studies (CMBS)** Includes a concentration on the 66 books of the Bible. The student will be equipped to interpret the Bible for themselves and others. The focus will be on the understanding and application of the Bible through enhanced historical and contextual exploration of its various books.

**3. Theology (CMTT)** Includes a concentration on the doctrines of the Reformed Faith. The focus will include Systematics, Biblical, Historical, Covenant, and Pastoral approaches to assist the student in deepening their understanding of how theology relates to ministry and the Christian life.

**4. Christian Leadership (CMCL)** Includes a concentration on principles which enhance and develop the student's leadership skills and knowledge to lead the church professionally and spiritually in its ministry. The focus will be on how to utilize the church's structure to provide transformational and servant leadership that contextualizes the church's ministry in the community.

**5. Missions (CMMT)** The Missions major includes a concentration on preparing students for effective cross-cultural ministry as skillful workers and as clear communicators of the gospel. The focus will be ministering and working in an intercultural community which has become international and multinational. It will also include serving in a cross-cultural setting, either in the United States or abroad.

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**To receive a Minor Certificate,** students must complete 36 credit hours of which 18 hours must be within the discipline of their track. The remaining 18 credit hours may be taken outside their track.

### **THE CERTIFICATE MINORS ARE:**

**1. Church Health and Growth (CNCH)** Includes a concentration on the signs, principles and practices of a healthy growing church along with cultural influences and reaching the unchurched. The focus will be on assisting the student to demonstrate an understanding of the biblical models of healthy churches and the missional nature behind growing churches in the context of the church's ministry in the community.

**2. Spiritual Formation (CNSF)** Includes a concentration on promoting growth in the student's inner life of faith and prayer with God in the context of a shared community, while also developing the student's knowledge-base in the Word, spiritual formation and soul care. It focuses specifically on ways to deepen the student's knowledge and openness to God and His work, as well as understanding the self and others in order to grow toward conformity of character and inner life in the image of Christ. In turn, it trains students to assist others in their journey of growth in Christ and His body.

# CURRICULUM TRACKS

**3. Teaching (CNTT)** Includes a concentration on training for the church educational programs and discipleship ministries. The focus will be on the student acquiring the tools to teach, lead and work in a variety of church education and discipleship positions including children, youth and adult ministries.

**4. Arts and Theology (CNAT)** Includes a concentration on preparing the student to be an effective interpreter of Christianity in contemporary culture. The focus will be on combining the study of music, art, or theater (with theology), creating opportunities for students to prepare for ministry in a wide variety of fields where faith intersects with culture.

**5. Youth Ministry (CNYM)** Includes a concentration in a biblical philosophy of youth ministry, understanding contemporary youth culture, youth problems, and counseling of adolescents in different settings. It focuses on how to communicate biblical concepts effectively in a variety of teaching situations. It will also include an internship that gives the student real experience in the field.

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**NOTE:** *You will still be able to take any class you would like, but if you declare a major or minor there will be a selection of courses you can take that will lead to the Certificate. If you don't declare a major or minor you will automatically be in the Christian Ministry track. To make your declaration, and to register in the College of the Bible.*





# LifeGroups

*"I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing." - John 15:5*

What are LifeGroups? The above logo illustrates the concept for our small group ministry called LifeGroups. The cluster of grapes represents a small group or LifeGroup. The many LifeGroups together are a part of the LifeGroup ministry. While some of these groups of 4 – 12 people meet on the church campus most of them meet in homes which provides the perfect place to connect, build relationships, encourage each other and feel cared for. These groups provide a safe place to share our faith, doubts, and concerns. The topics of discussion vary with each group. Social gatherings around food or local mission projects provide time for fellowship and service that strengthens group interaction.

In addition to ongoing LifeGroups this fall there are several opportunities to participating in a group with a defined time length. If you are new to the small group concept these groups are a great way to meet others without a long term commitment, although it may develop into one. These groups are geared toward those with common interests.

For more information about LifeGroups, to sign up for a group, or to suggest an idea for a future group, contact Kathy Wesley at [lifegroups@rbpc.org](mailto:lifegroups@rbpc.org).

Kathy Wesley, LifeGroups Coordinator  
[lifegroups@rbpc.org](mailto:lifegroups@rbpc.org)  
<https://bit.ly/cotbible>

## Fall LifeGroups

As the days grow shorter our lives tend to become a bit busier with children back in school and the holiday season soon upon us. During this busy time, it is important to find time to focus on others and ourselves. With that in mind, some short-term LifeGroups are available as a way to get connected around a common interest. These groups are meant to stimulate you mentally, spiritually and physically. This is an excellent opportunity for meeting others in a small group of 4 -10 people and sharing life experiences together.

**- KICK OFF -**



### Hoedown



**Friday, September 20 | 5:30 (dinner) – 8:00 pm**  
**Courtyard**

*Cost: \$20 per person (pay in advance)*

Come one, come all, LifeGroup members, friends, interested members and all those ready to have some toe stomping fun. Polish up your boots, get out your "western" hat and clothes and get ready for a fun-filled evening of food, laughter and dancing! A caller will be there to teach the basics and then show us how to put those steps all together. More experienced dancers please join us as well to help guide us along. A light supper will be served beginning at 5:30 followed by our caller Ron Nelson guiding us through some dance steps.



**Karin Spitz**

[lifegroups@rbcp.org](mailto:lifegroups@rbcp.org)

<https://bit.ly/cotbible>

# LIFEGROUPS

## Bible in 90 Days (B90)



**Wednesdays, September 11 – December 18**  
**6:00 - 7:30 pm | Pineview**

### Description:

B90 is a group-oriented, Bible reading program that engages individuals in a 90-day, cover-to-cover reading of the Bible. A specially formatted NIV version of the Bible is available for \$15. The group will meet weekly for 14-weeks and share their perspectives as they gain understanding of the events and historical persons from Genesis to Revelation. Meeting together helps keep those attending accountable to reaching the goal.



### Introduction by Pastor Bryan on September 11

[lifegroups@rbcp.org](mailto:lifegroups@rbcp.org)

<https://bit.ly/cotbible>

Facilitator: Kathy Wesley

## Journey to a Meaningful Prayer Life



**Thursdays, October 3 - 31**  
**3:00 - 4:30 pm | Library**

### Description:

Each of us is uniquely created to be in relationship with God the Father. Whether you realize it or not, He is pursuing you to join Him in conversation through PRAYER. This 5-week group provides an opportunity and a safe place to explore prayer with other believers. Come, join us and watch as the Lord God transforms your prayer life.



### Barbara Bennett and Members of Prayer Team

[lifegroups@rbcp.org](mailto:lifegroups@rbcp.org)

<https://bit.ly/cotbible>

## Totes and Small Gifts for Keeping or Giving



**Tuesdays, September 10 - October 15**  
**6:30 – 8:30 pm | Skylight**

### Description:

This 6-week LifeGroup provides a chance to review sewing basics while creating a tote or other gift from fabric. Participants have the opportunity to choose from multiple patterns and with the help of a Tied in Prayer quilter complete the project. While sewing, there is also plenty of time for sharing and fellowship. All you need is your portable sewing machine and a willingness to relax and have fun.



**Kathy Wesley**

[lifegroups@rbcpc.org](mailto:lifegroups@rbcpc.org)  
<https://bit.ly/cotbible>

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## Caring Cards



**First & Third Fridays,**  
**September 6, 20; October 4, 18; November 1, 15**  
**10:00 - 11:30 am | Skylight**

### Description:

Using adult coloring books with scripture and hymns for design ideas, this LifeGroup will create cards for others. These cards will be distributed by the Deacons to members who are ill or hospitalized; shared with students new to the country through CRU supported ministries; and used as labels on quilts for those recovering from surgery. Join this group in a relaxing environment of reflection and sharing, as well as, time to pray for the recipients of these cards.



**Suzi Dekoker and Jinny Straeter**

[lifegroups@rbcpc.org](mailto:lifegroups@rbcpc.org)  
<https://bit.ly/cotbible>

## Digital Photo Albums



**Mondays, September 16 - 30**  
**6:30 – 8:30 pm | Upper Courtside**

### Description:

Is your phone loaded with pictures, or do you still have boxes of prints? In this 3-week group we will explore ways to organize your digital pictures and then turn them into printed books to share with friends and family or to give as a treasured gift. While a basic knowledge of computers is required, you can use either a home computer or laptop as much of the actual design work is completed at home. Depending on your book choice, there may be a small cost for printing.



**Janet Waidelich**

[lifegroups@rbcpc.org](mailto:lifegroups@rbcpc.org)  
<https://bit.ly/cotbible>





## OVERVIEW

**Sponsoring group:** Marriage Enrichment Team

**Purpose:** Consistent with the church's focus on family ministries and the Great Commission, the course is designed to strengthen marriages and families employing both biblical truth and clinically relevant information (consistent with the biblical truth). It can also be used for community outreach. Non-churched couples can still find the information applicable.

**Target audience:** married and engaged couples both within the church and from the community. The information conveyed and accompanying exercises can be applicable to satisfied couples who are wanting to enrich their marriages, couples who are coping with some challenges in their marriages, and engaged couples who are preparing for marriage. Significantly distressed couples could benefit provided they are already receiving marital counseling.



**Modules and Sessions:** The college includes 15 sessions divided into 5 modules. Participants may pick and choose sessions but would be encouraged to complete the entire course. The high-level overview of the modules (and schedule) is attached.

# Marriage ENRICHMENT

**Scheduling:** Sundays beginning in September 2019. The courses will be offered from 11:15am – 1:00pm. The intent is to have the timing overlap with the Fine Arts Academy so that parents with students in the academy can attend while their children are having their academy experience.

**Facilitators:** Scott Wood, licensed marriage and family therapist. Carolyn Klusmeier, marriage and family therapist associate.

Carolyn Klusmeier, Registered Associate Marriage and Family Therapist #100568  
Supervised by E. Ruby Tovar-Morin, LMFT at The Soul Care House

## College of Marriage Curriculum Plan 2019-2020



Sundays | 11:15am – 1:00pm  
Skylight

### Module 1

*September 8, 2019:*

#### Marriage 101, An Introduction – God’s design for humans, Us-ness

- God is relational in his being – part of image of God is relational
- Prior to fall, the one thing that wasn’t good was the man being alone
- Original human relationship was a marriage
- From cradle to grave, human beings need someone to whom they can turn for care, comfort, and support when distressed
- Us-ness – changing from 2 individuals to a couple
  - Looking at impact to partnership, not just each partner
- Self-focus vs. other-focus

# Marriage ENRICHMENT

## Module 1 (continued)

*September 15, 2019:*

### **How To Love – Agape. Love languages**

- Better defining what we mean by love
  - Eros – erotic love
  - Phileo – brotherly love (friendship)
  - Agape – self-sacrificing love (husband's are called to agape their wives)
- Love Languages
- Empathy

*September 22, 2019:*

### **Family of Origin (FOO) – Boundaries – Leaving, Cleaving, and Weaving – Safe People**

- Leaving – marriage takes priority over FOO
- Cleaving – attaching to your partner
- Weaving – weaving your lives together
- Boundaries
  - Caring vs. carrying
  - "No" is an acceptable answer
  - Making sure your partner feels heard re: FOO
  - Your parents are not a good place to complain about your spouse
- Safe People
  - Respect boundaries
  - Guilt, the dark side of the force
  - Circles of intimacy

## Module 2

### *September 29, 2019:*

#### **Handling Conflict (Part 1 – Self-Regulation) – Pain cycle, Reclaiming Truth, Choosing Your Response**

- Pain cycle – The Dance you do
  - I feel...
  - I normally do...
- The way you both respond to pain is a coping strategy for your own pain
- Your partner looks like the problem
- What's the truth?
- Four steps
  - I feel...
  - I normally do...
  - The truth is...
  - I choose to do...

### *October 6, 2019:*

#### **Handling Conflict (Part 2 – Co-Regulation) – Attachment, Asking for needs to be met**

- 2 questions
  - Am I loveable?
  - Are you safe?
- Pursuers and withdrawers
- Attachment needs
  - Loved, valued, safe, appreciated, respected, cared for

### *October 13, 2019:*

#### **Handling Conflict (Part 3 – Skills) – Listening, Expressing Empathy, Compromise, Gridlocked Issues, Postmortem on the fight**

- Active listening – confirm that you've got it before responding
- Empathy

# Marriage ENRICHMENT

## Module 2 (continued)

- Empathy
  1. I get what it is like to be you
  2. I care what it is like to be you
  3. You experience that 1 and 2 are true
    - Reflecting core emotions
- Compromise
  - Core needs vs. negotiable areas
- Gridlocked issues
  - 69% of couple issues are not solvable problems.
  - Dreams within conflict
- Postmortem on the fight
  - 2 realities
  - Pain cycle

## Module 3

*October 20, 2019:*

### **Forgiveness – Healing Wounds**

- Shame vs. Repentance
- Expressing pain constructively
- Healing power of empathy
- Responding to feeling, not details

*October 27, 2019:*

### **Sex – God’s intent; Real vs. Counterfeit; Intimacy; Attachment; Porn Trap; Sex and Aging**

- Drink your fill (Song of Songs 5:1)
- Mutually edifying
- Real vs. Counterfeit
  - Real: intimacy, connection, mutual pleasure
  - Counterfeit: physical perfection, performance, higher high
- If the former, sex can improve over a lifetime together
- If the latter, it is bound to go downhill

- Intimacy: knowing and being known
- Attachment: sex is an attachment behavior
  - Oxytocin: the cuddle hormone
- Porn trap – Porn is unhealthy on numerous levels
  - Bringing someone else into the marriage bed
  - Partner seems less desirable (rate partner lower across multiple domains)
  - Partner feels like not enough
  - Unhealthy practices
  - Participating in someone else's trauma repetition

*November 3, 2019:*

**Affair-Proofing – Common lies of the enemy. Pitfalls.  
Internal monologue.**

- Lie: You married the wrong person. You deserve a better mate. God wants you to be happy
- The potential affair partner seems so much better by comparison
  - Don't have to argue about money, kids, sex, housework
  - Both where you are most competent
- Don't complain about your partner to a member of the opposite sex
- Boundaries: time alone with someone else. Emotional connection with someone else
- How you talk to yourself about your partner matters

**Module 4**

*November 10, 2019:*

**Protecting Your Marriage from External Pressures –  
Work, Ministries,**

- Spousal neglect is not a spiritual gift
- Accepting your partner's influence



## Module 4 (continued)

### *November 17, 2019:*

**Proactive Parenting – A conceptual overview of the job; training during non-conflict; family identity; moral and practical instruction; progressive transitioning from infancy to adulthood**

- Deut. 6: 6-7. Continual training
- 18 year course in how to be an adult
- Progress transfer of responsibility for your life from us to you
  - Moral and practical instruction
  - Reasons why behind instruction
  - Values
- Family identity – what do we value as a family

### *December 8, 2019:*

**Support System – Safe People – Building a culture in your life that supports your marriage**

- Most people live in a dyad of 2
- Friends who support your marriage – with whom you can be real

## Coming Spring Semester

## Module 5

### *January 12, 2019:*

**Financial Management (Part 1 – The Early Years, Young Families)**

- Meaning of money
- Budgeting (flowing from values, dreams)
- Us-ness – winning as a team
- Accepting influence

*January 19, 2019:*

**Financial Management (Part 2 – Empty Nest, Looking Toward Retirement)**

- Changing needs
- Priorities

*January, 26, 2019:*

**The Foretaste of Heaven – Knowing and Being Known;  
Fruits of the Spirit; Shared Joy & Meaning; Making  
Life Dreams Come True; The Road from Hard to Easy.  
Graduation**

- 1 Cor. 13:12 – the foretaste of heaven
- Gal. 5: 22-23 – Fruits of the Spirit should be becoming more evident in your life and relationships
- Shared joy & meaning
- Making dreams come true
- It can get easier

**Stand Alone Electives**

TBD            Launching – Boundaries with adult children  
TBD            Blended Families



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