

ABC's Of Relationships

Course Overview and Descriptions

Rules for Effective Communication

Good communication is the foundation of any good relationship... romantic or platonic. Good communication helps increase intimacy, builds trust, helps resolve conflicts and enhances overall satisfaction. Poor communication increases defensiveness, creates barriers and isolates relationships.

Exploring Your Personality

Understanding your personality and the personalities of those around you is one of the most important factors in maintaining successful, lifelong relationships. This course will help you identify and appreciate your personality and the personalities of those around you.

Identifying Your Feelings/Managing Your Feelings

Do you understand the difference between primary and secondary emotions and the way they affect the relationships around you? Can you identify and verbalize the way you are feeling? This course will help explore feelings and teach basic principles in articulating those feelings to those around you.

Daily A's

Would you be interested in learning about a tool that would make it possible for you to receive an encouraging word; have physical affection; give you a chance to express if the other person has done anything to hurt, irritate or frustrate you without guilt or an argument breaking out; an opportunity to ask your significant other to do something for you and to pray daily together? This course will teach you the tools to be able to effectively do all five of these things daily. With this tool your relationship will soar to places you never dreamed imaginable.

Intentional Listening & Practicing Empathy

We have all heard that we have 2 ears and 1 mouth so we should use our ears twice as much as our mouth, but do we really know how to shut that 1 mouth and open up those 2 ears? Listening does not come naturally for most of us, so most of us need to be instructed on how to actively listen to others. This course will teach you the basic tools to actively open your ears and jump into another's shoes in order to completely hear and understand what is being said.

Anger Management

The effect of anger takes many forms... primarily individuals either "withdraw" or "fight". Do you know how do diffuse your anger? In an angry state, a physiological process occurs... when this happens do you have a plan for gaining back control? This course will give you tools to diffuse your anger.

Conflict Resolution

So often we define conflict as "fighting". Actually the definition of conflict is two differing opinions. Learning to manage and resolve conflict is critical to enjoying a loving and successful relationship. This course will teach you practical steps to resolve conflict with a win-win solution every time.

5 Love Languages

Everyone gives, expresses and receives love in different ways. Do you know your love language? Are you aware of how to actively love those around you in practical ways which they will be drawn to? Understanding how people express and receive love will open up your relationships to levels you never dreamed possible.

His Needs, Her Needs

Fundamentally men and women have different God given needs. Couples must do more than want to meet each other's needs—they must actually meet them! Do you know what your needs and the needs of your partner are and how they affect your relationships? This course will teach you the differences between his needs and her needs.

Family of Origin

Why is it that you act and/ or react to different situations differently than others? Understanding our family of origin is key to understanding why we do many of the things we do. This course will ask those key questions to help you realize why you do many of the things you do.

Leaving and Cleaving

It has been said that you cannot cleave if you do not leave. Are you willing to make adjustments to all other relationships in order to make your partner the number one priority in your life?

Biblical Submission and Authority

What is biblical submission and authority? This has been a subject that has been greatly abused and misunderstood by the church. When we all understand the importance and need to be submissive to those God has put over us we find great freedom and a deeper understanding of the Godhead. This course covers what biblical submission is and what it is not and how we can walk in the freedom of submission.

Spirituality in Relationships

How are you growing spiritually with those around you? How are you impacting them and visa versa? Do you know how to mature your relationship with the Lord with those around you? This course will help explore ways to grow more in the Lord with the ones you love.

Sex... God Created it to be Good. So why isn't it? Purity and Waiting

Why wait? What is the point? Is it possible to remain pure in a world that teaches us the complete opposite? This course will explore the biblical advantages to waiting.

Sex in Marriage

Sex is one of the three top reasons why marriages end in divorce. Why is this? Do we know how to keep the spark alive? This course will look at how communication is key to a fulfilling sex life in marriage.

Finances

One of the best perspectives you can have regarding money is to understand that everything you have has been given to you by God. Are you trustworthy with the resources you have been given? Do you know how God wants you to manage His money? This course will give you the basic tools to become a trustworthy financial vessel for the Lord.

Contentment

Are you content with who you are? With your relationships? With your life? Do you understand what contentment is? And that it is a discipline that must be exercised.

Covenant Relationships

When you get married have you joined in a marriage 'contract' or a marriage 'covenant'. Do you understand what a covenant is? What are your responsibilities in a covenant relationship? Are you willing to take on this type of union or will you settle for what people have been doing in the past and experience the marriage union as it is today?