Welcome to Light University and the “Extraordinary Women” program of study.

Our prayer is that you will be blessed by your studies and increase your effectiveness in reaching out to others. We believe you will find this program to be academically sound, clinically excellent and biblically-based.

Our faculty represents some of the best in their field – including professors, counselors and ministers who provide students with current, practical instruction relevant to the needs of today’s generations.

We have also worked hard to provide you with a program that is convenient and flexible – giving you the advantage of “classroom instruction” online and allowing you to complete your training on your own time and schedule in the comfort of your home or office.

The test material can be found at www.lightuniversity.com and may be taken open book. Once you have successfully completed the test, which covers the units within this course, you will be awarded a certificate of completion signifying you have completed this program of study.

Thank you for your interest in this program of study. Our prayer is that you will grow in knowledge, discernment, and people-skills throughout this course of study.

Sincerely,

Ron Hawkins
Dean, Light University
The American Association of Christian Counselors

- Represents the largest organized membership (nearly 50,000) of Christian counselors and caregivers in the world, having just celebrated its 25th anniversary in 2011.

- Known for its top-tier publications (Christian Counseling Today, the Christian Counseling Connection and Christian Coaching Today), professional credentialing opportunities offered through the International Board of Christian Care (IBCC), excellence in Christian counseling education, an array of broad-based conferences and live training events, radio programs, regulatory and advocacy efforts on behalf of Christian professionals, a peer-reviewed Ethics Code, and collaborative partnerships such as Compassion International, the National Hispanic Christian Leadership Conference and Care Net (to name a few), the AACC has become the face of Christian counseling today.

- With the needed vision and practical support necessary, the AACC helped launch the International Christian Coaching Association (ICCA) in 2011, which now represents the largest Christian life coaching organization in the world with over 2,000 members and growing.

Our Mission

The AACC is committed to assisting Christian counselors, the entire “community of care,” licensed professionals, pastors, and lay church members with little or no formal training. It is our intention to equip clinical, pastoral, and lay caregivers with biblical truth and psychosocial insights that minister to hurting persons and helps them move to personal wholeness, interpersonal competence, mental stability, and spiritual maturity.
Our Vision

The AACC’s vision has two critical dimensions: First, we desire to serve the worldwide Christian Church by helping foster maturity in Christ. Secondly, we aim to serve, educate, and equip 1,000,000 professional clinicians, pastoral counselors, and lay helpers throughout the next decade.

We are committed to helping the Church equip God’s people to love and care for one another. We recognize Christian counseling as a unique form of Christian discipleship, assisting the church in its call to bring believers to maturity in the lifelong process of sanctification—of growing to maturity in Christ and experiencing abundant life.

We recognize some are gifted to do so in the context of a clinical, professional and/or pastoral manner. We also believe selected lay people are called to care for others and that they need the appropriate training and mentoring to do so. We believe the role of the helping ministry in the Church must be supported by three strong cords: the pastor, the lay helper, and the clinical professional. It is to these three roles that the AACC is dedicated to serve (Ephesians 4: 11-13).

Our Core Values

In the name of Christ, the American Association of Christian Counselors abides by the following values:

VALUE 1: OUR SOURCE
We are committed to honor Jesus Christ and glorify God, remaining flexible and responsive to the Holy Spirit in all that He has called us to be and do.

VALUE 2: OUR STRENGTH
We are committed to biblical truths, and to clinical excellence and unity in the delivery of all our resources, services, training and benefits.

VALUE 3: OUR SERVICE
We are committed to effectively and competently serve the community of care worldwide—both our membership and the church at large—with excellence and timeliness, and by over-delivery on our promises.

VALUE 4: OUR STAFF
We are committed to value and invest in our people as partners in our mission to help others effectively provide Christ-centered counseling and soul care for hurting people.

VALUE 5: OUR STEWARDSHIP
We are committed to profitably steward the resources God gives to us in order to continue serving the needs of hurting people.
Light University

- Established in 1999 under the leadership of Dr. Tim Clinton—has now seen nearly 200,000 students from around the world (including lay caregivers, pastors and chaplains, crisis responders, life coaches, and licensed mental health practitioners) enroll in courses that are delivered via multiple formats (live conference and webinar presentations, video-based certification training, and a state-of-the-art online distance teaching platform).

- These presentations, courses, and certificate and diploma programs, offer one of the most comprehensive orientations to Christian counseling anywhere. The strength of Light University is partially determined by its world-class faculty—over 150 of the leading Christian educators, authors, mental health clinicians and life coaching experts in the United States. This core group of faculty members represents a literal “Who’s Who” in Christian counseling. No other university in the world has pulled together such a diverse and comprehensive group of professionals.

- Educational and training materials cover over 40 relevant core areas in Christian—counseling, life coaching, mediation, and crisis response—equipping competent caregivers and ministry leaders who are making a difference in their churches, communities, and organizations.

Our Mission Statement

To train one million Biblical Counselors, Christian Life Coaches, and Christian Crisis Responders by educating, equipping, and serving today’s Christian leaders.

*Academically Sound • Clinically Excellent • Distinctively Christian*
Video-based Curriculum

- Utilizes DVD presentations that incorporate over 150 of the leading Christian educators, authors, mental health clinicians, and life coaching experts in the United States.

- Each presentation is approximately 50-60 minutes in length and most are accompanied by a corresponding text (in outline format) and a 10-question examination to measure learning outcomes. There are nearly 1,000 unique presentations that are available and organized in various course offerings.

- Learning is self-directed and pacing is determined according to the individual time parameters/schedule of each participant.

- With the successful completion of each program course, participants receive an official Certificate of Completion. In addition to the normal Certificate of Completion that each participant receives, Regular and Advanced Diplomas in Biblical Counseling are also available.

  ➢ The Regular Diploma is awarded by taking Caring For People God’s Way, Breaking Free and one additional Elective among the available Core Courses.

  ➢ The Advanced Diploma is awarded by taking Caring For People God’s Way, Breaking Free, and any three Electives among the available Core Courses.

Credentialing

- Light University courses, programs, certificates and diplomas are recognized and endorsed by the International Board of Christian Care (IBCC) and its three affiliate Boards: the Board of Christian Professional & Pastoral Counselors (BCPPC); the Board of Christian Life Coaching (BCLC); and the Board of Christian Crisis & Trauma Response (BCCTR).

- Credentialing is a separate process from certificate or diploma completion. However, the IBCC accepts Light University and Light University Online programs as meeting the academic requirements for credentialing purposes. Graduates are eligible to apply for credentialing in most cases.

  ➢ Credentialing involves an application, attestation, and personal references.

  ➢ Credential renewals include Continuing Education requirements, re-attestation, and occur either annually or biennially depending on the specific Board.
Online Testing

The URL for taking all quizzes for this course is: http://www.lightuniversity.com/my-account/.

- TO LOGIN TO YOUR ACCOUNT
  - You should have received an email upon checkout that included your username, password, and a link to login to your account online.

- MY DASHBOARD PAGE
  - Once registered, you will see the My DVD Course Dashboard link by placing your mouse pointer over the My Account menu in the top bar of the website. This page will include student PROFILE information and the REGISTERED COURSES for which you are registered. The LOG-OUT and MY DASHBOARD tabs will be in the top right of each screen. Clicking on the > next to the course will take you to the course page containing the quizzes.

- QUIZZES
  - Simply click on the first quiz to begin.

- PRINT CERTIFICATE
  - After all quizzes are successfully completed, a “Print Your Certificate” button will appear near the top of the course page. You will now be able to print out a Certificate of Completion. Your name and the course information are pre-populated.


Continuing Education

The AACC is approved by the American Psychological Association (APA) to offer continuing education for psychologists. The AACC is a co-sponsor of this training curriculum and a National Board of Certified Counselors (NBCC) Approved Continuing Education Provider (ACEP™). The AACC may award NBCC approved clock hours for events or programs that meet NBCC requirements. The AACC maintains responsibility for the content of this training curriculum, which also meets the qualifications for continuing education credit for MFTs and/or LCSWs as required by the California Board of Behavioral Science (#3552). The AACC offers continuing education credit for play therapists through the Association for Play Therapy (APT Approved Provider #14-373), so long as the training element is specifically applicable to the practice of play therapy.

It remains the responsibility of each individual to be aware of his/her state licensure and Continuing Education requirements. A letter certifying participation will be mailed to those individuals who submit a Continuing Education request and have successfully completed all course requirements.
## Table of Contents

### Unit One: Life Enrichment
EW 101: A Woman and Her God: Prayer, Devotion, and the Spiritual Life – Beth Moore, B.A. ....................... 11  
EW 102: A Woman and Her Body: Fitness, Diet, Beauty, and Healthy Living – Catherine Hart Weber, Ph.D. .............................................................................................................. 17  
EW 103: A Woman’s Soul: Self-Concept, Identity, and Fulfillment – Sandra Wilson, Ph.D. ............................. 30  
EW 104: A Woman’s Ministry: Sharing the Faith and Growing the Church – Jill Briscoe ............................. 39  
EW 106: A Woman’s Personality: Understanding Yourself and Others – Florence Littauer .................. 52

### Unit Two: Life Transitions
EW 201: Being a Godly Woman: Just Between Us Girls – Kathleen Hart .................................................. 57  
EW 203: Fifty is Gold!: Life Through and Beyond Menopause – Joseph Mayo, M.D. & Mary Ann Mayo, M.A. ......................................................................................................... 72  
EW 204: Seasons of a Woman’s Life – Freda Crews, D.Min., Ph.D. ......................................................... 85  
EW 205: A Woman’s Guide to Handling Conflict – Leslie Vernick, MSW .............................................. 97  
EW 206: Living Beyond Your Circumstances – Joni Eareckson Tada ...................................................... 104

### Unit Three: Life Problems
EW 301: Women and Depression – Michael Lyles, M.D. ........................................................................ 110  
EW 302: Managing Stress and Overcoming Anxiety – David Hager, M.D. & Linda Hager, M.A. ............ 120  
EW 303: “I’ve Got to Get Control!”: Body Image and Eating Disorders – Linda Mintle, Ph.D. ............... 126  
EW 304: On the Threshold of Hope: Healing from Sexual Abuse – Diane Langberg, Ph.D. ................. 141  
EW 305: “No More!” Standing Against and Healing Spousal Abuse – June Hunt, M.A. ....................... 150  
EW 306: Unity in the Church: With One Heart – Thelma Wells, B.S. .................................................... 171

### Unit Four: Marital Life
EW 401: Make Your Marriage a Great Marriage! – Barbara Rosberg, B.F.A. ............................................ 177  
EW 402: Female Sexuality and Satisfaction – Joyce Penner, M.N. ....................................................... 183  
EW 403: Spiritual Intimacy: Embracing the Heart of God in Marriage – Julie Clinton, M.Ad., M.B.A. .... 193  
EW 404: Beyond Betrayal – Laurie Hall ................................................................................................. 200  
EW 405: Talk, Touch, and Tenderness in Marriage – Carrie Oliver, M.A. ............................................. 206  
EW 406: A Marriage without Regret – Kay Arthur ................................................................................. 212

### Unit Five: Family Life
EW 501: “Always Daddy’s Girl”: The Influence of Your Family of Origin – Barbara Shaffer, Ph.D. ......... 220  
EW 503: Encouragement and Strategies for Single Moms – Sharon Hart May, Ph.D. ............................. 245  
EW 504: Passing On Your Faith without Turning Off Your Kids – Connie Neal, B.A. ............................. 267  
EW 505: Beyond the Empty Nest – Claudia Arp, B.S. ........................................................................... 281  
UNIT ONE

LIFE ENRICHMENT

Table of Contents

EW 101: A Woman and Her God: Prayer, Devotion, and the Spiritual Life
Beth Moore, B.A. .................................................................................................................. 11

EW 102: A Woman & Her Body: Fitness, Diet, Beauty, & Healthy Living
Catherine Hart Weber, Ph.D. ................................................................................................ 17

EW 103: A Woman’s Soul: Self-Concept, Identity, and Fulfillment
Sandra Wilson, Ph.D. ........................................................................................................... 30

EW 104: A Woman’s Ministry: Sharing the Faith and Growing the Church
Jill Briscoe .......................................................................................................................... 39

EW 105: A Woman’s Finances: Finding and Keeping Financial Freedom
Mary Hunt, B.A. ................................................................................................................... 46

EW 106: A Woman’s Personality: Understanding Yourself and Others
Florence Littauer ................................................................................................................ 52
Course Description
A woman’s relationship with God is meant to be a love relationship; intimate and deeply satisfying. Does each woman long for such a love life? Beth Moore shares truths that will rekindle one’s love relationship with God, giving it new spark. She speaks from her heart and a well-spring of God’s Word, showing women how to change dry devotions into a personal devotion to the Lord. This lesson will show women how routine times with God can become intimate encounters that will satisfy the soul and spirit.

Learning Objectives: By the end of this lesson, students:

1. Will be able to learn that nothing on earth compares to God and His love.

2. Will be able to find deep soul satisfaction in life, and what makes life truly work.

3. Will be able to look to Christ to have their needs met daily.
I.   Essence of Prayer and Devotions
    A.  The Heart of God’s Relationship with People (Psalm 63)
    
    B.  God is Personal and Intimate (Ps. 63:1)
    
    C.  A Heart for God, Not Just Discipline
    
    D.  His Love is Better than Life! (Ps. 63:3)
    
    E.  Nothing on Earth Compares to God and His Love
    
II.  What Makes Life Work? / The Great Adventure
    A.  God Has Set His Affections On His People (Deuteronomy 7:7-8)
    
    B.  Set One’s Affections on God. (Colossians 3:1)
    
    C.  Reciprocal Love Gets People Through the Hard Times
III. The Sacred Romance -- Psalm 63

A. Souls are satisfied as with the richest of spiritual foods. *(Psalm 63:5)*

B. Souls were created to feast on and crave God.

C. Salvation does not equal soul satisfaction.

D. People ache in their souls to be satisfied with His fullness.

IV. Pursuing Satisfaction

A. An unsatisfied soul is a stronghold waiting to happen.

B. “Nature abhors a vacuum.” Human nature does too!

C. People will fill their soul’s longing for satisfaction (vacuum) in any way possible.

V. Subsistence Living -- Luke 4:18

A. Poor = Subsisting on the alms of others.

B. Looking to others to “Fill the cup.”
C. People were never meant for subsistence living.

VI. Substitutes -- Isaiah 44:20
A. A Deluded Heart


C. Any Identity Outside of Christ Betrays; becomes a “Judas”

D. The Craving Test

VII. Experiencing Satisfaction with God: Psalm 90:14
A. It’s a daily process. Go to God first in prayer.

B. Pour out one’s heart cup to God daily.

C. Confess sin daily.

D. Pour out one’s hurts and concerns.
E. Allow God to fill up one’s empty cup.

F. Remember that God’s unfailing love is unconditional.

G. Ask God to satisfy you in Him.

H. Ask God to delight you in Him.

I. Other relationships provide the overflow.

J. Realize and remind oneself that each person is SIGNIFICANT to God!

K. Loving each individual was better to Jesus Christ than His life!
**Bibliography/Reading List**

Beth Moore. *A Heart like His*

Stephen Arterburn & Jack Felton. *More Jesus, Less Religion*

Charles Spurgeon. *Beside Still Waters*

John Eldredge. *The Journey of Desire*

Brent Curtis & John Eldredge. *The Sacred Romance*

Larry Crabb. *Finding God*

---

**EW 101 Study Questions**

1. As recorded in Psalm 63, what is at the heart of God’s relationship with mankind?

2. What does the term “Sacred Romance” mean? Is one’s own soul satisfied with God? Why or why not?

3. Can one describe the “vacuum” in the soul and how has one tried to fill it? Try the craving test.

4. Who can one look to when trying to find others to fill one’s cup? What do they give?

5. What will you do differently to experience soul satisfaction with God?
Course Description
This lesson is a personal coaching session packed with practical ideas to enhance health, energy, and vitality. Most women are so busy giving to others they neglect themselves. Learn practical, day-to-day self-care strategies to intentionally improve health and well-being.

Learning Objectives: By the end of this lesson, students:

1. Will be able to learn the importance of taking charge of one’s health and well-being, as well as key strategies to improve health and well-being.

2. Will be able to develop basic eating and fitness plans, and identify and reach goals.

3. Will be able to reduce stress and recover from its effects.
I. Introduction

II. Body Basics
   A. People are integrated beings - body, soul, and mind all interact within them. Well-being includes care for one’s entire being.

   B. A woman’s overall goal should be for intentional self-care, wellness, and a healthy lifestyle in all areas of life.

   C. A woman’s motivation: What drives a person to take action?

D. Goals
   1. Goal statement:

   2. Goal statement:

   3. Goal statement:

   4. Goal statement:

E. Obstacles

F. How will women overcome these obstacles?
G. Key strategies

1. Customize the plan

2. Be intentional

3. Be patient

4. Prepare to deal with obstacles

III. Developing a Basic Eating Plan

A. Food Proportions / Divide Plate into Thirds

B. Protein

C. Complex Carbohydrates

D. Good Fats

E. Water Intake

F. Frequency of Meals: Eat Six Balanced Mini-meals Throughout Day
G. Vitamins and Minerals *(If one suspects she has a nutritional deficiency or experience cravings, consult a nutritionist).*

H. Botanical Supplements

1. Stay with products that have studies to back up their claims.

2. Stay with quality brands.

3. Always consult a doctor for advice regarding any side effects when combining supplements with prescription medications you are taking.

I. Substances and Foods to Avoid

IV. Meal Plan Ideas

A. Breakfast or morning snack: Scrambled egg on whole-grain toast; oatmeal with raisins; whole-grain flax seed waffles, with maple syrup and fresh fruit; calcium-fortified orange juice; bagel or muffin with low-fat cream cheese & all fruit jam; cereal, low-fat yogurt; a veggie omelet.

B. Mini-Meals: A protein shake or bar; halved sandwich; eat half as a mini meal and half for lunch. Snacks: bananas, tomatoes, walnuts, soy beans, fruits, crackers, bread, starchy vegetables, dairy products, chicken, turkey, white fish, peanut butter, baked chips, salsa or bean dip, pita & hummus.
C. **Lunch:** Keep it light, low in fat and protein, carbohydrate rich. Turkey sandwich with soup; salad with chicken or tuna; burrito with chicken, bean, cheese, rice, and fresh salsa. Sandwich on whole wheat or pita (tuna or sliced meat, tomatoes, lettuce, onions or sprouts), broth based soups, or with beans like split pea or lentil; hearty vegetable or chicken soup with bread and salad. Avocado mixed with salsa, spread on whole wheat pita or whole grain crackers; canned salmon and tuna on rye crackers. Broiled chicken, or fish with a side salad. Note: Four oz. chicken, turkey breast, white fish, salmon, or beef will increase alertness and the production of ideas. Turkey and salmon are high in tryptophan and protein.

D. **Dinner:** For a good night sleep, choose pasta, rice dishes, bean soups, cooked vegetables like broccoli, baked yams or squash, salads, fish, and other dishes high in complex carbohydrates with a lean protein.

<table>
<thead>
<tr>
<th>PROTEINS</th>
<th>VEGETABLES</th>
<th>FRUITS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Most lean proteins:</td>
<td>Artichoke</td>
<td>Honeydew</td>
</tr>
<tr>
<td>Chicken breast</td>
<td>Asparagus</td>
<td>Mango</td>
</tr>
<tr>
<td>Turkey breast</td>
<td>Peppers (red, yellow, green)</td>
<td>Papaya</td>
</tr>
<tr>
<td>Lean ground beef</td>
<td>Squash</td>
<td>Cantaloupe</td>
</tr>
<tr>
<td>Most white fish</td>
<td>Green beans</td>
<td>Banana</td>
</tr>
<tr>
<td>Salmon</td>
<td>Beets</td>
<td>Apple</td>
</tr>
<tr>
<td>Egg whites</td>
<td>Broccoli</td>
<td>Watermelon</td>
</tr>
<tr>
<td>Canned white tuna</td>
<td>Brussels sprouts</td>
<td>Orange</td>
</tr>
<tr>
<td>Cottage cheese</td>
<td>Cabbage</td>
<td>Peach</td>
</tr>
<tr>
<td>Whey protein powder</td>
<td>Cauliflower</td>
<td>Kiwi</td>
</tr>
<tr>
<td>Tofu</td>
<td>Zucchini</td>
<td>Pear</td>
</tr>
<tr>
<td>Yogurt non/low fat</td>
<td>Eggplant</td>
<td>Strawberries</td>
</tr>
<tr>
<td>Lean beef</td>
<td>Turnips</td>
<td>Cherries</td>
</tr>
<tr>
<td>Lamb</td>
<td>Spinach</td>
<td>Grapes</td>
</tr>
<tr>
<td>Lean ham</td>
<td>Tomato</td>
<td>Grapefruit</td>
</tr>
<tr>
<td>Fat-free cheese</td>
<td>Mushrooms</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Mixed spring greens</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Romaine lettuce</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Peppers</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Celery, Radishes</td>
<td></td>
</tr>
</tbody>
</table>
**CARBOHYDRATES**
- Legumes
- Oatmeal (cooked)
- Yams – sweet potato
- Pumpkin
- Peas / Corn
- Bread / Bagel (whole grain)
- Potatoes
- Corn tortillas
- Brown, wild rice
- Most whole grain cereals
- Most pasta (protein enriched)
- Fig Newton (fat free)
- Popcorn

**FREE FOODS**
- Low Calorie Seasonings
- Onion / Leek / Garlic
- Canola Oil
- Salsa
- Ginger
- Green tea

**GOOD FATS**
- Olive Oil
- Flaxseed Oil
- Avocados
- Nuts
- Peanut Butter

---

V. **Keeping Fit**

A. **Exercise**

B. **Develop a Basic Fitness Plan**

1. Do enjoyable exercises

2. Combine aerobic exercise and resistance (weight) training.

3. Develop accountability with others.

4. Have a plan of action.

5. Exercise 3-6 days a week, 45 minutes each session.

6. If possible, use a trainer.

C. **Keep a Record of Workouts**
VI. Intentional Self-Care and Stress Reduction

A. Establish Rituals for Basic Self-Care

B. Use One’s Senses

C. Use Lotions

D. Use New Products

E. Create a Home Spa to Pamper Oneself

F. Fruited Ice Water

G. Magazines that are Uplifting and Positive

H. Candles, Flowers, Bubble Baths, Chocolate, Robes, Soothing Music

I. Create a Retreat (Create a Place Where One Can Have Order and Quiet)
J. Get Adequate Sleep
   1. Take naps

   2. Develop a relaxing pre-bedtime routine: hot bath, chamomile tea, quiet music, etc.

   3. Don’t watch the news or view upsetting material right before bedtime

K. Create a Survival Kit to Use During Down Times

L. Calming Hobby, Such as Knitting, or Relaxing Magazines

M. Snacks

N. Stationary to Use for Writing Notes

O. Treat Oneself Occasionally
   1. Visit a day spa for a massage, manicure, pedicure, or facial.

   2. Use a personal trainer or nutritionist.

   3. Don’t give in to guilt feelings.

   4. Give oneself permission to take the time and effort to honor one’s body, and focus on relationship with the Lord.
VII. Stress Recovery & Cures

A. Exercise

B. Relaxation

C. Deep Breathing

D. Meditation on Scripture

E. Complex Carbohydrates to Use as Mood-Lifters

F. Supplements such as St. John’s Wart, Gingko Biloba, Kava Kava, Valerian Root, Etc.

G. Bio-feedback

H. Massage Therapy
VIII. Assessment Questions: Intentional Living/Physically

“Rate yourself currently with a 1, 2, or 3 for each statement. Be very honest.”
I eat a variety of healthy food in their most natural form.
  1. ___ I don’t.  2. ___ I try to sometimes.  3. ___ I do often.

I eat balanced meals evenly distributed throughout the day -- breakfast, lunch, dinner (or six mini-meals) -- each meal including protein and carbohydrates.
  1. ___ I don’t.  2. ___ I try to sometimes.  3. ___ I do often.

I limit or eliminate harmful substances in my diet such as excess fat, caffeine, refined sugar products, salt, junk food, sodas, alcohol, smoking, and other possible food allergens.
  1. ___ I don’t.  2. ___ I try to sometimes.  3. ___ I do often.

I eat foods considering what is most effective for my particular physical needs (e.g. diabetes, blood pressure, PMS, fatigue, depression, stress, anxiety, cancer prevention).
  1. ___ I don’t.  2. ___ I try to sometimes.  3. ___ I do often.

I take vitamin, mineral, and other helpful supplements necessary for my health.
  1. ___ I don’t.  2. ___ I try to sometimes.  3. ___ I do often.

I drink at least 8 to 10 glasses of water daily.
  1. ___ I don’t.  2. ___ I try to sometimes.  3. ___ I do often.

I exercise for at least 30 minutes three to four times a week, or as much as I am physically able (e.g. cardio, weights, sports).
  1. ___ I don’t.  2. ___ I try to sometimes.  3. ___ I do often.

I get adequate sleep -- at least 8 hours a night.
  1. ___ I don’t.  2. ___ I try to sometimes.  3. ___ I do often.

I rest and relax when I sense my body and inner being needs it.
  1. ___ I don’t.  2. ___ I try to sometimes.  3. ___ I do often.

I have effective, positive ways of reducing stress and anxiety on an ongoing basis.
  1. ___ I don’t.  2. ___ I try to sometimes.  3. ___ I do often.

I pamper myself occasionally with a ‘home spa’, manicure, facial, or massage.
  1. ___ I don’t.  2. ___ I try to sometimes.  3. ___ I do often.

I get regular medical check-ups to assess my physical health needs.
  1. ___ I don’t.  2. ___ I try to sometimes.  3. ___ I do often.
IX. **Assessment Questions: Intentional Living, Lifestyle and Behavior**

I am becoming an active advocate for my health -- for prevention and enrichment.
1. ___ I don’t.  
2. ___ I try to sometimes.  
3. ___ I do often.

I have determined to be honest with myself, identifying the underlying cause/s of my challenges and obstacles. I am committing to the best possible strategies for becoming well.
1. ___ I don’t.  
2. ___ I try to sometimes.  
3. ___ I do often.

I am partnering with the professional help I need for treatment and healing.
1. ___ I don’t.  
2. ___ I try to sometimes.  
3. ___ I do often.

I am un-learning and breaking the negative patterns in my life.
1. ___ I don’t.  
2. ___ I try to sometimes.  
3. ___ I do often.

I take care of myself, doing special, nurturing things for myself, especially as rewards.
1. ___ I don’t.  
2. ___ I try to sometimes.  
3. ___ I do often.

I am building my self-image in keeping with how God sees me.
1. ___ I don’t.  
2. ___ I try to sometimes.  
3. ___ I do often.

I take a break from my regular routine to do fun activities that I enjoy, and/or try something new, even when I don’t feel like it.
1. ___ I don’t.  
2. ___ I try to sometimes.  
3. ___ I do often.

“Use this self-assessment as a way to recognize areas where you want to grow and change.”

X. **Strategic Goals for Lifelong Physical Health**

Write one’s goal statement of commitment to lifelong physical health here:
Bibliography/Reading List

Archibald Hart.  Adrenaline and Stress
Archibald Hart.  The Anxiety Cure
Stephen Arterburn & Vivian Lamphear.  Gentle Eating
Stephen Arterburn & Vivian Lamphear.  Gentle Eating Workbook
Minirth Maier & Hemfelt Sneed.  Love Hunger Weight Loss Workbook
Thomas Whiteman & Randy Peterson.  Stress Test
Steve Zim & Mark Iaska.  Hot Point Fitness
Bill Phillips & Michael D’Orso.  Body for Life
Elizabeth Somer.  Age-Proof Your Body
Anna & Cynthia Benson.  Firm for Life
Reginald Cherry.  The Bible Cure

EW 102 Study Questions

1. Dr. Webber states that people are integrated beings. What does that statement mean? Think of a time when one of these integrated parts was not working properly, and how it affected the rest of one’s being. Describe.

2. In order to reach one’s goals, a woman must have a strategic plan. Name one goal a woman can decide to work on and the things she can do to achieve that goal.

3. Dr. Webber mentions many things women can do to help reduce stress. Which of the stress reducers could be most helpful?
4. In the video, Dr. Weber describes some elements of a basic eating plan. What foods are personally most irresistible? What one area of developing a basic eating plan as described by the doctor can one agree to change today, specifically concerning water intake, proportions, frequency of meals, etc.?

5. How much does one personally exercise per week? What form of exercise does one enjoy most? How could one get more regular exercise?
Course Description
Finding fulfillment in life is dependent on a woman knowing who she is in Christ. Most women’s self-concept is shaped by important relationships while growing up, which may be either affirming or hurtful. Learn how women can transform their lives by allowing God to transform their self-concept. Learn to recognize a wounded soul (in seven areas of life) and how to help healing begin and continue.

Learning Objectives:  By the end of this lesson, students:

1. Will be able to learn how one’s self-concept is developed during childhood, and how a defensive personality structure influences a woman’s life.

2. Will be able to learn the difference between biblical and unbiblical shame.

3. Will be able to learn how God can heal and change a wounded woman.
I. Introduction
   A. Kirk Douglas and the Hitchhiker

   B. How do Women Learn Who They Are?

II. Self Concept is Developed through Parent “Mirroring”
   A. “Magical Thinking” in Young Children Means...

   B. Consistently Adequate Parents (Not Perfect) Mirror Accurate Self-Concept

   C. Children Mirroring Consistently Adequate Parents Learn...

   D. Humans are flawed, But Have Great Potential

   E. Each Person Is Loveable and Able to Be Loved and Can Learn to Love Others

III. Types of Parent Mirrors
   A. Unprepared Parents
      1. Didn’t respect the child’s unique traits

      2. Held unrealistic expectations
3. Children mirroring through unprepared parents learn
   • They are a disappointment to others.
   • Nothing they do is good enough or right.

B. Unavailable Parents

1. Were not there when child needed them (perhaps through distraction, work, death, or divorce).

2. Were distracted by depression, anxiety, or other concerns.

3. Were distant or unavailable because of the “isms”: such as alcoholism, workaholism, etc.

4. Children mirroring through unavailable parents learn...
   • They have no value.
   • There is something lacking in them worthy of attention.
   • There is something terribly wrong with them just being themselves.
   • They are not good enough to warrant attention.

C. Unloving Parents

1. Hands-off abuse: Verbal or emotional abuse such as ridicule or rejection.

2. Hands-on abuse: Physical such as angry battering or sexual abuse such as fondling or sexually improper behavior whether coerced or forced.
3. Children mirroring through unloving parents learn:
   • They do not deserve respectful, life-affirming treatment.
   • They are hopelessly, uniquely flawed and worthless.

IV. Unbiblical Shame
   A. Biblical shame acknowledges that all human beings are flawed because of the fall.

   B. Unbiblical shame asserts that a person is uniquely and exceptionally flawed, therefore, worth less than others.

V. Defense by Pretense
   A. Sandy’s Story
      1. Pleasing others = approval = love

      2. Deep longings to be loved

      3. Perfectionism as a defense

      4. Criticism = disapproval

      5. Moral guilt fears punishment.

      6. Unbiblical shame fears abandonment.
B. The Defensive Personality Structure

1. Develops early in life

2. Identity is composed of basic self-concept + defensive personality structures.

3. Plays out in different roles (wife, mother, friend, etc.)

VI. Recognizing Possible Defensive Personality Structure as it Operates in Seven Major Areas of a Woman’s Life

A. Spiritual: Deep sense of being unlovable, unforgivable, therefore tends toward feeling alienated from her disappointed and angry “deity”.

B. Personal: Deep sense of being hopelessly flawed, inadequate, and worthless. Inclined toward unbiblical shame.

C. Relational: Insecure in her sense of belonging, has a deep sense of need for belonging, need to earn acceptance and approval from other people.

D. Rational: Preponderance of disbeliefs about God, self, and others.

E. Emotional: Sadness, depression, anxiety, and anger.
F. Volitional: Choices are made to gain and maintain acceptance from other people.

G. Behavioral: Unbalanced focus on relationships with others dictates her behavior, doing what she thinks will please them.

VII. Results

A. She lives a painful existence.

B. She does not experience fulfillment.

C. She needs to experience soul-deep healing and change.

VIII. Ideal Personality Structure Progressing in Seven Major Areas of a Woman’s Life Can Be Seen In:

A. Spiritual: “Belovedness”: Deep sense of being fully known, fully loved, and freely forgiven by her “Abba, Father” God.

   2. The key to soul deep healing begins here: knowledge of God’s love deepened to become the experience of God’s love. Learn to develop a love relationship with God so that it becomes an experiential reality, not just theological certainty.
B. Personal: Focus shifts to God’s adequacy rather than her own inadequacy.

C. Relational: A secure sense of unseverable belonging and ultimate acceptance with a growing capacity to tolerate criticism (Jeremiah 2:13).

D. Rational: Increasingly truthful reasoning as her mind is continually being renewed by the Word of God. (Romans 12:1-2).

E. Emotional: Experiences a full range of emotions, usually expressed appropriately.

F. Volitional: Consistently responsible, biblically informed choices, with increasing willingness to own them and their consequences.

G. Behavioral: Increasingly mature, Christ-like actions, characterized by genuine convictions and compassion.

IX. Conclusion: (Ephesians 3:17, 19-20)
Bibliography/Reading List

Sandra Wilson.  Into Abba’s Arms
Sandra Wilson.  Released from Shame
Connie Neal.  Dancing in the Arms of God
Chris Thurman.  The Lies We Believe
Chris Thurman.  The Lies We Believe, Workbook
Henry Cloud & John Townsend.  Boundaries
Daniel Green & Mel Lawrenz.  Encountering Shame and Guilt
Neil Anderson.  Released from Bondage
John Ortberg.  The Life You’ve Always Wanted

EW 103 Study Questions

1. Dr. Wilson states that people’s concept of themselves is learned through their parent mirrors.  Think of some things, good or bad, that one learned from her own parent mirrors. Please describe.

2. Dr. Wilson outlines characteristics of several parent types: consistently adequate, unprepared, unavailable, unloving. Explain which of these best describes one’s parents and why.

3. The term, “unbiblical shame” is mentioned several times. Think of a time when someone may have felt unbiblical shame. What was the cause?
4. Are there any areas that you may have developed a Defensive Personality Structure as defined in the lesson? Explain. If not, can you identify these traits in someone else?

5. Everyone is striving to develop the Ideal Personality Structure because it is another term for the sanctifying work of the Holy Spirit. How can this be applied in one’s personal life?
Course Description
Women played strategic roles in Jesus’ ministry. He is still calling women to participate fully in ministry and service. Highly respected for her influence and expertise in women’s ministry, Jill Briscoe shows a woman how to listen for and respond to God’s call on her life.

Learning Objectives: By the end of this lesson, students:

1. Will be able to learn what is Jesus’ heart and calling for women.

2. Will be able to learn what Jesus’ vision, passion, and mission are for the world.

3. Will be able to learn how to share in this calling.
Extraordinary Women

I. Jesus’ Heart for Women
   A. Women were accepted as valid witnesses for Jesus.
   
      B. In John chapter 4, a Samaritan woman was a witness for Jesus.

II. Jesus Breaks the Rules to Elevate Women
   A. Jesus allowed women to touch him.
   
      B. Jesus touched women.
   
      C. Jesus cared for the widows.
   
      D. Jesus talked to women.
   
      E. Jesus taught women.
   
      F. Jesus used women as good examples in his parables.
         1. The persistent widow with the unresponsive judge
         
            2. The woman who sought the lost coin.
         
            3. The woman who put leaven in the dough
G. Jesus related to a woman’s world in his teachings.

III. Jesus’ Encounter with the Samaritan Woman at the Well
A. Jesus looked at her.

B. Jesus spoke to her.

C. Jesus was willing to drink from the same cup as the woman.

IV. Jesus is a Well that Never Runs Dry

V. Jesus’ Vision of the Samaritan Woman Transferred to Her and Transformed Her
A. The woman at the well can represent all women.

B. Jesus forgets his needs to minister to her needs.

C. The disciples can represent the way most people view life: they have a hard time getting their eyes off material things to see spiritual realities.
D. People need to “get their eyes off their lunch”.

E. Accurate vision leads to passion.

VI. Jesus’ Passion: A Heart for a Lost World

A. The harvest fields are ripe.

B. People need to share his concept of “lostness”.

C. People need to understand “lostness” because it is essential to “vision”.

D. People must have a passion for the lost.

E. To reach this world, people must do their homework.

F. What is this woman’s world?

G. Tribes of Women

H. Passion leads to mission.
VII. Jesus’ Mission: Passing It On

A. Start where an individual is.

B. Tiny faith is enough.

C. Do what one can.

D. Witnessing is all about God, not about individuals.

E. Bring others into Christ’s “orbit”.

F. Ministry requires obedience to His orders.

G. People are not responsible for other’s reactions.

H. Flock Shock

I. Men are releasing more women into ministry.

VIII. Conclusion: (Lydia Magazine Story)
Bibliography/Reading List

Ken Gire. *Reflections on the Word*

Philip Yancey. *What’s So Amazing About Grace?*

Kay Arthur. *Lord, I Want a Heart For You*

Stephen Arterburn & Jack Felton. *More Jesus, Less Religion*

Charles Spurgeon. *Beside Still Waters*

John Eldredge. *The Journey of Desire*

Beth Moore. *A Heart like His*

Larry Crabb. *Finding God*

EW 104 Study Questions

1. Jill Briscoe sites several examples where Jesus elevated the position of women. What parables, teachings, and stories from the Bible can one think of where Jesus treated women as equal human beings?

2. Jill Briscoe refers to Jesus as an “Artesian Well” that never runs dry. Is one’s thirst for Jesus being satisfied? What can a person do during the times when one is thirsty for more of what Jesus offers? How can one help women who are thirsty for Jesus?

3. Jesus’ vision was focused on “harvesting” the lost. He passed on this vision to the Samaritan woman. How can you shift your focus from the material to the spiritual, to share his vision?
4. What does the concept of “lostness” mean? How does this differ from the emphasis Jesus placed on this concept (particularly in his parables)?

5. How might a person bring others into Christ’s orbit?
Course Description
Mary Hunt tells her story of breaking free from overwhelming debt and financial pressures. This lesson presents a godly and realistic approach to make finances a positive part of a woman’s life. It also identifies warning signs that indicate financial trouble ahead, as well as practical steps that people can take to prevent it.

Learning Objectives: By the end of this lesson, students:
1. Will be able to learn how to debt-proof their lives.
2. Will be able to learn the six danger signs that indicate they are headed for the debt trap.
3. Will be able to learn the eight steps to get themselves out of the debt trap.
I. Introduction: (Mary’s Story)

II. Two Kinds of Debt
   A. Overview of the Types
      1. Intelligent borrowing such as a home mortgage
      2. Stupid debt such as credit cards, installment loans

   B. Stupid Debt
      1. Stupid debt promotes discontentment.
      2. Stupid debt keeps people stuck in the past.
      3. Stupid debt makes and arrogant presumption on the future.
      4. Stupid debt transfers potential wealth to creditors.
      5. Stupid debt eliminates options.
      6. Stupid debt can destroy relationships.

III. Why People Need to Debt-Proof Their Lives
   A. People need to debt-proof their lives to protect their marriages (if married).
B. People need to debt-proof their lives to survive during lean times.

C. People need to debt-proof their lives to reduce stress.

IV. Principles of Debt-Proof Living

A. God is the source.

B. People must never keep it all.

C. People must never spend it all.

D. What someone receives is what she needs and is what God can trust her with.

E. More money will never be enough.

V. Six Danger Signs that Someone Is Headed for the Debt-Trap

A. Living on Credit Instead of Cash

B. Delaying Payment or Paying Late
C. Unwilling or Unable to Save or Give

D. Unable to Pay Taxes

E. Living an Extravagant Lifestyle

F. Looking for Get-Rich-Quick Ideas

VI. Eight Steps to Get Someone Out of the Debt Trap

A. Make a Commitment

B. Start Paying God First and Oneself Next

C. Begin Tracking

D. Have a Sale

E. Get One’s Plan in Place

F. No More New Debt
G. Look for a Solution

H. Persevere
**Bibliography/Reading List**

Mary Hunt. *The Financially Confident Woman*

Mary Hunt. *The Best of Cheapskate Monthly, simple Tips for Living Lean*


Mary Hunt. *Cheapskate Monthly* (P.O. Box 2135, Paramount, CA 90723)

Larry Burkett & Randy Southern. *The World’s Easiest Guide to Finances*

Rosemarie Patterson. *The Money Makeover*

Dave Ramsey. *Financial Peace*

**EW 105 Study Questions**

1. Mary Hunt mentions two kinds of debt: Intelligent borrowing and stupid debt. Share examples of both from personal experience with finances.

2. What does one look back on as the most “stupid” financial move she (and husband) have ever made that put the couple in a debt trap? How did the couple escape?

3. Are there any other reasons a woman would need to debt proof her life?

4. There are six danger signs that someone is headed for the debt trap. Which is one personally currently dealing with? Which has one overcome in the past? How is one’s life different?

5. Mary Hunt gives eight steps to get someone out of the debt trap. Which steps could one personally within one’s family?
Course Description
This lesson offers a lighthearted and encouraging look at how God gives each woman a unique personality with its own strengths and weaknesses. Florence Littauer shows how understanding personalities helps women improve relationships in marriage, family life, at work, in friendship, and at church. Learn to get along better with people, while growing to appreciate one’s own self and others more.

Learning Objectives: By the end of this lesson, students:

1. Will be able to learn the four basic personality types and their characteristics.

2. Will be able to meet their children’s needs according to their individual personality type.

3. Will be able to learn how to communicate with and understand their spouses and others better.
I. Introduction
   A. Personal Stories and Examples from Florence’s Life

   B. People tend to marry others who are totally opposite from themselves and spend the rest of their lives trying to remake each other in their own image.

   C. Romans 12:1-2
      1. Do not be conformed to this world.

      2. Allow God to transform your mind.

   D. Put oneself to the test.

II. Four Basic Personality Types
    *Remember, different does not mean wrong...use these to help identify personality types and learn to accept others as they are.*

   A. Sanguine: Popular, Fun-Loving

   B. Choleric: Powerful, Controlling
C. **Melancholy: Perfect, Orderly**

D. **Phlegmatic: Peaceful, Easy-Going**

III. **Personalities are Inherited/A Look at Children’s Personalities**

A. Some parents try to make over their children’s personalities.

B. Parents need to learn to accept their children's personalities.

C. Parents are to train up a child in the way *he* (that individual child) should go.

D. Parents should look to magnify their strengths.

E. Parents should look to minimize their weaknesses.

IV. **Understanding Parents’ Personality Types**
Bibliography/Reading List

Florence Littauer. *Put Power in Your Personality*

Dr. Henry Cloud & Dr. John Townsend, *Boundaries With Kids*

Dr. David Stoop. *Understanding Your Child’s Personality*

Dr. Tim LaHaye. *Understanding the Male Temperament*

Dr. Tim LaHaye. *Spirit Controlled Temperaments*

EW 106 Study Questions

1. Which of the four temperaments best describes an individual? Why?

2. Which of the four temperaments best describes one’s husband? Why?

3. Florence Littauer gives humorous examples of how she and her husband are different because of their temperaments. Describe how this is applicable in one’s own relationships.

4. What does one think of Florence Littauer’s shoes? What significance does this story have for one’s own life?

5. List each of one’s own children by name and personality type. How can one parent each child differently according to the way they should go?
UNIT TWO

LIFE TRANSITIONS

Table of Contents

EW 201: Being a Godly Woman: Just Between Us Girls
Kathleen Hart ................................................................. 57

EW 202: “I’m in Love!”: Dating and Preparing for Marriage
Leslie Parrott, Ed.D. ............................................................. 67

EW 203: Fifty is Gold!: Life Through and Beyond Menopause
Joseph Mayo, M.D. & Mary Ann Mayo, M.A. .......................... 72

EW 204: Seasons of a Woman’s Life
Freda Crews, D.Min., Ph.D. .................................................. 85

EW 205: A Woman’s Guide to Handling Conflict
Leslie Vernick, MSW ............................................................ 97

EW 206: Living Beyond Your Circumstances
Joni Eareckson Tada ............................................................ 104
Course Description
With a wisdom born of experience, Kathleen Hart points to basic spiritual truths women need to preserve in all stages of life: identifying the fine line between flesh and spirit, keeping one’s focus on Jesus, responding appropriately to the “sudden-lies” of life, and accepting one’s responsibilities at each stage of life. While these classic truths appear simple, they help one recognize which stage a woman is in so she can be met there and helped to grow in Christ.

Learning Objectives: By the end of this lesson, students:

1. Will be able to learn how to help women navigate through the different stages of life.

2. Will be able to learn how to keep their focus on Jesus.

3. Will be able to learn how to handle the “sudden-lies” of life.
I. Introduction

II. Life Situations
   A. Never Married
   B. Married with No Children
   C. Single Mother/Widow/Divorced Woman
   D. Married Woman with Children
   E. Senior years – Single or Married

III. Stages of a Married Woman with Children
   A. Pre-Marriage
   B. Newly-Wed
   C. Pregnancy
D. Giving Birth

E. Parenting

F. Career/Home/Marriage

G. Teenagers

H. Caring for Aged Parents

I. Mid-Life Crisis – Approximately: Women 30-35; Men 40+

J. Empty Nest Syndrome

K. Becoming a Mother-in-Law

L. Grandmother

M. Helping to Raise Grandchildren
N. Menopause

O. Retirement

P. Golden Years

Q. Death

R. Eternity with Jesus

IV. In These Stages Women May Experience:

A. Good Times or Hard Times

B. Laughter or Tears

C. Poverty or Wealth

D. Sickness or Health
V. Understanding the Stages of Life
   A. Be Aware of the Different Stages

   B. Prepare Oneself Beforehand for the Stages Ahead

   C. Be Willing to Adjust and Embrace the Changes Demanded at Each Stage

   D. Circumstances and Experiences Will Be Different for Each Woman

VI. Four Things to Remember Throughout One’s Life
   A. There is a fine line between the flesh and the spirit-One step and you are in the flesh – stay in the spirit. *Galatians 5:16*

   B. Keep One’s Focus on Jesus - Pray, Wait, and Listen
      1. Pray (*Philippians 4:6, Psalm 142:1-2*)

      2. Wait (*Psalm 130:5-6*)

      3. Listen

   C. Remain Faithful
      1. The “sudden-lies” of life
2. This too shall pass

3. Encourage oneself in the Lord (1 Samuel 30:6)

D. What are the responsibilities in her life now?

VII. Six Questions to Ask in Each Stage of Her Life:

A. The Questions

1. “Is she experiencing God’s love?”

2. “How is she loving God?”

3. “What is her purpose for living?”

4. “Who is in her grandstand?”

5. “Is she in control of her actions and attitudes?”

6. “What lasting impression is she leaving?”

B. Is she experiencing God’s love now?

1. Coming face to face with God – see herself as God sees her.
   - (Hebrews 13:15, 1 John 4:19; Romans 5:8)

2. Grasp God’s grace and the love for her – He loved her so much He gave Jesus to die for her – for all her sins – she has been bought with a great price. – she is His treasured possession. (Ephesians 3:18-19)
3. Be convinced of God’s unchanging and unfailing love. (*Romans 8:38*)

4. Receive His great love. (*Romans 5:5*)

5. Love others with the overflow of God’s love poured in and through her heart and life.

C. *Is she loving God now?*

1. Coming face to face with herself – see herself as God sees her.
   - (*Psalm 139:1-3; Psalm 139:24; Psalm 44:21*)

2. What or who does she love most in this world?

3. In return for God’s great love, He asks that she love Him with all her heart, soul, strength, and mind. Jesus says: “Do this and you will live.” (*Luke 10:27*)

4. When she loves God this way, she finds her center core and becomes “One” with Jesus. The greatest desire of Jesus is to be “One” with His people. (*John 14:20; John 17:21*)

5. This will become an intimate moment-by-moment relationship with God.

D. *What is her purpose for living? (1 Corinthians 10:31)*

1. There may be a time when she feels her life is overwhelming or out of control, or she has gone in the wrong direction.

2. What does God want her to accomplish in this stage of her life?
3. Finding the direction in her life. (*Proverbs 3:6*)
   - Adjust to changes.
   - Priorities.
   - Be willing to change yourself.
   - Be flexible.
   - Develop a satisfied heart.
   - Grasp the moments.
   - One and only moments.
   - Grieve over losses and what cannot be changed.
   - Trust Jesus!

E. **Who is in her grandstand?**
   1. Whose approval controls her life?

   2. Who do I want to please?

   3. Myself, others, or God? (*2 Corinthians 5:9*)

   4. In each stage, make Jesus Lord of one’s life!

F. **Is she in control of her actions and attitudes?**
   1. Choosing to act rather than react.

   2. Take control of one’s thoughts.

   3. Stop blaming others, take personal responsibility.
4. Choose how one will act toward others.


**G. What lasting impression is she leaving?**

1. She is leaving a lasting impression and a legacy in the way she lives through each stage of life. Consider what kind of impression she is leaving in each of the following ways:

2. Fragrance: *(2 Corinthians 2:15)*

3. Letter written on the heart: *(2 Corinthians 3:2)*

4. Transformed into the same likeness as Christ: *(2 Corinthians 3:18)*

5. Grandchildren’s booklet
Bibliography/Reading List

Stephen Arterburn & Jack Felton. *More Jesus, Less Religion*

Charles Spurgeon. *Beside Still Waters*

John Eldredge. *The Journey of Desire*

Brent Curtis & John Eldredge. *The Sacred Romance*

Beth Moore. *A Heart like His*

Stormie Omaritan. *Finding Peace for Your Heart*

Anne Graham Lotz. *Just Give Me Jesus*

EW 201 Study Questions

1. Identify what stage of life one finds herself in now. Describe the stage one is in and how well one is adjusting to this stage of life. What responsibilities is one facing during this stage of life?

2. There is a fine line between the flesh and the spirit. What area of the flesh does one struggle with most? How does one handle this struggle?

3. In this stage of life, how has one experienced God’s love? How can one express love to God?

4. What does God want a woman to accomplish in this particular stage of her life?

5. What lasting impression is one leaving? What legacy is one leaving with one’s children and/or grandchildren? What would be a suitable epitaph for one’s life?
Course Description
Learn to cover all the issues a woman needs to review before she enters into marriage. This lesson provides women with a realistic, but encouraging look at what women need to know and do to prepare for the pitfalls and challenges of married life so her marriage can last a lifetime.

Learning Objectives: By the end of this lesson, students:

1. Will be able to learn why it is important to avoid the “compulsion for completion,” and how to identify the unspoken rules women have grown up with.

2. Will be able to learn how a woman’s family of origin has wired her to view the roles of husbands and wives, as well as what God says about love between a man and a woman.

3. Will be able to learn about the triangular theory of live and the importance of passion, intimacy, and commitment in marriage.
I. Introduction

II. Compulsion for Completion: The Misconception that the Person One is in Love with Should Make One Whole

“If you try to build intimacy with another person before you have done the hard work of getting whole on your own, all of your relationships become an attempt to complete yourself, and they will fall disappointingly flat.”

A. A-Frame Relationships-Over-Dependence

B. Optimal Relationships-Inter-Dependent

C. Women must find their wholeness in Christ.

III. Keeping Family Ties from Pulling Strings

A. Personal Ten Commandments

B. Unspoken Rules

C. Identify and Understand “Introjects”
D. Identify and Understand “Unconscious Role Expectations”

E. This is the Way Families Wired Them to Receive and Perceive Love

IV. What’s Love Got to Do with It?

A. Triangular Theory of Love
   (Draw the triangle here to help one remember).

B. Passion: Biological Side of Love

C. Intimacy: Emotional Side of Love

D. Commitment: Cognitive Side of Love

E. God’s Definition of Love: *1 Corinthians 13:4-13*
Bibliography/Reading List

Leslie Parrott. *Saving Your Marriage Before it Starts*

Les & Leslie Parrott. *Relationships*

Les & Leslie Parrott. *Relationships Workbook*

Bill & Lyndi McCartney & Connie Neal. *Sold Out Two-Gether*

Henry Cloud & John Townsend. *Boundaries in Marriage*

Gary Thomas. *Sacred Marriage*

Joshua Harris. *Boy Meets Girl*

EW 202 Study Questions

1. Has one done the hard work of making sure she is whole in Christ? In what ways or areas does she still feel incomplete? In what ways might she be looking to another person to complete her? How can one’s relationship with Christ affect her as a whole or incomplete person?

2. How much has one discussed the differences in family practices with one’s intended? What differences are there in the couple’s upbringing? What differences can one identify in terms of role expectations? Holiday traditions? Raising children? Table manners? Handling finances? Celebrating birthdays?

3. Has the couple already experienced any conflicts over “unconscious role expectations” in the relationship? Describe these conflicts and try to identify how the things at issue relate back to differing practices in the two families.
4. How has one learned from family experiences that a husband shows love for his wife? What kinds of things does a woman expect her future husband to do to show that he loves her? How does she expect her future husband to communicate in order to show that he loves her? Have these expectations been shared? What does he expect from his future wife that will show love for him? Discuss.

5. If a woman had to rate herself and her intended right now on a scale of 1-10 for each of the three sides of the triangle of love what would she rate herself and her intended for each:

- She would rate her passion at 1 2 3 4 5 6 7 8 9 10.
- She would rate his passion at 1 2 3 4 5 6 7 8 9 10.
- She would rate her intimacy at 1 2 3 4 5 6 7 8 9 10.
- She would rate his intimacy at 1 2 3 4 5 6 7 8 9 10.
- She would rate her commitment at 1 2 3 4 5 6 7 8 9 10.
- She would rate his commitment at 1 2 3 4 5 6 7 8 9 10.
Course Description

Menopause and peri-menopause are challenging transition times for any woman. Learn to help women go through these physical, emotional, and spiritual changes successfully. Learn signs, symptoms, realistic expectations, and what is and is not normal. This lesson also touches on the issues of traditional medicine, diet, exercise, and herbal remedies.

Learning Objectives: By the end of this lesson, students:

1. Will be able to learn how to embrace the aging process and how to lessen the effects of aging.

2. Will be able to learn the symptoms and treatment of menopause.

3. Will be able to learn what medical tests women need to take to monitor their health.
I. Introduction

II. Grieving at Mid-Life
   A. Deterioration Health of Parents
   B. Children Leaving Home
   C. A Stalled Career
   D. Illness of Spouse
   E. Thoughts on Aging: (Proverbs 20:29)

III. Not Aging but Ripening
   A. Re-prioritize
   B. Include Nutritional Supplements, Tea, Soy
   C. Pace Exercise and Stress
D. Evaluate Health

E. Nutrition for Body and Soul

IV. Reframing the Concept of Age

A. Ruler of the Roost Syndrome
   1. “I can’t do it anymore.”
   2. “I don’t want to do it.”
   3. “You need to reframe.”

B. How can women treat themselves better?
   1. Rest
   2. Quiet times
   3. Less responsibility
   4. Pay attention to health
V. **Defining Menopause**

A natural process experienced by all women signaled by changes in reproductive hormones, chiefly estrogen, progesterone, and testosterone. Technically, a post-menopausal woman no longer has viable eggs in her ovaries and has not had a period for a year.

A. **Premature Menopause**

B. **Pre-menopause**

C. **Peri-menopause** (5 years before periods actually stop, often the most symptomatic)

D. **Menopause**—cessation of periods for 12 months

E. **Post-menopause**

VI. **Women’s Health after Menopause**

A. **Bone Loss**

B. **Cardiovascular Disease**

C. **Hormone Replacement Therapy**
D. Family

E. Personal

F. Medical History

VII. Menopause Signs and Symptoms

A. Average Age 51

B. 1 Symptom: Irregular Periods

C. #2 Symptom: Hot Flashes

D. Interrupted Sleep

E. Sexual Problems

F. Generalized Dryness

G. Unitary Frequency or Leakage
H. Emotional Liability

I. Memory Problems

VIII. Risk vs. Symptoms

A. Risks Kill

B. Symptoms Make Women Miserable

C. Risk Factors
   1. Cardiovascular disease
   2. Osteoporosis
   3. Alzheimer’s disease
   4. Diabetes
   5. Colon cancer

D. Get a full medical evaluation to understand one’s base line health issues.
IX. Gather Information

A. FABLL

1. Family history

2. Breast cancer

3. Lifestyle

4. Laboratory results

B. Essential Laboratory Tests

1. For heart health:
   - Expanded cholesterol (microparticles) / VAP
   - Homocysteine
   - High sensitivity C-Reactive protein

2. For bone strength:
   - DEXA
   - Heel or wrist measurement

3. For Alzheimer’s disease:
   - Family history

4. For diabetes:
   - Hemoglobin A1C
   - 2 hour post Prandil and 2 hour insulin
5. For colon cancer
   - Colonoscopy
   - Thyroid test

X. Aging Well

A. Healthy Lifestyle Choices
   1. Healthy balanced diet
   
   2. Use olive oil
   
   3. Eat reasonable portions / remember 1/3 rule
   
   4. Fruits and Vegetables
   
   5. Green tea
   
   6. Increase soy foods
   
   7. Vitamins

B. Physical Check-ups

   1. Mammogram between ages of 40 to 50 years old, at least once every two years; after 50, once every year

   2. Pap smear every year
C. Exercise Helps
1. Weight control
2. Stress reduction
3. Reduces risk of heart disease
4. Osteoporosis
5. Hot flashes
6. Depression
7. Memory loss
8. Breast cancer risks
9. Risk of strokes

D. Nutritional Interventions for Healthy Aging
1. A good multi-vitamin
2. Calcium and magnesium
3. High B complex
4. According to risk or symptom
   - Vitamin E
   - Folic acid
   - Essential fatty acid
   - Glucosamine

E. Botanical Interventions for Healthy Aging
   1. Peri-menopause
      - Black cohosh root
      - Chastree berry
   2. According to risk or symptom
      - Valerian root
      - Kava kava
      - Gingko bilova
      - St. John’s Wort
      - Hawthorn leaf
      - Horse chestnut

F. Natural Hormones

G. Creams Available in Health Food Stores

H. Pills and Gels by Prescription
I. Natural Estrogen

XI. Hormone Replacement Therapy
   A. Estrogen and Progesterone Pills, Gels, and Patches

   B. Estrogen Only for Those without a Uterus

   C. Testosterone as Needed

   D. SERMS: “Designer Estrogens”

   E. Low Dose Oral Contraceptives

XII. Spiritual Aspects of Aging
   A. Re-evaluate Priorities

   B. Time of Reflection (Isaiah 55:2)

   C. Time of Change
D. Balance in Life

E. Let Go

F. Acknowledge the Finite (*Isaiah 55:12*)
Bibliography/Reading List

Joseph & MaryAnn Mayo.  The Menopause Manager
David Hager.  Stress and the Woman’s Body
Stephen Arterburn & David Stoop,. Seven Keys to Spiritual Renewal
Archibald Hart, Catherine Hart Weber, & Debra Taylor.  Secrets of Eve

EW 203 Study Questions

1. What are one’s feelings about the aging process? What are some fears? What is one looking forward to? Has one experienced any age-related illnesses? Is this seen as a ripening process? Why or why not?

2. Has an individual personally experienced any of the effects of menopause as outlined in the video? Please describe one’s experience.

3. What is one’s family history as it pertains to health risks? Are there lifestyle changes one needs to make to lower the risk of disease? Is one intentional about getting the tests outlined by the Mayos?

4. Is one currently taking any medications to control symptoms of pre-menopause or menopause? What are they? How about supplements? Botanicals? HRT?

5. Aging involves an honest look at the way one has lived her life and how she intends to live the rest of it. Ultimately, aging is a spiritual journey. What lessons is one learning?
Course Description

“We can have it all, just not at the same time,” says Dr. Crews. Learn how women can gracefully adapt to successive seasons of life, yielding to Christ, while fulfilling her purpose and being fulfilled.

Learning Objectives: By the end of this lesson, students:

1. Will be able to learn the stages of a woman’s life, and the kinds of loss that are specific to women.

2. Will be able to learn the distinction between pain and suffering, and how women can prepare for and grow strong through the winter season of life.

3. Will be able to learn the six stages of grief, and the various types of grief women can experience.
I. Introduction

_Ecclesiastes 3:1-8_ “...To everything there is a season, and a time for every purpose under heaven...”

II. Seasons of Life

A. Spring: New Life, Freedom, Expectation

B. Summer: Full of Activity

C. Fall: Time of Reflection and Revision of Values/Priorities, Aging Issues Emerge

D. Winter: Death Process Begins

III. Human Experience

A. Pain-Experienced in the Past
   1. Abuse-Physical, sexual, psychological
   2. Abandonment-By fathers
   3. Rejection-By mothers

B. Need Deprivation
   1. Security
2. Belonging

C. Esteem Needs
   1. Self-concept
   2. Identity
   3. Growth
   4. Fulfillment

D. Transitions/Adjustments
   1. Empty nest syndrome
   2. Menopause

E. Suffering-Prolonged Intense Pain/Experienced in the Present
   1. Tormented soul-Emotional, psychological
   2. Abuse-By parents or spouse
   3. Failures
   4. Physical violence
   5. Verbal, emotional abuse
6. Separation/Divorce

7. Self-doubt

8. Spiritual

F. Mental Disorders
   1. Depression (Note: women are twice as likely as men to experience bouts of clinical depression.)
   2. Anxiety
   3. OCD / ADHD
   4. Panic disorders
   5. Addictions
   6. PMS, PSDD, Eating disorders

IV. Loss
   A. Self-concept/Identity
      1. Through a betrayal
      2. Through seeking approval
      3. Through rejection
B. Loss of Innocence

C. Death of a Significant Other

D. Divorce

E. Small Deaths
   1. Failure
   2. Loss of job
   3. Loss of home
   4. Financial loss
   5. Empty nest
   6. Loss of health
   7. Loss of youth
   8. Loss of use of body parts
V. Grief

The cognitive and emotional response to a significant loss of anyone or anything which has emotional value to a person

A. A Grieving Person can Experience

1. Emotional turmoil

2. Guilt

3. Depression

4. Anger

5. Sadness

6. Rage

7. Loneliness

8. Resentment

9. Hopelessness

10. Eating disturbances

11. Sleep disturbances

12. Sexual disturbances
13. Psychosomatic complaints

14. Family/marital problems

B. Types of Grief

1. Chronic grief-Ongoing

2. Acute grief-Unanticipated loss

3. Anticipatory grief

C. Stages of Grief

1. Shock—Some shock in all loss

2. Denial

3. Anger

4. Bargaining—With God

5. Depression—Chronic or clinical

6. Acceptance—Resignation, acceptance helps people move on
VI. Preparing for the Winter Season

Virtuous women accept the reality that these days will come (1Peter 4:12-13)

A. Predictable

B. Universal Experience

C. Seems Paradoxical to God’s Nature

D. Encountering Evil

VII. Growing Strong through the Winter Seasons

A. Accept that they have a purpose. (Romans 5:3-4, Romans 8:28-29)

B. God’s Purposes May Include the Following (Consider How)
   1. Perseverance
   2. Endurance
   3. Prove one’s faith genuine (1 Peter 1:6-7)
   4. Bring one to Himself
   5. Increased capacity for God
6. Increased appreciation of the sufferings of Christ (1 Peter 4:13)

7. Change-refine-character

8. Help us accept discipline as evidence of love

9. Change view of discipleship

10. Make one compassionate (2 Corinthians 1:3-4)

11. Give one hope (Jeremiah 29:11-13, Hebrews 6:19)

12. Give meaning to life-Present and future hope

C. **Allow the purposes of God to work.**

1. Accept personal responsibility for growth and change.

2. Learn all one can learn from this season.

3. Might require one to admit that she has brought some of the difficulties of this season on herself, that she is reaping what she has sown.

4. Might require getting professional help.

5. Might require a support group.
D. Requires one to put on the full armor of God (*Ephesians 6:10-18*)

1. Truth

2. Righteousness

3. Peace

4. Faith—Belief in the promises of God

5. Salvation

6. Using the sword of the Spirit which is the Word of God

7. Praying in the Spirit

VIII. Look Beyond the Winter Season

A. Spring will come again. (*Revelation 21:4*)

B. Endure till the end.

C. Keep one’s eyes on Jesus. (*Hebrews 12:1-3*)

D. Anticipate the rewards. (*James 1:12*)
E. Winter=Death

F. Spring=New life ... Eternal life!
Bibliography/Reading List
Joseph & MaryAnn Mayo. The Menopause Manager
David Hager. Stress and the Woman’s Body
Archibald D. Hart. The Anxiety Cure
Archibald D. Hart, Catherine Hart Weber, & Debra Taylor. Secrets of Eve
Freda V. Crews. Get Off Your Back

EW 204 Study Questions

1. Which season of life is one presently experiencing? Who does one know going through the winter season of life? What challenges could be most daunting in the winter season of life?

2. Are there areas of past pain or present suffering that one is still dealing with? How could the truths in this lesson help those going through such pain, suffering, or the winter season?

3. Describe a loss that one has experienced that deeply touched one’s life? How has one grieved this loss in regards to the six phases of grief Dr. Crews explained?

4. Share some lessons one has personally learned and by going through grief.

5. How clearly is one envisioning the Bible promises of new life coming after death?
Course Description
This trusted psychologist shows women how to distinguish between being merely a peacekeeper and becoming a peacemaker. Some women avoid conflict at any cost – but the cost may be too high. There are times that conflict is worth the risk to bring about true and lasting peace. Leslie Vernick teaches how to distinguish when the situation is worth the risk, and how to resolve conflicts to achieve genuine peace.

Learning Objectives: By the end of this lesson, students:

1. Will be able to learn how early role models lead women to become passive or aggressive, and why Christian women in particular find conflict difficult and avoid it.

2. Will be able to learn the primary reasons for conflict, and when it is right to speak up and risk conflict.

3. Will be able to learn the five elements of biblical and godly confrontation, and the vital difference between being a peacekeeper and a peacemaker.
I. **Introduction**

A. **Role Models During the Growing Up Years**
   1. Snow White – Oblivious
   2. Cinderella – Perpetual conflict
   3. Sleeping Beauty

B. **Two Pictures of How Women Handle Conflict**
   1. Passive = Beautiful, sweet, helpless
   2. Aggressive = Ugly, unkind, controlling

C. **Christian Women Find Conflict Difficult**
   1. How do women follow Christ and deal with conflict?
   2. Forgive and forbear vs. speak up and confront

D. **Gilligan & Brown Survey of Girls**
   1. Young girls lose their voice as they enter adolescence
   2. Modeled by older women
   3. Taught to pretend and aim for peace at any price
E. **Women Avoid Conflict Out of Fear of Rejection and Ridicule**

1. Holidays

2. Tiger lilies

3. Anything to preserve the relationship—Peacemaker

4. Ask: Is she...
   - Other centered
   - God centered
   - Peacekeeper
   - Peacemaker

II. **Conflict = Disagreement, Arguments**

A. **Reasons for Conflict**

1. Disapproval (*Numbers 12*)

2. Jealousy (*1 Samuel 29*)

3. Selfish (*James 4*)
   - “Selfishness is when we demand what we want without consideration for what others want.”

4. Being sinned against

5. Differences (Old woman or young woman)?

B. **Forbearance or Forgiveness**
III. God’s Way

A. Be a Peacemaker, Not a Peacekeeper
   1. Psalm 34:14, Hebrews 12:14, Romans 12:18
   2. Peacemaker – Pursues real peace (shalom) at the risk of conflict.
   3. Restoration of the relationship is the goal.
   4. Being a peacemaker does not come naturally to us.
   5. Women need God’s help.

B. Must Empty of Self
   1. God’s agenda not a person’s agenda
   2. Aim is God’s glory and the restoration of the relationship

IV. What Does a Peacemaker Do?

A. Wants to Understand-Willing to Listen  (James 1:19-20)
   1. See from others point of view
   2. Don’t interrupt
   3. Don’t attack
   4. Have heart to listen
   5. Philippians 2:2-3
B. Learns to Speak the Truth in Love (*Ephesians 4, Proverbs 27*)
   1. Sandy’s story
   2. Reckless words/vomit

V. When to Speak Up
   A. Is the matter dishonoring to God? (*Romans 2*)
   
   B. Is the matter hurting them? (*Galatians 6:1*)
   
   C. Is the issue hurting a relationship? (*Matthew chapters 5 & 18*)

VI. How to Confront Someone Biblically
   A. Start with Prayer
   
   B. Consult with Others (Don’t Gossip-Seek Counsel)

VII. Choose the Right Time and Place
   A. Say It In Person
   
   B. Plan One’s Words
C. Watch the Tone of Voice and Body Language

D. Make it Factual, Truthful, and Loving

E. Ask for Their Perspective and Listen Carefully to Their Point of View

VIII. Conclusion

A. Jesus’ Greatest Mission was Reconciliation

B. A Christian’s Job is to Pursue Peace...(Romans 12)

C. Trust Christ with the Outcome
Bibliography/Reading List


McCullough, Sandage, & Worthington. *To Forgive is Human*

Glenn Taylor & Rod Wilson. *Exploring Your Anger*

EW 205 Study Questions

1. According to Leslie Vernick, how do role models from classic children’s literature shape girls’ views of themselves as they grow to become women?

2. How do some Christian teachings get turned around to make Christian women, in particular, uncomfortable with conflict? How could this be corrected?

3. What causes women to avoid conflict, becoming peacekeepers rather than peacemakers?

4. According to Leslie Vernick, what does a peacemaker do and how does she know when to speak up?

5. According to Leslie Vernick, how are women to confront someone in keeping with biblical teaching? (She gives five steps.)
**Course Description**

In this lesson, Joni Eareckson Tada teaches how to rise above circumstances. Paralyzed in a diving accident at seventeen, Joni has become an award-winning author, advocate, artist, speaker, radio host, role model, and inspiration to millions. Her positive message encourages and helps women minister to those who suffer in ways beyond the scope of their experience, but not beyond God’s love working through them.

**Learning Objectives:** By the end of this lesson, students:

1. Will be able to learn that the answers to why there is pain do not always heal.

2. Will be able to learn that weakness drives women to God.

3. Will be able to learn that no tragedy, pain, or suffering can separate women from the love of Christ.
Extraordinary Women

I. The Search for Answers to “Why?”

II. The Answers Don’t Always Heal

III. Women Need “Fatherly Assurance” During Times of Pain

IV. The Answer is Not *Something* but *Someone*: A “Good Daddy”

- Psalm 18: A high fortress
- Psalm 10: Father
- Isaiah chapter 54: Husband
- Isaiah chapter 62: Bridegroom
- Exodus chapter 15: Healer
- Isaiah chapter 9: Wonderful counselor
- Gospel of John chapter 4: Living water
- Gospel of John chapter 6: Bread of Heaven

Conclusion: God *is* the answer!

V. God Allows Suffering So Nothing Comes Between He and His People

*Romans 8:28-39*
VI. When One Struggles with Doubt of the Goodness of God, Look to Jesus’ Sufferings

“When suffering, the only answer that satisfies is to think of that greater affliction, Christ on the Cross.” ~ Thomas Burton

VII. Weakness Drives People to God

A. 2 Corinthians 7:8-11

B. Philippians 3:20-21

VIII. God Will Wipe Away Every Tear!

Revelation 7:17

IX. Earth Crushes Illusions, So People Don’t Get Comfortable on Earth—Heaven is Reality.

X. New Bodies, New Hearts

XI. Sharing in Christ’s Sufferings
Bibliography/Reading List

Joni Eareckson Tada. Joni
Joni Eareckson Tada. Heaven, Your Real Home
Joni Eareckson Tada. A Step Further
Sandra Wilson. Into Abba’s Arms
Dan Allender. The Healing Path
Elizabeth Ruth Skoglund. Bright Days, Dark Nights with Charles Spurgeon

EW 206 Study Questions

1. What incidents in one’s own life have caused one to ask God why? Was there an answer? What was it? How has one experienced God as the answer Himself?

2. Joni Eareckson Tada says that answers don’t always heal, don’t stop the “bleeding”, and can feel like salt in an open wound. When has one offered answers that were experienced as described? What might one do differently when dealing with those who are suffering with “Why?” in the future?

3. Joni Eareckson Tada says God allows suffering so that nothing can come between Him and His people. Is this true in one’s own life? How can this help those one ministers to?

4. How has realizing the suffering of Christ helped one through times of suffering? How can one lead those who suffer to Jesus, Himself, so that they can receive the ministry of the “man of sorrows”?
5. Think of a time when God showed Himself to be a “good Daddy.” Please describe. How can one help those who suffer experience the kind of “fatherly assurance” Joni Eareckson Tada described so beautifully?
UNIT THREE

LIFE PROBLEMS

Table of Contents

EW 301: Women and Depression
Michael Lyles, M.D. ................................................................. 110

EW 302: Managing Stress and Overcoming Anxiety
David Hager, M.D. & Linda Hager, M.A. ..................................................... 120

EW 303: “I’ve Got to Get Control!”: Body Image and Eating Disorders
Linda Mintle, Ph.D. .................................................................................. 126

EW 304: On the Threshold of Hope: Healing from Sexual Abuse
Diane Langberg, Ph.D. ............................................................................. 141

EW 305: “No More!” Standing Against and Healing Spousal Abuse
June Hunt, M.A. ....................................................................................... 150

EW 306: Unity in the Church: With One Heart
Thelma Wells, B.S. .................................................................................... 171
Course Description
Women suffer from clinical depression twice as often as men. The complex interaction of contributors to depression in women are the focus of Dr. Lyles’ expertise. This lesson includes up to date research on PMDD, PMS, pregnancy, post-partum depression, menopause, perimenopause, and the “dance between a woman’s hormones and emotions.” Options to help include medical care, diet, exercise, spiritual care, and natural alternatives.

Learning Objectives: By the end of this lesson, students:

1. Will be able to learn the symptoms and causes of depression.

2. Will be able to learn the treatments that are available for depression.

3. Will be able to learn how depression affects a woman during pregnancy and menopause.
I. Women and Depression
   A. Depression Affects 17% of Americans

   B. Treatments are 75% - 80% Effective

II. What is Depression?
   A. Signal of changes women need to make.

   B. God can use depression to motivate women.

   C. Symptoms of Major Depression
      1. Depressed mood or loss of interest or pleasure in usual activities
      2. Feelings of worthlessness
      3. Excessive or inappropriate guilt
      4. Inability to concentrate
      5. Fatigue or loss of energy
      6. Insomnia or increased need for sleep
      7. Psychomotor agitation or retardation
      8. Significant weight gain or loss
9. Recurrent thoughts of death or suicide

10. Feelings of hopelessness

III. Depression is Over-Presented in Women by a 2 to 1 Ratio

A. Absence of a Confidant

B. Less than High School Education

C. Presence of Young Children at Home

D. Lack of Work Outside the Home

E. Unstable Marital History

F. Personal Feelings of Helplessness

G. Co morbid Anxiety

H. History of Abuse
IV. **The Estrogen/Serotonin Dance**

A. **Serotonin**
   1. Serotonin-Neurotransmitters

   2. Women make only half as much serotonin as men

   3. Estrogen acts as a serotonin multiplier

B. **Estrogen Production Varies**
   1. Estrogen levels drop before onset of period

   2. Estrogen levels are high in pregnant women

   3. Estrogen levels drop after delivery

   4. Peri-menopause

C. **Genetic coding sets a limit on how fast serotonin is produced.**
   1. Serotonin deficiency state

   2. Leads to serotonin spectrum disorders

D. **PMDD: Pre-Menstrual Dysphoric Disorder**
   1. Symptoms begin during luteal phase
2. Symptoms subside when menstruation begins

3. Symptoms of depression

4. Affects 2%-9% of women

5. Not the same as PMS, much more severe symptoms

6. Chart symptoms onset and relief for two full months to diagnose

E. Treatment for PMDD
   1. Reduce caffeine and salt

   2. Avoid alcohol and nicotine

   3. Avoid junk food

   4. Take vitamins

   5. Exercise

   6. Sleep hygiene

   7. Medications: anti-depressants can help
V. Pregnancy

A. Issues of Depression and Pregnancy

1. Depression can continue during pregnancy

2. Untreated depression during pregnancy can cause premature labor and underweight newborns

3. Conception

4. Birth defects

5. Carrying to term / pre-mature delivery

6. Can exposure to medication cause problems for baby after delivery?

7. Can exposure to medication cause changes in child development?

B. Breast Feeding

C. Post Partum Depression

1. 85% of women will have “baby blues”

2. Severe symptoms in 8% to 15%

3. Can be treated
VI. Peri-menopause: 12 consecutive months without a period
   A. Symptoms: Hot Flashes, Cold Sweats, Sleep Disturbances

   B. Hormone Replacement Therapy (HRT) Can Help

   C. Serotonin Therapy

VII. General Principles of Treatment
   A. Thorough Evaluation

   B. Education

   C. Reassurance

   D. Diet

   E. Faith

   F. Support
G. Counseling

H. Sleep

I. Medication

J. Alternatives

VIII. Conclusion: *(Luke 12:48)*
EW 301 Study Questions

1. Dr. Lyles states that depression is normal and to some extent people all deal with depression. He says that God can use depression to motivate us to make change. Is this true in one’s own life?

2. This lesson has shown that the estrogen hormone affects levels of serotonin in the brain, and that these levels drop at different times in a woman’s life. How does this explain one’s own experience, or a friend’s experience during and after pregnancy and the onset of the menstrual cycle or menopause?

3. Dr. Lyles states that it appears the speed of production of serotonin in the brain is predetermined by genetics. Does this explain any relatives or ancestors in one’s own family who have suffered from depression? What was their experience?
4. Does one have some personal reservations about treating depression with prescription drugs? If so, what are they? Would one recommend this course of treatment to a friend or loved one? Why or why not?

5. What are some different ways that a woman can treat symptoms of depression caused by menopause?
Course Description

This lesson helps students understand the issues surrounding stress and a woman’s body. Using their combination of medical expertise and psychological acumen, David and Linda Hager walk students through a basic understanding of how stress uniquely affects women psychologically, physically, and emotionally. They share their expertise on anxiety disorders and panic attacks in a way that will enable women to help others who are suffering from the physical, emotional, and spiritual effects of stress and anxiety.

Learning Objectives: By the end of this lesson, students:

1. Will be able to learn the causes of stress.

2. Will be able to learn the difference between positive and negative stress.

3. Will be able to learn the most effective treatments for stress.
I. Introduction
   A. “No one wants to hear they have a stress-related disorder?”

   B. The ripple effect of stress influences family and friends.

II. What is Stress?
   A. The Prevalence of Stress
      1. 70% Of Americans admit to stress in their lives; 30% to severe stress.

      2. 75% of all doctors’ visits are stress-related.

   B. Definition
      1. Hans Selye used terms of physics describing forces on a structure.

      2. The Hagers describe external and internal forces “A State of mental or physical tension, or the external conditions that induce the tension.”

   C. Physiologic Responses
      1. Fight or flight reflex

      2. Outpouring of epinephrine and norepinephrine from adrenal glands results in elevated pulse, increased blood pressure, increased cardiac output, flushing, diversion of blood from non-strategic areas.
D. Stressors

1. Personal goals and achievement, relationships, location, finances, marriage, children, parents, relatives, retirement, illness, death.

2. Positive stress-When positive adapters exceed negative stress factors.

3. Negative stress-When positive adapters are exceeded by negative stress.

E. Stress Related Disorders

1. Menstrual disorders - menarche, DUB, menopause

2. PMDD - worsened by stress

3. Headaches

4. TMJ

5. Fibromyalgia

6. Irritable bowel syndrome

7. Neurodermatitis

8. Eating disorders

9. Substance abuse - caffeine, nicotine, alcohol, prescription and over the counter drugs.

10. Immune system disorders
F. Resolution

1. Recognition!!!

2. Nutrition

3. Exercise

4. Spiritual

*John 20:19* - In the upper room, the disciples and followers of Jesus assembled with the doors bolted shut due to fear, anxiety, and the stress of the past days. Jesus appeared through the walls and said, “Peace, my peace I give to you.” This Jesus -- who experienced REJECTION by friends, FALSE ACCUSATIONS by others, VERBAL ABUSE, PHYSICAL ABUSE, SEXUAL ABUSE, ABANDONMENT, and SEPARATION FROM GOD, -- wants to enter the locked and chained areas of your life and bring you His peace and happiness.

III. Spiritual Aspects for Resolving Stress with Linda Hager

A. James 4:8

1. Deal with any unhealthy fear of God.

2. “There is a place in the heart of God that only you can fill.”

B. Immersion in Quietness and Solitude

1. One minute challenge

2. “I’m just here to tell you I love you, Lord.”

3. Keep a journal
Bibliography/Reading List

Joseph & Mary Ann Mayo.  The Menopause Manager
David Hager.  Stress and the Woman’s Body
Stephen Arterburn & David Stoop.  Seven Keys to Spiritual Renewal
Archibald Hart.  The Anxiety Cure
Archibald Hart.  Adrenaline and Stress
David & Linda Hager.  Women at Risk
Jan Dravecky & Connie Neal.  A Joy I’d Never Known (deals with depression and anxiety attacks in Christian women)

EW 302 Study Questions

1. Dr. Hager mentions the ripple effect stress has on family and friends. Describe how this is true for one personally. How does one see stress in the lives of the women one ministers to affecting their families, jobs, ministry, and other relationships?

2. Has one personally experienced any stress-related disorders? If so, please describe. How can someone help the women one ministers to recognize stress-related disorders and deal with them?

3. Describe some of the stressors in life. What can one do to relieve the effects of these stressors? How can one help the women minister to relieve the effects of stress in their lives?
4. Is one personally aware of anyone dealing with any of the stress-related disorders Dr. Hager outlined? What have they done to help relieve their symptoms? How can one encourage them and help facilitate their efforts to get help?

5. Is one personally ready for the one minute challenge? During the day, where can one go to get away and be with the Lord? What are the best times to do this?
Course Description

Eating disorders, such as anorexia, bulimia, and compulsive overeating, are some of the most frightening and misunderstood problems facing women today. Psychologist and author, Dr. Linda Mintle, explores the issues, from eating habits and family dynamics to self-esteem and body image. Through examining these issues, she helps women see hope for recovery from these life controlling problems.

Learning Objectives: By the end of this lesson, students:

1. Will be able to learn what warning signs to look for in women.

2. Will be able to learn the barriers to recovery.

3. Will be able to learn when it is time to consider hospitalization.
I. Introduction

II. Food is Easy to Abuse

III. How Does Healthy Eating Become Disordered?
   A. Comparing to Models and the Media
   B. Many Causes

IV. What are Eating Disorders?
   A. It’s not just about food!
   B. Why eating disorders develop in teens and young adults?
   C. The Body is Changing
   D. Sexuality Emerges
   E. Dating Relationships Begin
F. Identity is Forming

G. Independence Increases

H. Plastic Surgery

V. Helpful Facts About Eating Disorders
   A. Eating disorders affect men and women of all ages but are especially seen in young women.

   B. Eating disorders affect a wide variety of the population.

   C. People can die from these disorders.

   D. Early intervention is best.

   E. Eating disorders are best treated with a multi-disciplinary team.
VI. Causes & Risk Factors: Contributing Factors to Eating Disorders

A. Dieting

B. History or Family History of Mood Disorders (Especially for Bulimia)

C. Odd Family Eating Habits

D. Strong Family Concern about Appearance and Weight

E. Dissatisfaction with One’s Body and the Strong Desire to be Thin

F. Normal Developmental Events such as Puberty, Leaving Home, a New Relationship with the Opposite Sex

G. Low Self-Esteem and Self-Respect

H. Repeated Negative Comments on Appearance

I. Emphasis on Thinness
J. Positive Family History of Eating Disorders Coupled with Dieting

K. Certain Personality Traits

L. Anorexics tend to over control their emotions, do not tolerate emotion well and have difficult adapting to developmental tasks.

M. Bulimics tend to show mood instability and impulse control problems

N. Family Environment - Ways of Coping, Dealing with Stress, Anger, Conflict, etc.

O. Possible Genetic Predisposition

VII. Signs of Anorexia
   A. Severe Weight Loss (15% of Expected Body Weight)

   B. Excessive Exercise

   C. Food Avoidance
D. Distorted Body Image

E. Fear of Gain

F. In Females, the Absence of Three Consecutive Menstrual Cycles

G. Medical Symptoms
   1. Irritability and depression
   2. Gastrointestinal problems
   3. Headaches
   4. Sensitivity to cold
   5. Low pulse and temperature
   6. Hair loss
   7. Weakness and anxiety
   8. Low blood sugar
   9. Fainting
   10. Reduced ability to concentrate
VIII. Bulimia

A. Compulsive Eating (Binge) Followed by Self-induced Purging by Vomiting, Laxatives, Diuretics, Fasting, Enemas, Excessive Exercise to Control Weight

B. Out of Control Eating and Fear of Gaining Weight

C. Occurs at Least Twice a Week for Three Months

D. Medical Problems
   1. Large weight fluctuations
   2. Gastric distress
   3. Headaches
   4. Skin irritations
   5. Electrolyte disturbances
   6. Tooth loss and gum disease
   7. Depression
   8. Heart failure
IX. Compulsive Overeating/Binge Eating

A. Impulsive, Poorly Controlled Episodes of Binge-Eating

B. High Calorie Foods in Excessive Quantities, Multiple Times a Day

C. Eat Until Uncomfortable

D. Feel Disgusted by the Way One Eats

E. Can Lead to:
   1. Chronic and sporadic dieting or fasting
   2. Social withdrawal
   3. Depression
   4. Anxiety and panic attacks
   5. Avoidance of school or work
   6. Low self-esteem
X. Barriers to Overcoming
   A. Is a woman ready to get help?

   B. Telling the Truth

   C. Denial

   D. Lack of Faith

   E. Pride

   F. Control

   G. Deception

   H. Time
XI. Questions to Ask

A. “Do you want to be free?”
B. “Will you trust someone to help you?”
C. “Will you be honest about your behavior?”
D. “Will you share your thoughts no matter how stupid or embarrassing you think they are?”
E. “Will you face the painful hurts in your life?”
F. “Will you deal with relationship problems and feelings of unworthiness?”
G. “Will you face the deception you have embraced - you are fat, no good, unworthy or love, etc.?”
H. “Will you allow God to help you, let go of the false control you have and ultimately surrender to Him?”
I. “Will you agree to feel uncomfortable in order to get better?”
J. “Will you stop trying to act in your own power?”

K. “Will you tolerate failure?”

XII. Tagalongs
   A. Depression
   B. Anxiety
   C. OCD
   D. Sexual Abuse
   E. Substance Abuse

XIII. When to Consider Hospitalization or a Program
   A. Seriously Low Weight and Not Gaining Weight
   B. Can’t Get Control of Binge/Purge Cycle
C. Severe Depression with Thoughts of Suicide

D. Dangerous Impulsive Behavior

E. Disorganized Thinking

F. Failure to Make Any Progress on One’s Own or in Outpatient Therapy

XIV. What Needs to Change?
   A. Tracking Eating Habits (See Chart)

   B. Weight (Target and Ideal)

   C. Thinking

   D. Regulate Emotions

   E. Identity

   F. Face Sexuality
G.  Pleasing Others

H.  Perfection

I.  Relax without Abusing Food

J.  Family Issues and Needs for Structure

XV.  Tracking Eating Behavior

<table>
<thead>
<tr>
<th>SITUATION</th>
<th>EMOTIONS</th>
<th>THOUGHTS</th>
<th>BEHAVIORS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Received a poor</td>
<td>Upset with myself</td>
<td>I can’t fail</td>
<td>Skipped a meal</td>
</tr>
<tr>
<td>grade on a test</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Father yelled at me</td>
<td>Hurt and anger</td>
<td>I am stupid</td>
<td>Over-ate</td>
</tr>
<tr>
<td>My boyfriend</td>
<td>Rejection</td>
<td>I am unlovable</td>
<td>Binged/Purged</td>
</tr>
<tr>
<td>broke up with me</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

XVI.  Freedom and Recovery (The Difference and the Hope)
Bibliography/Reading List

Stephen Arterburn & Vivian Lamphear. Gentle Eating
Stephen Arterburn & Vivian Lamphear. Gentle Eating Workbook
Stephen Arterburn & Connie Neal. Emotional Freedom Workbook
Chris Thurman. The Lies We Tell Ourselves
Minirth, Meier, Hemfelt, & Sneed. Love Hunger Weight Loss Workbook

EW 303 Study Questions

1. Dr. Mintle states that food is easier to abuse than drugs or alcohol. Discuss. Identify the ways one personally has abused food. Does one know someone else who abuses food? How?

2. Eating disorders center around control and power issues. What are some of the contributing factors, according to Dr. Mintle?

3. Women in ministry who suffer with eating disorders find they have many barriers to overcome including: denial, lack of faith, pride, control, deception, time. Are there any other barriers? Does one have a plan or course of action to help those suffering this way? Discuss.

4. For those with eating disorders, much of the healing process deals with facing down the deceptions they have believed. How can the Word of God help dispel these deceptions?
5. Anorexia, bulimia, and compulsive overeating are complex and serious problems facing many women. How does one plan to better equip herself, her pastor, her women’s ministry leaders, and church to better understand and deal with this problem?
Course Description

This lesson opens a window through which women can see the profound trauma experienced by those who have been sexually abused. Diane Langberg, a psychiatrist who has helped hundreds of sexual abuse survivors, shares her expertise on this sensitive but inescapable issue. Through this lesson, women will learn how to uphold and walk alongside those who are moving toward healing and restoration of all that was damaged and destroyed by sexual abuse.

Learning Objectives: By the end of this lesson, students:

1. Will be able to learn what qualifies as sexual abuse.

2. Will be able to learn the effects of sexual abuse on children.

3. Will be able to learn how to help victims of sexual abuse.
I. Introduction
   A. Community Late in Dealing with Sexual Abuse

   B. Victims Still Misunderstood

   C. God Can Heal Sexual Abuse Victims

II. Sexual Abuse: Occurs Whenever a Child is Sexually Exploited by an Older Person for the Satisfaction of the Abuser’s Needs
   A. Verbal

   B. Visual

   C. Physical

   D. Most Abuse Done by Someone Known to the Child

   E. Occurrence: 1 in 4 Girls in the U.S.; 1 in 6 in Boys

   F. Average Age

   G. Mostly Male Abusers
III. Reactions to Sexual Abuse

A. Reactions are Unique to the Person

B. Severe Abuse

C. More frequent/duration

D. Close relation

E. Age different

F. Penetration

G. Sadism/violence

H. Lack of help

I. Negative reactions
J. Lessons Learned by Abuse Victims
   1. It’s my fault
   2. Use others
   3. Good is evil / evil is good
   4. I am trash

K. The Abuse Shapes One’s Character

IV. Effects on the Child
   A. Body-Hate
   B. Self-Hate/Self-Destructive Tendencies
   C. Emotions/Psychological Disorders
   D. Future Relationships
   E. Thought Spiritual
F. Adulthood

V. Helping Victims of Abuse
   A. Run away.

   B. Call in an expert and leave.

   C. Ask for God’s help. (Hebrews 13)

   D. Get inside her heart and mind.

   E. Demonstrate to her, over time, the character of God.

   F. Get her professional help.

   G. Give practical help to her and her family.

   H. Is she safe in her marriage?

   I. Help her find a support group.
VI. The Spiritual Impact of Childhood Sexual Abuse
   A. Two Examples

   B. What does she learn about fathers?

   C. What does she learn about God?

   D. What does she learn about herself?

   E. Mister Jesus’ Abba (*Romans 8:15*)

VII. Healing the Abused Woman
   A. Realize sexual abuse can have deep and enduring consequences.

   B. Understand the spiritual ramifications of abuse.

   C. The survivor will want to isolate herself.

   D. Take any suicide threat seriously.
E. Believe what one is told.

F. Understand that healing takes time.

G. Men and women in crisis feel isolated and unwanted.

H. Give hope without condemnation.

I. Try to balance ministry and fun in their lives.

J. Be a listener not a “fixer” or a “blamer”.

K. Become knowledgeable about the areas in which one ministers.

L. Help them find a qualified counselor.

M. Never imply that the victim is to blame for the abuse.

N. Sexual abuse is a criminal act.
O. Don’t minimize the abuse.

P. Don’t push.

Q. Examine one’s own attitudes.

R. Recognize....

S. Believe that healing is possible.

VIII. There is a Redeemer
   A. It’s His timing for healing.

   B. Sexual abuse is from the enemy. It’s a spiritual battle.

   C. Survivors need a champion. (Isaiah 19:19-20).

   D. Jesus is the champion of those who are hurting.
Bibliography/Reading List

Diane Langberg. *Counseling Survivors of Sexual Abuse*

Diane Langberg. *On the Threshold of Hope*

Dan B. Allender. *The Wounded Heart*

Dan B. Allender. *The Wounded Heart Workbook*

Focus on the Family Resources: 1-800-A-FAMILY

EW 304 Study Questions

1. In the lesson, Dr. Langberg reveals that the mental health community was very late in dealing with sexual abuse, and that victims are still misunderstood by society at large. Discuss why this might be so.

2. Since the statistics rates show that one in four girls in the U.S. sexually abused in some way, has this touched one’s own life at all?

3. What plans or course of action are you taking to better equip oneself, one’s church, and one’s pastor to minister to those women and children who have been victims of sexual abuse? Does one have a list of referrals and counselors who deal with sexual abuse?

4. Is one aware of the state laws regarding the reporting of any suspected child abuse? Has one discussed a course of action should anyone who ministers to women, discover or suspect child sexual abuse?

5. How does one hope to demonstrate the character of God to victims of sexual abuse? How can a woman give practical help to the family of these victims?
Course Description

Trusted radio counselor June Hunt defines what qualifies as spousal abuse: verbal, emotional, physical, and sexual abuse within marriage. She discusses stages, characteristics, contributing factors, and symptoms, giving guidelines for building safe boundaries. Emphasizing that there is no biblical defense or excuse for abuse, she takes on common attempts at justification with scriptural answers, aiming to heal the hurts and stop the violence.

Learning Objectives: By the end of this lesson, students:

1. Will be able to learn the difference between abuse and violence, and what qualifies as spousal abuse.

2. Will be able to learn reasons victims of spousal abuse often stay with their abusers, and how women can help other women who live in abusive situations.

3. Will be able to learn what God’s word says about spousal abuse.
I. Introduction

II. Definitions
   A. In general, abuse is a word that means: “To hurt, mistreat, injure, or insult.”

   B. Abuse and violence are often used interchangeably, although the word violence implies
      an escalation of abuse and introduces the element of fear of harm as a means of
      control.
      1. God’s judgment falls on anyone who is abusive or violent toward another.
      2. Malachi 2:16

III. Characteristics of Abuse
   A. Abusive behavior can be aggressive or passive, physical or psychological, direct or indirect,
      but regardless of the method, all abusive behavior comes from the desire to punish,
      manipulate, and control.

   B. Abuse Affects the Lives of Everyone in the Family

   C. Bridges All Racial, Religious, Geographic, and Economic Levels

   D. Undermines the Value and Self-Worth of Others
E. **Seeks to Dominate and Control**

F. **Escalates in Frequency and Intensity**

G. **2 Samuel 22:3**

IV. **What are the Different Types of Abuse?**

A. **Verbal abuse** is defined as the use of words or tone of voice to control or hurt another person or to destroy self-worth. Verbal abuse can be as devastating as physical abuse within a marriage—A destroyer of respect, trust, and intimacy.

1. Intimidate with threats

2. Shame with accusations

3. Belittle with name calling

4. Confuse with mind games

5. Badger with excessive questioning

6. Deceive with lies

7. Insult with profanity
B. **Emotional abuse:** While all forms of mistreatment are emotionally abusive, certain behaviors can be overtly labeled as “emotional abuse.” An emotionally abusive behavior will fit one of two categories: passive or active and is characterized by:

1. Withholding emotional support
2. Not giving attention or compliments which are due
3. Using the “silent treatment”
4. Refusing to express true feelings
5. Neglecting important family gatherings
6. Failing to return home at a reasonable time

C. **Aggressive Emotional Abuse is Characterized By:**

1. Not allowing any part in major decisions
2. Withholding money and access to the checkbook
3. Hiding car keys as a means of control
4. Driving recklessly to instill fear
5. Inflicting sleep deprivation
6. Isolating from family and friends
7. Physically abusing a pet
D. **Physical Abuse/Violence:** Physical abuse involves any use of size, strength, or presence to control or hurt someone. Often beginning with verbal threats of physical harm--the verbal abuse escalates to physical violence. Acts of violence include:

- Pushing
- Kicking
- Choking
- Binding

Use of weapons:

- Shoving
- Pinning down
- Hair pulling
- Chaining
- Slapping
- Poking
- Burning
- Attacking with an object

E. **Sexual Abuse/Violence:** Because many believe a wife is to be submissive to all her husband’s desires, many married women experience sexual abuse without realizing it.

**Sexual abuse and/or violence includes:**

1. Sexually degrading attitudes and treatment
2. Hebrews 13:4  
3. Threats or force to get unwanted sex (mate rape)
4. Unjust accusations of extramarital affairs
5. Brazen flirtation with members of the opposite sex
6. Homosexual activities
7. Committing adultery
8. Coercing spouse to perform sexual acts with others
V. Statistics (World Wide in 2000)
   A. 45% of battered women are pregnant.
   B. Every 15 seconds, a woman is beaten.
   C. 40% of women murdered are murdered by their husbands.
   D. Half of all wives will be physically abused sometime during marriage.
   E. The universal problem: Women are seen as a man’s possession.

VI. God’s Heart on Violence
   A. God hates violence – Psalm 11:5
   B. God judges those who are violent – Genesis 6:13
   C. God is angry with violent behavior – Ezekiel 8:17
   D. God commands those who are violent to change – Ezekiel 45:9
E. God calls people to help bring an end to violence – *Psalm 7:9*

F. “If God is just, why does He allow wife abuse?” – *2 Thessalonians 1:6*

**VII. Stages of Abuse**

**A. Agitated Stage:** An environment of tension and anxiety marks this beginning phase.

Characterized by:

1. Brooding and irritability

2. Neglecting family responsibilities

3. Becoming jealous and suspicious

4. Using the “silent treatment”

5. Withholding emotional support

6. Belittling and destroying self-esteem

7. Making sarcastic and demeaning remarks

8. Accusing or threatening

9. Withholding sexual intimacy

10. Depriving of sleep

11. Questioning intensely
B. **Acute Stage:** The tension, which has been building, is given full throttle. It is characterized by:

1. Pushing, choking, slapping, punching, kicking, etc.

2. Breaking and destroying property

3. Throwing objects

4. Forcing sexual compliance

5. Isolating or confining

6. Binding or chaining

7. Using weapons

C. **Apologetic Stage:** During this “honeymoon phase,” the abuser becomes contrite, and the wife is soothed with her husband's loving actions. *Proverbs 27:12* is characterized by:

<table>
<thead>
<tr>
<th>Apologies</th>
<th>Penitence</th>
<th>Promises</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tears</td>
<td>Peacemaking</td>
<td>Temporary acceptance of responsibility</td>
</tr>
<tr>
<td>Gifts</td>
<td>Remorse</td>
<td></td>
</tr>
</tbody>
</table>
D. Situational Set-Up

1. *(Ephesians 4:31)*

2. A wife should never feel she is the “cause” of her husband’s abuse. He is solely responsible for his behavior and treatment of her, but they both bring certain emotional deficiencies into the marriage, which create an unhealthy dynamic of relating.

<table>
<thead>
<tr>
<th>The ABUSER</th>
<th>The ABUSED</th>
</tr>
</thead>
<tbody>
<tr>
<td>Low self-worth</td>
<td>Low self-worth</td>
</tr>
<tr>
<td>Emotionally dependent</td>
<td>Emotionally dependent</td>
</tr>
<tr>
<td>Emotionally depressed</td>
<td>Emotionally depressed</td>
</tr>
<tr>
<td>Believes in male supremacy</td>
<td>Believes in family unity</td>
</tr>
<tr>
<td>Exaggerated jealousy</td>
<td>Exaggerated guilt</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>The ABUSER</th>
<th>The ABUSED</th>
</tr>
</thead>
<tbody>
<tr>
<td>Insatiable ego</td>
<td>Insecure ego</td>
</tr>
<tr>
<td>Short fuse</td>
<td>Long-suffering</td>
</tr>
<tr>
<td>Explosive emotions</td>
<td>Stuffed emotions</td>
</tr>
<tr>
<td>Lives with suspicion</td>
<td>Lives with fear</td>
</tr>
<tr>
<td>Fears being betrayed</td>
<td>Fears being abandoned</td>
</tr>
<tr>
<td>Uses sex to dominate</td>
<td>Uses sex to establish intimacy</td>
</tr>
<tr>
<td>Displays anger</td>
<td>Denies anger</td>
</tr>
<tr>
<td>Blames abuse on mate</td>
<td>Accepts responsibility for abuse</td>
</tr>
<tr>
<td>Believes he is not part of the problem</td>
<td>Believes she is the problem</td>
</tr>
</tbody>
</table>
VIII. Causes

A. The way individuals relate within marriage is often a mirror of the marital relationship they observed within their childhood home.

B. Behavioral patterns are learned.

C. Ways in which a husband and wife interact within the family structure become the “norm,” resulting in specific sins being generational.

IX. Why Doesn’t She Leave?

A. She feels helpless with no control.

B. She doesn’t know she must not accept abuse, but believes it is normal.

C. She trusts his promise to never do it again.

D. She has low self-esteem.

E. She is manipulated by his threats of suicide.

F. She believes she can change her husband.
G. She has an incorrect understanding of biblical submission.

H. She doesn’t know she has the right to separate to achieve a healthy relationship.

I. She blames herself and believes she deserves the abuse.

J. She wants to protect the family image, thinking that family “problems” are private.

K. She feels “any father” for the children is better than “no father”.

L. She fears she can’t make it financially without him.

M. She has been isolated from supportive people.

N. She fears living alone.

O. She is embarrassed over the stigma of welfare and/or living in a shelter.

P. She believes her husband and children are all she has.
Q. She has been told and is afraid that she is insane.

R. She does not know there are organizations and services to help her.

X. Why Should She Leave?
   A. Question: “From a submission standpoint, is separation biblical?”
      1. (1 Samuel 18:12; 19:10)

B. She finally realizes he will not change if circumstances remain the same.

C. She understands that leaving may be the way to get her husband’s attention.

D. His threats of abuse are translating into action.

E. His abuse is occurring more frequently.

F. He has begun to abuse the children.

G. She realizes the children must be protected from abuse, and she wants to prevent the children from adopting his lifestyle.
H. She has found help through friends, family, church, or professional organizations.

I. She realizes it is not in God’s will to accept abuse.

J. She is afraid for her life or the lives of her children.

K. She realizes there is a thin line between threats and homicide.

XI. Root Causes

A. Wrong Belief

1. The **Abuser** says: “If I don’t control my wife, I could lose her. I need her in order to feel significant.”

2. The **Abused**: “If I don’t give in to my husband, I could lose him. I need him in order to feel secure.”

B. Right Belief

1. “Even if I lose my mate, I will never lose God’s love for me. My heavenly Maker has promised to become my total provider. I will depend on Him to meet all my needs.”

2. “For your Maker is your husband—the LORD Almighty is His name—the Holy One of Israel is your Redeemer; He is called the God of all the earth.” Isaiah 54:5
XII. Arguments and Answers

A. Argument: When Jesus said, “Turn the other cheek,” He meant that Christian wives should submit to abuse.

Answer: Jesus was not promoting abuse. Matthew 5:38-39
The backdrop of “turning the other cheek” was refusing revenge rather than advocating abuse.

B. Argument: Since Jesus submitted Himself to abuse, if a woman wants to be Christ-like, she must also submit to abuse.

Answer: Jesus did not randomly submit to abuse. (John 7:1; 10:39)

C. Argument: First Peter 2 says we are called to endure “unjust suffering.” Therefore, wives should take such suffering as “commendable before God.” 1 Peter 2:19

Answer: The context of this scripture is suffering ridicule, criticism, and rejection for your faith. 1 Peter 3:7

D. Argument: An abused wife should view her suffering as the “cross” she is called to bear. Matthew 16:24

Answer: Nowhere does the Bible indicate that the cross is an instrument of physical and emotional pain to be inflicted on a wife. Matthew 16:25
E. **Argument:** God made women inferior to men, giving men greater superiority.

**Answer:** Nowhere does the Bible say that God regards men as superior and women as inferior. *Galatians 3:28*

F. **Argument:** Since *Ephesians 5:24* says, “Wives should submit to their husbands in everything,” a wife must submit unconditionally...even to a husband’s abuse.

**Answer:** For a wife to “cooperate” with her husband’s violent behavior by willfully submitting to it and taking no action to prevent it is for her to actually join with him in sinning against God. *Acts 5:29*

G. **Argument:** A wife must not resist the abuse of her husband because the Bible says, “The husband is the head of the wife.”

**Answer:** A wife is to submit to the headship of her husband, but the Bible nowhere implies she is to submit to the abuse of her husband. *Ephesians 5:23; 28-29*

H. **The Big Question:** “How can I know if my husband has really changed?”

**Answer:** *Proverbs 2:12*
I. **Ask These Questions:**

1. Does she no longer have a sense of fear when I am with him?

2. Has he learned to control his anger without being verbally or emotionally abusive?

3. Does he respect her right to disagree?

4. Is he able to express his feelings of anger in a calm, non-threatening way?

5. Does he communicate feelings other than anger?

6. Does he no longer blame me for his problems?

7. Does she feel she is being treated with respect?

8. Does he show kindness and consideration?

XIII. **Steps to Solution**

A. **Build boundaries:** Begin a new way of thinking about oneself, about God, and about abuse.

1. God did not save a woman so that she could be abused

2. Abuse is a sin against God’s creation

3. A woman was not created to be abused

4. *Romans 12:2*
B. Overcome fear of the unknown by trusting God for the future.
   1. *Psalm 34:4*

   2. *Isaiah 41:10*

C. Understand the Biblical mandate to hold abusers accountable.
   1. Confrontation is Biblical.

   2. Confrontation can be used by God’s Spirit for conviction.

   3. Lack of confrontation enables abusers to continue abusing others.

   4. *Psalm 10:15*

D. Notify Others of Needs (Supportive Friends, Relatives, or Other People)
   1. They must believe her

   2. They must be trustworthy

   3. They must not divulge her location, if she chooses to leave

   4. *Galatians 6:2*

E. Develop God’s Perspective on Submission
   1. Submission does not give license for abuse
2. Submission is not demanded; it is a *voluntary* deference to the desire of others.

3. Submission is a way of life designed by God for everyone

4. *Ephesians 5:21*

**F. Admit anger and practice forgiveness.**

1. Confirm the hurt

2. Confess anger

3. Choose to heal

4. *Hebrews 12:15*

**G. Recognize one’s own patterns of relating, and change the way one responds.**

1. Don’t respond fearfully, hiding the truth

2. Don’t think one can change him

3. Don’t take responsibility for his behavior

4. *Galatians 1:10*
H. Identify healthy boundaries for oneself and commit to maintaining them.
   1. Communicate boundaries
   2. State what one will do if he crosses the boundaries
   3. Follow through when he does cross the boundaries
   4. Proverbs 19:19

I. Ensure one’s personal safety (and that of any children) immediately.
   1. Have an action plan
   2. Know ahead of time where one will go, who one will call—have numbers easily accessible.
   3. Involve one’s church. Know whom one will contact ahead of time.
   4. Psalm 4:8

J. See one’s identity not in the role as wife, which can change, but as a precious child of God, which can’t change.
   1. He chose her
   2. He adopted her
   3. He redeemed her
Extraordinary Women

4. He protects her

5. He forgave her

6. He defends her

7. 1 John 3:1
Bibliography/Reading List

Muriel Canfield. *Broken and Battered: A Way Out for Abused Women*

Paul Hegstrom. *Angry Men and the Women Who Love Them*

**EW 305 Study Questions**

1. Has there been a time in one’s own life where God was close to the broken-hearted and saved those who were crushed in spirit? How could this experience be used to encourage the women to whom one ministers?

2. According to June Hunt, what qualifies as abuse? How does this differ from one’s previous understanding or personal definition of abuse?

3. June says all abuse comes from the desire to punish, manipulate, and control. Consider cases of verbal, emotional, physical, or sexual abuse one is aware of; how can a person identify such desires at work?

4. According to June Hunt, what is God’s heart toward violence? How would one answer a woman who asks, “If God is just, why would he allow wife abuse?” How would one answer a woman who uses (or misuses) Scripture to justify abuse?

5. According to June Hunt, what is God’s heart toward a victim of abuse? What did one learn from June that can help victims of abuse?
Course Description
Thelma Wells knows the challenges Christian women face, having spoken to over a million women while touring with Women of Faith. With deep authenticity, she calls women to stop working against each other and looking down on each other, but instead, choosing to develop genuine love. She calls women to aim for unity by living with compassion, mutual respect, fairness, and support each other in ways that bring unity in the church and glory to God.

Learning Objectives: By the end of this lesson, students:

1. Will be able to learn the importance of biblical unity.

2. Will be able to learn how to dwell in unity with brothers and sisters in Christ.

3. Will be able to learn the importance of “oneness” in marriage.
I. Introduction-

Women cannot have unity in the body of Christ until they have unity with themselves and unity in their families.

II. Three Words

A. Love

1. Unity is in love for each other. *(John 13:34-35)*

2. Unity can only be experienced through the love of God. *(1 John 4:7 & 20)*

B. Loving Oneself

1. “You cannot do anything anymore or any less to make God love you anymore or any less.” ~ Thompson

2. God has no favorites.

III. Spirit – “Who Am I?”

A. “We are more spirit than flesh”

B. Psalm 139: 13, 23

C. It guards and rules
D. Negative - flesh

E. Positive - Spirit of God

F. Meeting People Spirit to Spirit

G. Influences/Influencers

IV. God

A. Experience the New Birth in Christ
   1. Romans 10:9

   2. Corinthians 5:17-20

B. Union with Christ, Dwell as Brothers and Sisters
   1. Psalms 133: 1-3

   2. Changing others

   3. 1 Corinthians 13 – Changing oneself

   4. “Oneness” in marriage
C. Unity of the Spirit
   1. Ephesians 4:4-6 - One God
   2. Many gifts, one spirit 1 Corinthians 12:7-11

D. Do Not Tolerate Division
   1. 1 Corinthians 12:26-28
   2. God’s tapestry

V. The Bumblebee - “In Christ you can “bee” the best!” ~ Thelma Wells
   A. B:
   
   B. E:
   
   C. E:
Bibliography/Reading List
Thelma Wells. God Will Make a Way: Amazing Affirmations of God’s Faithfulness in Everyday Life
Thelma Wells. Bumblebees Fly Anyway
John Eldredge. The Sacred Romance
Brent Curtis & John Eldredge. The Journey of Desire

EW 306 Study Questions

1. Is there a time when, like Thelma, one judged another and put them down? What happened? Is this a character quality God has had to deal with? How has it improved? How can one encourage women to stop judging each other?

2. What does it mean when Thelma says women meet each other mess to mess?

3. What does it mean to meet someone spirit to spirit?

4. If married, does one have a sense of “oneness” in her marriage? Explain. How can one encourage the married women you minister to develop oneness in marriage?

5. Thelma states women are God’s tapestry. What does she mean? How has one seen this in operation?
# UNIT FOUR

## MARITAL LIFE

### Table of Contents

**EW 401:** Make Your Marriage a Great Marriage!
   Barbara Rosberg, B.F.A. ................................................................. 177

**EW 402:** Female Sexuality and Satisfaction
   Joyce Penner, M.N. .................................................................................. 183

**EW 403:** Spiritual Intimacy: Embracing the Heart of God in Marriage
   Julie Clinton, M.Ad., M.B.A. ................................................................. 193

**EW 404:** Beyond Betrayal
   Laurie Hall ............................................................................................. 200

**EW 405:** Talk, Touch, and Tenderness in Marriage
   Carrie Oliver, M.A. .............................................................................. 206

**EW 406:** A Marriage without Regret
   Kay Arthur ............................................................................................. 212
**Course Description**

Next to her relationship with God, the marital relationship is the most important relationship a married woman will have. Barbara Rosberg shows a woman how to meet her husband’s needs, while getting her own needs met in the process. She challenges and shows women how to make their marriages great, and avoid or repair the suffering that comes from painful or difficult marital relations.

**Learning Objectives:** By the end of this lesson, students:

1. Will be able to learn the five love needs of every woman.

2. Will be able to learn how a husband can meet those needs.

3. Will be able to learn how to guard their hearts from affairs.
I. Introduction
   A. A Discouraged Friend
   
   B. Barbara Rosberg’s Story
   
   C. Understanding a Woman’s Top 5 Love Needs
      
      *As they are successfully met, it will lead to experiencing a great marriage*

II. Need #1: Unconditional Love
   A. Unconditional love
   
   B. Emotional Intimacy
   
   C. Spiritual Intimacy
   
   D. Encouragement
   
   E. Friendship
F. **How a Husband Can Meet this Need**

1. Women need the assurance they are loved just as they are, being reminded how much God loves them, and women can rest in that love.

2. Women need to be reminded that they live before an audience of One.

3. Realize the power of your husband’s words and response.

III. **Need #2: Emotional Intimacy**

A. **What Can Happen if the Need Isn’t Met? Guard One’s Heart From:**

1. Conflict with your husband

2. Comparing him with other men

B. **Four Subtle Steps the Enemy Can Use:**

1. Overstepping boundaries

2. Enamored by someone other than your husband

3. Fantasizing over unexpected meetings

4. Believing there is a future together

C. **Four Steps of Action**

1. Admit to oneself
2. Confess it to God

3. Take action through the power of God

4. Go to one’s husband and recommit

D. How One’s Husband Can Meet the Need for Emotional Intimacy
   1. Treating his wife with honor - as “his best customer.”

   2. Safeguarding his relationships with other women.

IV. Need #3: Spiritual Intimacy

   A. What Women Need from Their Husbands to Experience Spiritual Intimacy
      1. Spiritual fellowship

      2. Utilizing women’s spiritual gifting

      3. Focus on spiritual strengths

      4. A husband that leads by example
V. Need #4: Encouragement
   A. Mark Ekland’s Story

   B. What Women Need from Their Husbands to Feel Encouraged
      1. Point out potential
      2. Appreciate her contribution

VI. Need #5: Friendship
   A. Friendship is the bedrock of a great marriage.

   B. What Women Need from Their Husbands
      1. She needs him to watch his words
      2. Do things together

VII. Conclusion: If women truly long to make their marriages - GREAT marriages – Christ must be central.
Bibliography/Reading List
Gary and Barbara Rosberg. The Five Love Needs of Men and Women
McCartney, McCartney, and Neal. Sold Out Two-Gether
Les and Leslie Parrott. Becoming Soul Mates
Scott Stanley. The Heart of Commitment

EW 401 Study Questions
(These questions are directed to married women directly. If one is single, consider how such questions can help women in counsel.)

1. Barbara shared how chronic stress discouraged her and took its toll on her marriage. How has chronic stress affected one’s marriage?

2. In frustration at not being able to change her husband, Barbara pleaded, nagged, offered suggestions, talked at, and finally quit talking. Has one tried these approaches? What affect do these seem to have on the relationship and on the husband’s behavior?

3. Women who are not having their needs met within their marriage can find themselves attracted to men who give them attention or in some way connect with them. Has one ever gone through such seasons? How did one deal with it? How should one deal with it according to Barbara’s advice?

4. How is one building a foundation of friendship with her husband?

5. Barbara recommends dreaming dreams and setting goals with one’s husband. What are the dreams and goals shared with one’s husband? How can this area be improved?
Course Description
God created sexuality as a gift with pleasures to be enjoyed within marriage by women as well as men. Yet many women find embracing and enjoying their sexuality to be incredibly difficult. Joyce Penner intimately and respectfully speaks about common problems women face in their sexual relationship with their husbands. She walks them through getting the information and help needed to experience sexual fulfillment with their husbands.

Learning Objectives: By the end of this lesson, students:

1. Will be able to learn what role mutuality plays in marital sex.

2. Will be able to learn what to do when there are problems.

3. Will be able to learn how to make sex better for both partners.
I. Introduction

A. The Man’s Role

B. Love His Wife Like Christ Loves His People (Ephesians 5:25-26)

C. Give Up His Rights (Philippians 2:5-8)

D. Get With Her Where She Is

E. The Couple’s Guiding Principle for Sex in Marriage is MUTUALITY
   1. (1 Corinthians 7:3-5)

II. The Woman’s Role for Sex in Marriage: Is to Pursue All of Who She is Sexually and Share Herself with Her Husband

A. Characteristics of Women who Enjoy Sex
   1. Have realistic expectations

   2. Are able to receive

   3. Accept their bodies

   4. Allow intimacy

   5. Enjoy newness and flexibility
6. Affirm their sexuality

7. Can say, “No”

8. Can let go

9. For a woman to be passionate in marriage, she needs to be able to take; to believe she is worthy of his affirmation and has the right to be intensely sexual.

B. Listen to One’s Body

1. Good sex doesn’t just happen, but women can make it happen by listening to their bodies.

2. Once women have learned to listen to their bodies, they will be able to...

C. Lead by Invitation

1. Know one’s body

2. Know the conditions for good sex

3. Knowing and communicating the conditions that make sex best for the wife will make sex better for both of you. The combination of a woman’s ever changing, complex femininity, and a husband’s predictability can be used to keep sex alive in marriage rather, than cause conflict and tension.
D. Women must first heal from past or present hurts: “It is imperative that you accept the reality that you will need to take the time and do the work needed to heal those wounds.”

III. When “It” Isn’t Working

A. He wants it and you don’t.
   1. Sexual energy and the drive to get things done comes from the same source.
   2. Sexual force-feeding leads to Sexual Anorexia.
   3. All the effort in the world won’t work if your hormones are out of balance.
   4. Estradial/Estrogen = The happy hormone
   5. Progesterone = The relaxation hormone
   6. Testosterone = The drive hormone

B. He has the headache.
   1. Contrary to common belief, men are not always ready for sex.
   2. Talk about how one feels without blame.
   3. Review the history of the change in him.
   4. Consider: Is the wife initiating when she is interested?
   5. Physical initiation usually is more effective than verbal.
C. One’s Sexual Past is in Control
   1. Conflict about being sexual (ACA syndrome)
   2. Flashbacks – prearranged signals, get active, eyes open
   3. Fantasies – necessary for arousal and release can cause conflict
   4. Comparisons – about past lovers causes guilt, fear, or conflict

D. Anger, shame, or guilt have invaded the bedroom.

E. It Hurts
   1. Pain interrupts pleasure.
   2. Sex is for pleasure.
   3. Painful sex cannot be allowed to continue.
   4. Work with a physician who specialized in Dyspareunia = painful intercourse.
   5. Define exactly where, when, what triggers it, and what type.
   6. For muscle tightness:
      • Dilators
      • PC muscle exercises
      • Relaxation techniques
      • Physical therapy


7. For stinging:
   - Change diet: No sugar, caffeine, citrus
   - Take Kyodolphins
   - Eat yogurt
   - Take a vitamin/mineral supplement
   - Remove allergens

8. For deep, stabbing pain:
   - Change positions
   - Do knee chest exercises

9. For Vulvodynia or vestibulitis: (Nonspecific irritation on the outside) National Vulvodynia Association at (301) 299-0775
   - Apply estrogen or testosterone cream externally (not for women who are pregnant or planning to conceive)
   - Dietary change similar to above (low oxalate diet)

10. For Vaginal dryness and irritation:  HRT, *Estrogen the Natural Way* by Nina Shandler, Vagifem insert in vagina once a day for two weeks and then 2x per week as suggested by Laura and Jennifer Berman.

11. For all issues of pain or to locate a physician in your area, contact: The Vulvar Pain Foundation at (336) 226-0704

F. One Can’t Let Go

1. Sexual triggers

2. Distract from watching for a response
G. Talking Hasn’t Helped
   1. Read a book out loud together

   2. Try talking without evaluation and with expressions of care.


IV. How Can the Couple Make Sex Better?
   A. Work at it – *Great sex doesn’t just happen, but by being intentional we can make sex fantastic.*

   B. Protect the marriages.
      1. Don’t let children, work, friends, and church get in the way.

      2. Everyone is vulnerable to outside temptations, guard against them.

      3. Turn sexual thoughts and feelings toward spouse.

      4. The anticipation of planned sexual times together builds quality; the allotment of those times increases quantity.

   C. Formula for intimacy
      1. 15 minutes per day

      2. One evening per week
3. ½ or 1 day per month

4. A weekend per season/quarter

D. Make the differences work for the couple.

E. Make sure sex doesn’t always mean sex.

F. Learn to have fun and play together.
   1. Lighten up
   2. Keep the childlike spirits alive
   3. Roll, giggle, teach with respect, be silly, exaggerate
   4. Exercises in *Restoring the Pleasure*
   5. 5 positives to one negative (John Gottman)
   6. Focus on similarities not differences
   7. Plan creative and experimental times
   8. 52 ways to have fun, fantastic sex
G. Keep Kissing Passionately

A good woman is hard to find, and worth far more than diamonds. Her husband trusts her without reserve, and never has reason to regret it. Never spiteful, she treats him generously all her life long. (Proverbs 31:10-12; The Message)
Bibliography/Reading List
Clifford & Joyce Penner. Men and Sex
Clifford & Joyce Penner. 52 Ways to Have Fun, Fantastic Sex
Douglas Rosenau. A Celebration of Sex
Ed & Gaye Wheat. Intended for Pleasure

EW 402 Study Questions
1. According to Joyce Penner, what should be the couples’ guiding principle for sex in marriage (taken from 1 Corinthians 7:3-5)?

2. What recommendations did Joyce Penner give to help women find sexual fulfillment in marriage?

3. What markers did Joyce Penner give that indicate the sexual relationship is not working in a marriage as God intended it? How could one use such a list to help women evaluate their marriages?

4. What specific ways can a woman actively try to make for a better sexual relationship in marriage?

5. What are the characteristics of women who enjoy sex? How can understanding these characteristics be used to improve marital relations, not to condemn women who don’t enjoy sex?
Course Description
The real love story at the heart of any marriage is Christ’s love for the church. That’s what God had in mind when He ordained marriage. The most satisfying marriages come about when a husband and wife align themselves with God’s original intent. Marriage is not just two people in love; it’s a three-strand cord not easily broken.

Learning Objectives: By the end of this lesson, students:
1. Will be able to learn about the barriers to spiritual intimacy and how to overcome them, as well as how couples can experience God’s best in their marriages.
2. Will be able to learn the two main ingredients needed to create intimacy, and the blessings of enjoying God’s power and presence in marriage.
3. Will be able to learn how to enjoy times of “spontaneous structure.”
I. Introduction
   
   A. To Define and Understand the Meaning of Spiritual Intimacy
   
   B. To Recognize and List the Barriers to Spiritual Intimacy
   
   C. The Basic Principles of How to Achieve Spiritual Intimacy
   
   D. Recognize and Experience the Blessings of God’s Power and Presence in One’s Marriage

II. Spiritual Intimacy Is Becoming Christ-like Together in Marriage
   
   A. Neil Clark Warren says only 10-15% experience spiritual intimacy in marriage.
   
   B. Barriers to Spiritual Intimacy in Marriage
      
      1. Stressors
      
      2. Time
      
      3. Satanic assault: Ephesians 6:12
      
      4. Selfishness
      
      5. Tradition
      
      6. Negative emotions: Fear, discouragement, anger
III. Basics of Spiritual Intimacy

A. Purpose/Mission Statement (John 3:30)
   1. No time to change our spouse
   2. Shows him a Godly life
   3. Invest in prayer
   4. Getting God on one’s side

B. Mary’s Example

C. Two Main Ingredients
   1. Safety in marriage
   2. Honesty

D. Barriers to Safety and Honesty

E. Gender Gap

F. One Up-Manship

G. Intimidation
H. Submission Issue

I. Anger Directed At... (Romans 12:17-19)

IV. Spontaneous Structure
   A. Special Unplanned Moments when God “Drops In”

   B. Structure
      1. The disciplined spiritual life
      2. Prayer

   C. Keep the key purpose locked in one’s heart.

   D. Get started.

   E. Approach God with a spirit of expectation.

   F. Don’t set oneself up for failure.

   G. Set short-term goals.
H. Use variety.

I. Don’t criticize.

J. Don’t challenge each other.

K. Don’t quit.

V. The Blessings of Spiritual Intimacy

A. Couples that pray together are happier.

B. It changes the couple’s conversation and thought life.

C. It deepens intimacy with God and each other.

D. It increases compatibility.

E. It increases commitment to each other.

F. It provides a great way to express love to one’s spouse.
VI. Conclusion

A. Pursue God

B. Find Him, and a Woman Finds Herself
Bibliography/Reading List

Gary Thomas. *Sacred Marriage*
Scott Stanley. *The Heart of Commitment*
David Stoop. *Seeking God Together*
Les and Leslie Parrott. *Becoming Soul Mates*
H. Norman Wright. *How to Encourage the Man in Your Life*
Richard Foster. *Celebration of Discipline*
John Ortberg. *The Life You’ve Always Wanted*

**EW 403 Study Questions**

1. According to Julie Clinton, what is the meaning of spiritual intimacy in marriage?

2. List the barriers to spiritual intimacy. How can someone help women recognize these and overcome them in their marriages?

3. What are the basic principles to apply when seeking spiritual intimacy?

4. How can women experience the blessings of God’s power and presence in their marriages? How can someone help the women she ministers to do the same?

5. According to Julie Clinton, how can spontaneity and structure be used to enhance spiritual intimacy?
Course Description

Statistics indicate that up to 68% of married, Christian men struggle with pornography, and sexual addiction is rampant – even among churchgoers. How does a wife deal with the effects of a husband’s struggles with pornography and sexual addiction? How is she to deal with her own feelings of betrayal and tremendous pain? Laurie Hall speaks of such pain and betrayal from personal experience. She shares her own story and teaches from her personal journey toward forgiveness and wholeness, and she gives a lesson that can apply to all manners of betrayal.

Learning Objectives: By the end of this lesson, students:

1. Will be able to define betrayal, and learn keys to overcoming betrayal.

2. Will be able to learn how Christ’s sufferings can help women in times of betrayal.

3. Will be able to learn to have compassion for those who have experienced betrayal.
I. Introduction

II. The Suffering Messiah
   A. Gospel of John 1:11 - Christ Not Received
   B. Betrayed Women Share Rejection of Christ
   C. Closed Eyes to Them and Their Pain

III. Pornography
   A. Estimated that Over 50% of Christian Marriages are Affected
   B. Silent Suffering

IV. Betrayal
   A. Many Kinds
   B. Part of the Human Condition
   C. Christ’s Betrayal
D. Common Throughout the Ages

E. Occurs when Someone Close Uses Deception and Manipulation to Get One to Participate in One’s Own Destruction

F. Love believes the best.

G. “How could I be so stupid?”

H. Judgments of Others

I. Those who betray others take that which is good about them and use it against them.

J. The Lord’s Prayer/Temptation

K. Women’s strengths get turned against them.

L. Betrayal destroys hope.

M. Public Shame/Private Torment
N. Christ’s Crucifixion

O. Public Exposure

P. Pain is Private/Time in Hell

V. Overcoming Betrayal/Resurrection
   A. Seeking and Speaking Truth
      1. The way out
      2. Walking in the light
      3. Spin, spin, win
      4. Ask how one got here

   B. Live a Life of Honor and Courage
      1. Refuse to make choices that betray oneself
      2. Try things a different way
      3. Don’t believe the lies!

VI. Conclusion: Hope is Humming in the Darkness
Extraordinary Women

Bibliography/Reading List

Laurie Hall. An Affair of the Mind
Henry Cloud and John Townsend. Boundaries in Marriage
Clifford and Joyce Penner. Men and Sex
Mark Laaser. Faithful and True
Archibald Hart. The Sexual Man
Connie Neal. Dancing in the Arms of God
Douglas Weiss. The Final Freedom
Marsha Means. Living with Your Husband’s Secret Wars

EW 404 Study Questions

1. Which part of the book of Isaiah does Laurie Hall recommend to help women who have experienced betrayal (especially by a husband)? How can one use this to encourage hurting women?

2. What are the various kinds of betrayal detailed in the lesson? How can experience of one kind of betrayal attune one’s heart to minister to women experiencing other instances of betrayal?

3. What, in particular, is there about a “Christian disposition” that can make a woman more vulnerable to betrayal? How do those who betray take that which is good about a person and use it against them? What effect does this have when the betrayal is revealed?
4. How does Laurie Hall recommend one who has been betrayed deal with the public shame and private torment?

5. What two strategies does Laurie Hall suggest to overcome betrayal?
Course Description
Little girls grow up with fairy tales of happily ever after with their handsome princes. While marriage certainly brings some reality to illusions of a blissful relationship with no problems, that does not mean women should give up on romance. Carrie Oliver speaks to what women can do to pursue the true, deep intimacy that women desire with their husbands by understanding what leads to good communication, physical intimacy, and close friendship.

Learning Objectives: By the end of this lesson, students:

1. Will be able to learn three steps to cultivate deeper intimacy in marriage, and understand that intimacy between two people does not mean becoming the same.

2. Will be able to learn that barriers that prevent change in people’s lives, and the power of true forgiveness.

3. Will be able to learn the difference between cherishing and nourishing, and the value of creating a “Suggestion-Free Zone”.
I. Created for Intimacy
   A. Her marriage is going well, but she has the sense it could be richer, deeper, and more intimate.

   B. She is discouraged and unhappy with her marriage, but she is not ready to quit.

   C. She is unhappy and ready to give up.

II. Step #1: RENEW One’s Perspective by Choosing to Cultivate Deeper Levels of Intimacy with God
   A. Women become so focused on the problem that they can’t see any solutions.

   B. It’s easy for the pain and disappointment to DISTRACT from the strength that can come from the Lord Jesus Christ.

   C. When women choose increased intimacy with God, they will begin to recognize His presence and experience His power.

D. Barriers to Change:
   1. Feelings of failure
   2. Need for control
3. Pride

4. Selfishness

5. Insecurity

6. Anger/Bitterness

III. Step 2: REDEFINE what the Relationship Can Be
   A. Developing a new perspective of one’s spouse.
   
   B. John Gottman’s Research
   
   C. Treating One’s Spouse As If...
   
   D. Intimacy is the experience of two people coming together; it is not two people
   becoming the same.
   
   E. Husbands do very few things like their wives
IV. Helpful Insights Into One’s Husband

A. On the whole, men are achievement oriented, solution-focused, goal oriented.

B. Men are more apt to communicate information rather than feelings. Men usually withdraw when they do experience feelings around conflict.

C. All men need acceptance, trust, admiration, appreciation.

D. Experiencing the “Suggestion-Free Zone”

V. Step #3: RE-INVEST in the Relationship by Choosing to Relate to One’s Husband in Ways that are Meaningful to Him

A. How can a wife cherish her husband?

B. Nourishing

VI. What Does Work? What are More Effective Ways of Nourishing (Loving) One’s Husband?

A. Become an Encourager

B. Tell Him That He is Loved in Ways that He Understands and Responds To
C. Practice the Power of Asking for True Forgiveness
   1. “I was wrong”
   2. “I am sorry”
   3. “Please forgive me”

VII. Conclusion
   A. Men and women want the same things.

   B. Search one’s heart: “Search ME, O God, and know MY heart; test ME and know MY anxious thoughts. See if there is any offensive way in ME, and lead ME in the way everlasting.” (Psalm 139:23-24)

   C. Take steps now and make a commitment to growth.
Bibliography/Reading List

John Gottman. *7 Principles for Making Marriage Work*

McCartney, McCartney, and Neal. *Sold Out Two-Gether*

Scott Stanley. *The Heart of Commitment*

David Stoop. *Seeking God Together*

Les and Leslie Parrott. *Becoming Soul Mates*

H. Norman Wright. *How to Encourage the Man in Your Life*

Gary Thomas. *Sacred Marriage*

EW 405 Study Questions

1. Carrie Oliver described three typical categories a married woman can fall into. Which best describes where a woman is currently?

2. How did Carrie suggest cultivating increased intimacy with God? How could this contribute to greater intimacy in marriage?

3. What insights did Carrie offer to develop a new perspective of one’s spouse?

4. What can a married woman do to reinvest in her marital relationship?

5. How can a woman become an encourager to her husband?
**Course Description**

Although the challenges may be great and the odds may seem overpowering at times, the good news is that it is never too late for a new beginning, no matter the state of one’s marriage. Through this lesson, Kay Arthur shares God’s instructions for women: precepts to cling to, a road to follow, and specific directions that apply to every situation in life. Practically, she shows women how to begin this journey of faith today.

**Learning Objectives:** By the end of this lesson, students:

1. Will be able to learn what the Bible says about the differences between men and women, and what God says about stewardship and headship in marriage.

2. Will be able to learn the role of the wife in God’s design.

3. Will be able to learn the role of older women within the church.
I. Introduction
   A. A marriage without regret happens when women do what God calls them to do in the marriage, regardless of what her spouse does.

   B. Challenge to Leaders of Women: It is vitally important that leaders bring people into contact with the precepts of God’s Word.

   C. Then their arguments will be against God, not the person.

   D. Psalm 119

II. Marriage Precepts

III. Relationship with God is the Glue that Holds Marriage Together
   A. Triangle of Relationship

   B. Kay’s Story

   C. Genesis 1:26
IV. There are Unique Differences between Males and Females
   A. Man- The Initiator
   B. Woman-The Responder
   C. Physically
   D. Emotionally
   E. Roles
   F. Woman was created after man and is to be his helper (counterpart).
   G. The wife’s role is to be suitable/a completer, not to compete.
   H. By design, men need women.

V. Marriage is the Second Most Important Relationship on Earth
VI. Stewardship
   A. Genesis 2- Man has the responsibility of taking care of his wife.
   
   B. Ephesians 5:25- Husbands love (agape) their wives.
   
   C. Unconditionally desire her highest good.

VII. Identification in Marriage- the Two Become One
   A. Genesis 2:23
   
   B. Ephesians 5:28-30- Husband commanded to love his wife as he loves his own body.

VIII. Headship
   A. Father God is the head of Christ- Christ is the head of the man- the man is the head of the woman. (1 Corinthians 11:3)
   
   B. Woman originates from man. (1 Cor. 11: 7)

IX. Permanence in this Union
   A. Cleave- to Become One
B. Scarring the Picture

C. God Hates Divorce

D. Leaders must teach what God says about divorce and remarriage.

X. God Takes Two and Makes Them One
   A. Sex in Marriage (I Corinthians 7)

   B. Sex is a duty for both husband and wife.

   C. Sex is intended for pleasure.

XI. Marriage is a Covenant Relationship
   A. The Wife of Covenant (Malachi 2)

   B. (Beriyth) - an Agreement Made by Passing through Pieces of Flesh

   C. (Karath) - to Cut a Covenant

   D. Exception Clause for Infidelity (Matthew 19)
XII. **Openness in Marriage**
   A. No Shame
   
   B. **Learning How to Communicate in Marriage**

XIII. **The Role of Older Women**
   A. Teach younger women to Phileo their husband and children.
   
   B. *(Oikouros)*-The woman is the keeper of the home.
   
   C. **Master of the Home** (*Timothy 5:14*)
   
   D. Wife’s Primary Career

XIV. **Leaders Must Help Change the Tide**
**Bibliography/Reading List**

Kay Arthur. *A Marriage without Regret*

McCartney, McCartney, and Neal. *Sold Out Two-Gether*

Scott Stanley. *The Heart of Commitment*

David Stoop. *Seeking God Together*

Les and Leslie Parrott. *Becoming Soul Mates*

H. Norman Wright. *How to Encourage the Man in Your Life*

Gary Thomas. *Sacred Marriage*


**EW 406 Study Questions**

1. What did Kay Arthur say is vitally important for leaders of women to do (so that any argument is not against the leader but God)? How can one practically apply this in ministry?

2. How does the triangle of relationship work to hold a marriage together and draw husband and wife closer together?

3. According to Kay Arthur’s teaching, what are the unique differences between males and females? How does obedience to the commands in Ephesians 5 lead couples to experience the union God created them to enjoy?

4. What does God say about divorce and remarriage? Share one’s thoughts.

5. According to Kay Arthur’s teaching from Scripture, what is the role of older women?
# Table of Contents

**EW 501:** *“Always Daddy’s Girl”: The Influence of Your Family of Origin*
Barbara Shaffer, Ph.D. ........................................................................................................... 220

**EW 502:** *Mothering Strategies to Help Kids Through Changing Times*
Lisa McMinn, Ph.D. .................................................................................................................. 234

**EW 503:** *Encouragement and Strategies for Single Moms*
Sharon Hart May, Ph.D. ............................................................................................................ 245

**EW 504:** *Passing On Your Faith without Turning Off Your Kids*
Connie Neal, B.A. ..................................................................................................................... 267

**EW 505:** *Beyond the Empty Nest*
Claudia Arp, B.S. .................................................................................................................... 281

**EW 506:** *A Woman’s World: What’s for Sale in the Marketplace of Ideas*
Janet Parshall, B.A. .................................................................................................................. 292
Course Description

One of the most significant factors in who a woman becomes and how she sees herself is her relationship with her family, particularly her father. Barbara Shaffer explains how early experiences with parents shape self-concept and how women interact with others throughout life. Even if a woman’s family experiences were less than ideal, hope, and healing can be found through Christ. In Him, women can overcome past pain, moving toward emotional, spiritual, and relational health.

Learning Objectives: By the end of this lesson, students:

1. Will be able to learn how a woman’s family of origin affects self-image, attitudes, and beliefs.

2. Will be able to learn how a woman’s family of origin affects her relationships with God and men.

3. Will be able to learn the important role mothers and fathers play in a woman’s life.
I. Complexity in Families of Origin
   A. Environmental Variables
      1. Birth order
      2. Level of peace or conflict with parents and siblings
      3. Parents’ financial and marital status with each child
      4. Parents’ job demands and availability to parent each child
      5. Mental and physical health of family members
      6. Health of grandparents and others
      7. Quality and atmosphere of her school and neighborhood
      8. Family’s church involvement

      Note: These factors are unique to each child’s own experience, not identical to siblings’ experiences even though they grew up in the same family and neighborhood.

   B. Growing-Up Experiences: Three Caveats
      1. “Goldie Locks’ parents” : Either too much or not enough?
      2. Good enough parents—affectionate, warmly aware, and trustworthy.
      3. Children’s temperaments differ
4. Parent-child relationship is interactive

5. People outside the family can moderate the impact of the family.

II. Impact of Family Dynamics on Women

A. Good Connection with Care-givers Results In:
   1. Secure
   2. Likable
   3. Relationally relaxed
   4. Expectation of acceptance and fair treatment

B. Poor Connection with Care-givers Results In:
   1. Feeling unwanted
   2. Feeling unloved
   3. Feeling unaccepted / unacceptable
   4. Tendency to be anxious and distressed in relationships

C. Results of Parental Responses
III. Family of Origin Influences

A. Shapes Her Self-Concept: The Chameleon Woman
   1. Seeks approval and changes behavior accordingly
   2. Must be vigilant about perceptions
   3. Others have tremendous power over her
   4. Acceptance is temporary

B. Shapes Her Attitudes, Beliefs, and Values
   1. Money
   2. Food
   3. Work
   4. Conflict
   5. Sex
   6. Authority
   7. God
   8. Grace
   9. Judgment
   10. Forgiveness
C. Learned by Modeling Parents

1. The value of people

D. Learns a Woman’s Roles as Modeled by Mother

1. Biological womanhood
   - Menstruation
   - Sex
   - Child-bearing
   - Menopause
   - Illness
   - Care of her body and appearance

2. Emotional womanhood
   - Handles emotions of self and others
   - Stress
   - Productive womanhood
   - Manages time
   - Schedules
   - Responsibilities
   - Planning
   - Organization
   - Flexibility
   - Relaxed womanhood
   - Subservient or dominant
   - Dependent or independent
   - Types of speech
   - Speaks the truth in love
   - Rules
• Back-talk
• Family business
• Difference intolerance
• To avoid ridicule or rejection she will tend to sacrifice her voice or she may have a hard time accepting differences in others

IV. Closeness and Separateness

A. Closeness = Love, approval, support, security, BUT there’s a danger of being smothered or controlled.

B. Separateness = Self-direction, independence, freedom, BUT there’s a danger of being distanced or abandoned.

V. Three Types of Women

A. Too Independent:

1. Child as an Adult
   • Habitual
   • Very loyal
   • “We” reference

2. Can’t win approval of parents

3. Rejects parents as a defense
B. **The Woman who is Chained to Parents Emotionally**

1. The woman who is chained to parents emotionally will tend to be:
   - Reactive
   - Still like a child longing for approval
   - Feels guilty when she says “no”
   - Very defensive toward her parents
   - Seeks approval from husband, achievements, or others

VI. **Influences of the Father**

A. **Most Important Man in Her Life**

1. Support to mother-Indirect influence

B. **Supportive Fathers-Direct Influence**

1. More successful in careers

2. Proficient in math

3. Achievement

4. Risk taking

5. More independence

6. Takes responsibility

7. Able to shape her own future
8. Self-Esteem

9. Sexual identity

VII. Influence of Fathers at Various Stages of Development

A. Infancy: Age Birth to Six Months
   1. Child begins natural separation from mother
   2. Father aids in this process
   3. Gives confidence in physical self

B. Middle Childhood: Age 6 – 12
   1. Helps daughters become goal-directed
   2. Fathers are firm
   3. Helps her channel her energy
   4. Helps her manage her emotions
   5. Helps her develop trust in men
VIII. Effects of a Father’s Absence
   A. Grows Up Too Quickly

   B. Lacks Self-Knowledge and Self-Confidence

   C. More Likely to be Depressed

   D. More susceptible to peer pressure

   E. More Inclined to be Sexually Active before Marriage

   F. Overly Dependent on Men

IX. Cause of Father’s Absence
   A. Divorce
      1. Other safe person for mother

      2. May blame herself

      3. May feel anger and distrust toward men
B. **Death**
   
   1. Constant sadness

   2. Afraid to love

   3. May idealize father

   4. Over-achieving

---

X. **Relation to Father During Adolescence**

A. **During adolescence she needs**

   1. Respect

   2. Acceptance

   3. Affirmation of her character

   4. Developing womanliness: touch, conversation, admiration

   5. Help to develop her social, leadership, and academic skills

   6. Needs father to have a strong, loving relationship with her mother

   7. Needs father to give her space, but not withdraw entirely

   8. Prototype of her Heavenly Father

   9. Model’s faith in God
X. Helping the Wounded

A. Listen and Understand Her
   1. The present is rooted in the past.
   
   2. Consider that an adult woman may be continuing to live out of assumptions and conclusions she formed when she was a pre-schooler, a grade schooler, or a teen.

B. Sympathize with her and identify her emotions.

C. Bridging the Gaps
   1. Help her set boundaries
   
   2. Establish structure in her home life
   
   3. Help her learn how to manage her schedule
   
   4. Help her relax and have some fun
   
   5. Help her gauge what is “normal”
   
   6. Help her learn to express herself well
   
   7. Learn what her gifts and talents are
   
   8. Help her understand that only God can define her
D. Sources of Healing Relationships with Men

1. The Pastor

2. Godly men

3. Mature couples

4. Professional counselor

XII. Conclusion
Bibliography/Reading List

Sandra Wilson, *Into Abba’s Arms*

Stephen Arterburn & Connie Neal, *Emotional Freedom Workbook*

Chris Thurman, *The Lies We Believe*

Chris Thurman, *The Lies We Believe, Workbook*

Henry Cloud & John Townsend, *Boundaries*

Mark McMinn, *Growing Strong Daughters*

Glenn Taylor & Rod Wilson, *Exploring Your Anger*

Les Carter & Frank Minirth, *The Choosing to Forgive Workbook*

David Stoop, Ph.D. *Forgiving Our Parents, Forgiving Ourselves*

EW 501 Study Questions

1. According to Barbara Shaffer, there are many environmental variables that influence how a woman sees herself. Which ones are most important? Why? Which variables in one’s own family of origin had the greatest affect on a woman personally?

2. “The Chameleon Woman” is described as one who actively seeks approval of others and changes her behavior according to expectations. How has this model proved true in the life of a woman one knows? How can someone help a woman who lives this way?

3. Barbara states that families of origin help shape one’s attitudes, beliefs, and values in such subjects as: money, work, conflict, sex, authority. Look over the list given in the outline and pick three of these topics and discuss how this is true personally.
4. Women learn their roles as women from their mothers. How can someone help women adjust their roles to more biblical models if they did not learn this from their mothers?

5. The father is the most important man in a child’s life. Discuss one’s own relationship with her father during the growing up years. Was he supportive? Absent or present? A model of faith in God? How did this influence one’s life? How can someone help women to experience the good influence of “Father God” if they did not have a good father in their early life?
Course Description
Parenting has always been a challenge; in today’s society, it seems more difficult to raise kids and keep them safe. Lisa McMinn takes a close look at the powerful influences kids experience through media and popular culture. Her keen awareness of what kids are hearing will open eyes, and her understanding of how to counter confusing and faulty messages will help all parents help their kids navigate life in changing times.

Learning Objectives: By the end of this lesson, students:

1. Will be able to learn what “outsight” is, as well as what the two most important gifts are that mothers can give their children who are growing up in changing times.

2. Will be able to learn the messages that the media sends to children and how to counteract them, and why individualism can be damaging.

3. Will be able to learn the myth of 24/7 and how it affects children.
I. Introduction

In 1899, the commissioner of patents said, “Everything that can be invented has been invented.” Obviously, he was mistaken. Never has an era seen so much change as people have seen in the last 100 years – most of it brought about through invention.

A. Examples of Some Ways Life Has Changed in the Last 100 Years:

“Television won’t be able to hold on to any market it captures after the first six months. People will soon get tired of staring at a plywood box every night.” Head of 20th Century-Fox in 1946.

“The horse is here to stay, but the automobile is only a novelty-a fad.” A president of the Michigan Savings Bank advising Henry Ford’s lawyer not to invest in the Ford Motor co. 1903.

B. Many of the Changes are Not Just Inventions - They are Ideological

1. In 1900, 6% of 19-year-old unmarried white women had sexual intercourse. In 1991, 74%.

2. What kind of change is represented here?

C. Consider suicide and divorce rates over the last 100 years.

D. Norms change (how women adorn their bodies) and values change (women’s concept of “beautiful” or “successful”).
II. **Focus on Mothers as Critical, Important Shapers of Children**

   A. Mothers lack confidence in their ability to help prepare their children for a world that is ever changing.

   B. Be actively involved in shaping one’s children.

   C. **The Tool: Outsight.** Outsight is the ability to become social critics of the way the culture shapes how one views oneself and one’s place or role in the world. *The two gifts are* based on using outsight to ground our children in a truth that transcends changing cultural values.

III. **Gift One: Love One’s Children for Who They Are, Not What They Do**

   A. Let’s consider what today’s culture subtly tells about love and how that differs from what God tells about love.

   B. Messages that permeate current culture tell children they will be loved for what they do, and what they look like, not who they are. In other words, only the beautiful, strong, and young deserve to be loved.

      1. The media is funded by companies needing to sell products. What more effective way to sell a product than to use the fundamental need people all have to be loved as the starting point.

      2. What do boys learn about how to acquire love? To be strong, build muscle, and be aggressive. (Saturday morning cartoons and commercials.)
3. James Bond, who from 1962 through 1999, has been teaching boys that being cool, manly, and tough gets them respect, value, and the pretty women.

4. Rambo, Stallone’s physical body, is intimidating as well as his role as a violent, aggressive, strong, insensitive man.

5. Parents in today’s culture believe boys have to be toughened up to survive, and so boys are treated more roughly than girls, encouraged more often to hold back feelings-both positive and negative.

6. Real Boys author William Pollack explores why so many boys are sad, lonely, and confused even though they appear fine externally. The “Boy Code” sends them into what Pollack calls a “silent crisis.”

7. People encourage their girls to be more like their boys; Charlie’s Angels.

8. Mostly ads and commercials teach daughters that to be loved they have to be beautiful, sexy, available, and dependent as demonstrated by this (Calvin Klein ad).

9. Attempts to gain a sense of economic independence are mocked, and she is reminded that her value is in her body.

10. Daughters are encouraged to stay sensitive and soft as in these ads. (Dove soap ad, hand over mouth) The subtext of the hand over her mouth also suggests she should be quiet and not assert her voice if she wants to be lovable. (Ads for Palm Pilots)

11. Some ads become dangerous in the subtext. (Ads for diamonds.)
12. Today is driven by consumer culture. Women are ugly, women are aging; thus, women are unlovable. Buy something. It will make women lovable; it will make women happy.

13. God’s love is about who people are, not how masculine or feminine people are according to some cultural idea of “masculinity” or “femininity.”

C. Culture also tells people they are loved for what they do, not who they are. The more they do, the more they are loved. The Myth of 24/7.

1. The myth says, the busier children (and parents) are, the more fulfilling their lives will be. Psychiatrist Alvin Rosenfeld, co-authored book, “Hyper-Parenting: Are you Hurting Your Child by Trying Too Hard?” “Middle-class parents are under continuous pressure to plan, enrich, and do this important job the one, precisely right way.”

2. People live with a plethora of choices.

D. But it’s not just about fun anymore. Parents think they should aspire for their children to be champions.

E. Several Points to Consider:

1. God loves us because he is merciful, not because of what we do. Titus 3:3-5.

2. Jesus didn’t live in a 24/7 culture, yet he still said no to opportunities and modeled time alone.
3. In *Space for God*, Don Postema writes—“Leisure implies an attitude of non-activity, of inward calm, of silence, it means not being busy, but letting things happen. Leisure is a form of silence...only the silent hear, and those who do not remain silent, do not hear...for leisure is a receptive attitude of mind, a contemplative attitude...the capacity for steeping oneself in the whole of creation. Such an attitude pits us against compulsive busyness, against drivenness. It leads toward solitude and contemplation, toward creating an inner receptivity, a space where we can hear our deepest longings, realize what life is about, penetrate into reality. It can mean making a space for God. It is prayer.”

4. Mothers who are excessively busy model a value of busyness, sacrifice their own opportunities for silence, for hearing, and for developing and using gifts.

5. Some communities are challenging the cultural norms of busyness such as Family Life 1st!, a group in Minneapolis.

6. Be willing to say “no” more often.

F. **Being loved for who people are, not what they do, helps their children be resilient.**

1. Studies of kids who emerged well through hard life circumstances showed high levels of resiliency.

2. If women love their children for who they are, they will let them fail.

3. Women should be careful how much they praise them for success.

4. Remember when the children were infants. They were just loved.

6. Gift one: Love the children as nearly as possible as God loves His children. Teach children of the perfect love of God.

7. Women need to have outsight-to see and challenge ways current culture undermines the children’s ability to feel lovable and loved.

IV. Gift Two: Give Them Community and Appreciation for Community

A. Individualism is a Damaging Ideal
   1. Enlightenment brought attention to the individual -- Ayn Rand novels; Anthem. The popularity of these books supports the idea that a belief that we think the “Individual” is good; the “We” is bad if it encroaches on the “I.” New Testament or Old Testament Israel model.

B. Implications:
   1. Individuals must do it all on their own.

   2. Plays out especially negatively for sons with an emphasis on independence rather than interdependence.

   3. William Pollack tells the story of Johnny on the first day of kindergarten.

   4. Children need to feel safe in a community.

   5. The family is disregarded in today’s culture.
6. Don’t trust or respect authority

7. Movies like: Dead Poet’s Society – authority can’t be trusted.


9. Fried Green Tomatoes is about a woman gaining voice.

10. Reebok commercial illustrates this well-message defy everything.

11. Cigarette ads

12. Related-the individual matters, communities don’t

13. Movies like “Keeping the Faith” shows a faith that conforms to the desire to love a particular individual, rather than staying true to Judaism.

14. On a less apparent scale – people shop for the church that suits them.

15. Because the community doesn’t matter, people don’t submit to the authority of communities.

16. People forfeit a place where truth can be sought, practiced, and exercised.

17. Backing up: Family loyalty gets lost when only the individual is thought to matter, not the community.
18. Several points to consider:
   - People are made for community.
   - Mothers may relinquish parental authority.

V. Conclusion: A Hope for Children - What Success Will Look Like:

A. That They Emerge Knowing They Are Loved for Who They Are and Deeply Connected to a Community So That Their Choices and Lives Reflect the Life of Jesus.
   1. Jesus, the Imago Dei.

   2. Jesus showed compassion and mercy (ethic of care).

   3. Jesus also stood up for what was right (ethic of justice).

   4. Jesus knew enough about the social world to be a critic of it.

   5. Those who don’t know the social forces that shape our ideas about the world are most controlled by those ideas.

B. Some Specific Suggestions:
   1. Be critics of the media with one’s children.

   2. Like the parents in Family 1st, be willing to stand against cultural pressure.

   3. Reinforce one’s love of her children for who they are.

   4. Let them fail; sit with them in their failures.
5. Encourage connection to a community.

C. Remember: God values people who they are, not what they do.
Bibliography/Reading List
Lisa McMinn, Growing Strong Daughters
William Pollack, Real Boys
Focus on the Family, Mind Over Media (Video, Book, Booklets)
1-800-A-FAMILY
Bob Briner, Roaring Lambs

EW 502 Study Questions

1. Bob Dylan sang, “The times they are a’ changin’.” How have things changed since one was a child? What new inventions or technology has been developed since one’s childhood? How have values and beliefs changed?

2. In what ways does one feel inadequate as a mother? Did one’s own mother fail you in some way? Explain.

3. Lisa McMinn shares numerous ways the media culture shapes boys’ and girls’ views of what attributes are valued in today’s society. Are there any specific instances from one’s own experience where one has noted the influence of media culture on the children? How has the myth of 24/7 affected one’s family?

4. What can a family do to overcome or monitor these influences? How can a woman show her children that they are loved for who they are?

5. Describe how the idea of individualism has affected one’s family, especially each of the children. How does one attempt to provide community for the children?
Course Description
There are 12.2 million single moms in America. These women face unique challenges and a heavy burden. Sharon Hart May understands. Women will laugh and cry throughout this lesson as she shares her own story of being a single mom. She offers tips and guidelines for single moms that will help make them better women and better parents.

Learning Objectives: By the end of this lesson, students:

1. Will be able to learn the challenges of widowed, unmarried, and divorced single mothers, and how to help single mothers deal with depression, concerns, and responsibilities.

2. Will be able to learn how single moms can help their children deal with the emotions and adjustments in family life.

3. Will be able to learn how single mothers can create a haven of safety for their children.
I. Introduction

There are 12.2 single mother homes in America, and 50% of all children, by 18 years old, would have spent time in a single parent home. Being a single mother is different for all women. Some are widows, others are divorced, and some have never married.

II. A Woman’s Journey to Single Parenting

A. Widows

1. Comprise 5% of the total single parent population.

2. Widow’s experience and emotions:
   - Marital conflict doesn’t lead to the death: no bitter fighting, no deterioration of relationship
   - Death is final, and so there is closure
   - Death is so final and therefore so painful
   - Burden of now having full responsibility for everything

B. Widow’s Emotions

1. Shock, grief, sad, depressed, despondent

C. Never Married

1. The percentage of never married equals the percentage of divorced mothers.

2. The percentages of never married mothers with their own children age 6-17 are 40% of blacks, 21% of Hispanics, 12% of whites; children under age 6: 78% of black single mothers, 65% of Hispanic, 55% of white single mothers.
D. Never Married Woman’s Experience
   1. Deal with the circumstances and choices that led up to the pregnancy
   2. She is usually young, father is boyfriend or acquaintance
   3. Usually not financially well off
   4. Conflict of visitations with the father, if he is around

E. Never Married Woman’s Emotions
   1. Shock, shame, depressed, angry, turmoil of what to do and where to go.

F. Divorce
   1. More than 50% of American families end up in divorce

G. Divorced Woman’s Experience
   1. Different depending on who wants the divorce: do better if initiator
   2. Gripping pain of seeing the family split apart, failed attempts, broken dreams
   3. High conflict leading up to divorce
   4. Double I + Triple C:
      • Moving on Independently, yet Interdependently as parents
      • Continual Conflicted Connection with ex-spouse: visitations, child-support
H. Divorced Woman’s Emotions
   1. Hurt, angry, possible relief, sadness, resentment

I. Divorced Woman’s Story
   1. Each woman’s story begins with “We loved each other when we married,” but then...
   2. “We fought constantly,”
   3. “We grew apart,”
   4. “He or I had an affair.”
   5. “I still love him and did not want this divorce.”
   6. “I wanted out from this marriage for a long time.”

III. The Presenter’s Journey to Becoming a Single Mother
   A. Suddenly a Single Mother: The Losses and Changes
      1. The life cycle of a rose:
      2. Full bloom:
         • Life as usual, not perfect but predictable and “normal” routine.
      3. The pruning:
         • This is the season where life dramatically changes.
         • A husband gets progressively ill
• Death
• Marriage deteriorates
• Husband up and leaves
• Women’s lives are turned upside down

4. The winter
• Stages of grief: (Elisabeth Kubler Ross)
• (Are also the stages of healing from a divorce)
• Denial and isolation, anger, bargaining, depression

5. Women have to go through the healing process

6. Must allow time for healing

7. Learn and grow from depression

8. Depression is meant to be a healthy part of the healing

9. It helps women:

10. Pull back and retreat

11. So women can evaluate the loss and grieve it

12. Regroup and adjust

13. So women can let go and move forward

14. Women have many losses as a newly single mother and have a lot to mourn
15. Reach out for help

16. Acceptance

17. New life awaits

18. Women will be okay

19. Allows women to move forward

IV. New Responsibilities and Concerns

“A college professor told me once that my loss would always be there, but that life would grow around it. And life sure did grow.”

A. Responsibility for the Children
   1. Child care

B. Responsibility for Finances
   1. Every mother surveyed said that this was their greatest concern.

   2. “I feared I would not be able to make it financially”

C. Responsibility for Running a Household
D. Most Single Mom's Main Concerns Are:

1. What effect will single parenting have on their children?

2. Where will they get the energy and time to take care of everything?

3. What will their future hold: Make it? Marry again?

4. For mothers with the fathers still involved, there is the added worry of:

5. Custody

6. Visitation

7. Child support

E. Why do women need to adjust to the new roles and responsibilities?

1. Because there is still life left to live

2. Because your children need you

3. God values the women, and He still wants to complete the good work He began in them. He still has a future for them.

4. Because they are capable of making it work
V. How Can They Adjust to the New Roles and Responsibilities?

A. Knowing What Their New Roles and Responsibilities Are
   1. List all that were original responsibilities
   2. List them
   3. Prioritize them

B. List the Husband’s Responsibilities

C. Know what one’s strengths and weaknesses are.

D. What courage, or new skill will a woman need to do these added tasks?

E. Get organized...find a new routine for the kids, weekend, holidays

F. Women need to connect to support systems around them.
   1. Church community
   2. Family
   3. Current friends
   4. New friends
VI. The Children’s Emotions and Adjustments

A. Understand the Child’s Story and Understanding of the Death, Divorce

1. Understand the developmental stage your child is in

2. What are the needs of a child at each stage?

3. Younger children feel responsible for the divorce or death

4. They can’t understand why family just can’t live together

5. Older kids understand more and feel angry, depressed

B. Don’t deny the painful impact of the divorce or death.

C. “Divorce is never a single event that a child ‘gets over’ like going to the dentist.”

1. Series of coming to terms and dealing with the loss and consequent life adjustments.

2. At various times at each developmental state, a child will wrestle with the loss.
   Don’t worry.

D. Make time and space for one’s own child’s feelings.

1. Devastated that their parent could possibly die

2. Even more deeply devastated that their parent could choose to leave
3. Children feel:
   - Fear
   - Rejection
   - Sadness
   - Anger
   - Resentment

4. What children feel, usually comes out in their behavior

5. Quiet, withdrawn, angry, edgy, listless, easily distracted, hyper, regress

6. Women need to have patience and understanding

E. How can women help their children deal with his/her emotions?
   1. The relationship with a child will be vitally important to the child’s healing.

   2. Help a child understand, learn from, regulate their emotions by:

   3. Listening

   4. FS: full face to face, shoulder to shoulder

   5. Empathize with a word “mm”

   6. Help the child label their emotion

   7. “Sounds like you are disappointed.”
8. Help them regulate their emotion.

9. Set limits and teach them how to appropriately express the emotion.

F. Structure, stability, and predictability will give the stability the child needs in which to deal with their emotions, to grow, and flourish.

VII. Family Life: Creating a Haven of Safety

A. Mourning the Loss of the Traditional Family

B. Sift Out the Real Loss from the Imagined Loss
   1. Lost being a traditional family...for this season
   2. One hasn’t lost her sense of family

C. Grieve this loss out loud; cry with a friend.

D. Then Move Forward
   1. Don’t hanker after past seasons
   2. Don’t ruminate: “If only,” “What if”
   3. Foster a haven of safety within one’s own home
E. Key to the Development and Well Being of All Children
   1. Secure bond with caretaker—Emotional attachment
   2. Haven of safety—“A safe place where I am loved”
   3. Secure base—“Explore and return”

F. How to Create a Haven of Safety

G. Key Factors to Fostering and Maintaining a Secure Attachment Bond
   1. One is lovable
   2. Trust
   3. Availability, accessibility
   4. Responsiveness

H. Love Unconditionally
   1. “Am I lovable” — self-worth
   2. “Am I a problem” — hassle

I. “So glad I’ve got you...you are worth it”
J. **Be Trustworthy**
   1. Be someone they can rely on
   
   2. Be on time, be consistent
   
   3. Let the child rely on the mother managing her emotions and being stable

K. **Be Emotionally and Physically Available**
   1. Make eye contact
   
   2. FS Talk = full face, shoulder to shoulder

L. **Respond with Consideration**
   1. Consideration = continually take into account the children
   
   2. Responses should promote the welfare of the children

   “Can I trust you to be there for me when I reach for you?” ...Make it a YES

VIII. **Other Ways to Foster a Haven of Safety**
A. **Parenting Style: Don’t be a reactive parent nor discipline-focused.**
   1. Find one
   
   2. Stick with it...improve it
   
   3. Be flexible, re-evaluate it at every developmental state of one’s child
B. Understand the children are the mother’s first priority...not her whole life, and she is not their whole life.

C. Make the home a Christ-centered home.

D. Develop rituals that connect the children’s hearts to home.
   1. Family dinner
   2. Nightly prayers
   3. Have movie night, game night, homemade pizza
   4. Cook a big breakfast every weekend
   5. Make my kids lunches everyday...still do to this day
   6. Make the house kid friendly, and open to all their friends
   7. Can always have cookies baking

E. Connect the boys to other male role models.
   1. Let the children see men praying
   2. Other dads to watch a son’s game and comment on his performance.
F. Expose the children to intact families – let the children experience what it is like to be part of a traditional family with both parents and kids.

G. Every family has hardships – don’t always blame the “single parent home”
   1. Many struggles women would have to deal with as married mothers.

IX. The Father is Still a Parent
   A. For co-parenting to be successful, both mother and father must realize:
      1. The importance of a child’s maintaining a continued relationship with both parents is crucial to his/her adjustment and emotional well being. Children need a stable, loving, and continuous relationship with both parents.

      2. Because both parents are so vitally important to the well being of the child, do everything one can to ensure this. To improve the relationship with the child’s father, remember:

      3. Despite one’s hurt or resentment towards her spouse, give the child permission to love his/her father...allow the visits to be enjoyable

      4. Don’t bad mouth the father in front of the child...it will only backfire. Time will reveal each parent’s heart and character.

      5. Don’t use the children as ‘spies’ to gather inside information on the ex-husband.

      6. Don’t triangle in one’s child: Don’t use the children to carry messages to the child’s father.
7. Dialogue directly with the child’s father if he is late, the check is short, etc.

8. Allow one’s child to talk (without a reaction) regarding any disappointments or hurts surrounding his/her visits with father.

9. Listen

10. Show that one cares and want to understand

11. Help one’s child process the hurt

12. Let it go...don’t add judgment or criticism of the child’s father.

X. But What If the Child’s Father...
   A. Is Inconsistent and Disappoints the Kids

   B. Spoils the Children to Win Their Approval

   C. Bad Mouths the Mother to the Children

   D. Doesn’t Keep a Proper Routine in His Home
E. Remember: The woman can’t control the child’s father’s lifestyle. She can only do three things:

1. Gently share concerns regarding the children’s well being, making the father aware of his impact on the children.

2. For abuse or neglect...take appropriate action.

3. Be there for the children, when their father disappoints them.

4. Focus on one’s own home life: Foster a haven of safety in the home

XI. Self-Care: Intentionally Living a Balanced Lifestyle

A. Taking Care of One’s Emotions

B. Resentfulness: One Emotion Most Women of Divorce Struggle With

1. Dr. Arch Hart says that “resentment is the most destructive emotion that a person is capable of experiencing. Its damage is felt not only in the psyche, but also in the soul.”

2. Resentfulness is damaging because it:

3. Keeps hurts alive for a long time

4. It recreates in a mind and heart the injustice and the pain a woman has experienced: It says, “See how much pain you have inflicted upon me?”

5. It destroys the one who holds onto it
6. Women’s hurt impacts the relationships around them, especially their relationship with God

7. Women get angry with God

8. Women pull away from Him – that’s okay – just keep sharing their hearts with Him
   “I pour my complaint before Him, before Him I tell my trouble” – Psalm 142:2

C. Choosing to Let Go of Resentfulness and to Forgive
   1. There comes a point that one has to begin the slow process of letting go of resentfulness and forgiving the ex-spouse.

   2. Lynda Hunter wrote in her book “Parenting on Your Own,”

   “My husband has done a lot against me, and he continues to do so. I have had to be on my guard and be wise...Forgiveness takes time, and sometimes it has to happen again and again...before I could forgive...I needed time to grieve, have time to heal, and time to regroup. My decision to forgive is the first step toward forgiveness that would take place later on.”

XII. How Can a Woman Deal with her Emotions?

A. Options
   1. Stuff – “Can’t think about that right now, have to just keep going”

   2. Ooze- Always complaining or talking about your ongoing struggle and pain
3. Ignore- “What pain? I am fine”

4. Explode-Go along fine, builds up, then something snaps, and she screams/yells.

B. What she should do with her emotions

1. Name them (journal)

2. Own them and be responsible for them

3. Understand and learn from them

4. Secondary (loud, hard)... Primary emotions (soft)

5. Learn to regulate them, express them in appropriate ways

6. Learn not to react or make major decisions in the heat of emotions

C. Taking Care of One’s Walk with God

1. Find and keep a sweet walk with Jesus –

2. A woman is redefining her life and finding a new direction, a new focus.

3. She will need Jesus to center on.....Don’t do it without Jesus
D. Give Herself a HAND
   1. Keep one’s schedule simple

   2. Get plenty of rest

   3. Eat well

   4. Exercise often

   5. Keep connected with others

   6. Hold onto Jesus

XIII. Conclusion
   A. A whole life awaits that is worth living. Jeremiah 29:11-13

   B. Life Goes On Because
      1. Children need a mother to raise them

      2. Women still have much living to do...embrace life

      3. God still has a life He wants women to live
C. Christ is with these women - their single parenting is not a surprise to Him. Nothing enters life that has not been first sifted through the hands of God.

“So do not fear, for I am with you,
Do not be dismayed, for I am your God
I will strengthen you and help you
I will uphold you with my righteous right hand”
Isaiah 41:9

D. He will be faithful to give women His strength, peace, and abundant life. Jesus is there...women are not alone.

“I will instruct you and teach you in the way you should go
I will counsel you and watch over you”
Psalm 32:8

“Those who hope in the Lord will renew their strength.
They will soar on wings like eagles, they will run and not grow weary,
They will walk and not be faint.”
Isaiah 40:31
Extraordinary Women

Bibliography/Reading List

Resources from Focus on the Family, 1-800-A-FAMILY

Dr. Lynda Hunter, Single Moments

Larry Burkett, Financial Advice for Single Parents

Dr. Lynda Hunter, You Hold the Keys to Your Child’s Character

Dr. Lynda Hunter, Parenting on Your Own

Gary Richmond, Successful Single Parenting

EW 503 Study Questions

1. How do the emotional and spiritual influences of being a single mother differ from those who have never been married, are divorced, or widowed? What are some common issues typical to each situation?

2. Depression is common to single mothers. What does Sharon Morris May recommend to help single moms learn and grow from depression?

3. What strategies did Sharon Morris May suggest to adjust to the roles and responsibilities of being a single mom? How could one help or encourage the single moms she reaches to put these into practice?

4. Sharon stressed the need for single mothers to “understand their child’s story” and “help their child understand” their situation. What strategies did she recommend to help in this process?

5. How can a single mother create a family life that is a haven of safety for her children?
Course Description
Passing on the Christian faith is one of a woman’s most important duties, but it can be intimidating. Connie Neal shows women how to make communicating their faith both fun and memorable by using Youth for Christ’s model: integrating “God’s Story,” “Your Story,” and “Your Kid’s Story.” This lesson is full of great ideas anyone can use that should create positive responses from children.

Learning Objectives: By the end of this lesson, students:

1. Will be able to learn the three intersecting circles key to passing on one’s faith, as well as a seven-step goal setting formula that can be applied practically.

2. Will be able to learn how to share one’s personal story of faith in God with one’s kids, and communicate the Bible in exciting ways to children.

3. Will be able to learn how to get to know the stories of one’s children, what’s going on inside them in their world, and how to connect their lives to God.
I. Introduction: Passing It On!

A. It’s as Simple as 1, 2, 3 (according to Youth for Christ)

1. “God’s story”

2. “Your story”

3. “Their story”

B. If Not You, Then Who?

1. -Parents are commanded by God to pass on their faith:
   - Deuteronomy 6:4-9
   - Proverbs 22:6
   - Psalm 78:4-8

C. It starts with the heart!

   Love the Lord your God, with all ________ _________; God’s Word is to be on ________ _________; then parents impress that on their children.

D. Let them know the Bible is a love letter from a living God!

1. People don’t just read to learn facts, like history, but to communicate with and have an interactive relationship with God who is faithful to his Word.

E. When and Where?

1. -Whenever:

2. -Wherever:
F. Procedures
   1. Talk about it:

   2. Use symbols:

   3. Make it visual:

G. Why Not?
   1. Fear: (Don’t worry! Most people today are biblically illiterate.)

   2. She doesn’t know how. (Become like a child! Use children’s helps and learn with them.)

   3. She will be embarrassed: (What if they ask something she doesn’t know? A question collection.)

II. Passing on God’s Story
Make passing on God’s story a specific goal. She must have goals! (What’s a basketball game without hoops?)

A. A Seven-Step Formula to Help Parents Reach this Goal
   1. In a Harvard University study, quoted by Zig Ziglar, it was found that only 3% followed all seven steps to reach their goals. However, that 3% were more financially successful than all 97% put together of those who did not follow these steps.
2. **Identify one’s goal:** write it down and clearly define it.
   - To pass on “God’s story” to each of the children.
   - Faith comes by hearing, and hearing *the Word of Christ*.
   - Therefore, she will pass on her faith by passing on His Word.

3. **Anticipate and list the benefits from reaching this goal.**

4. **Identify major obstacles and mountains to climb to reach the goal.**

5. **Identify the skills and knowledge required to reach this goal.**
   - The ability to read.

6. **Identify individuals, groups, companies, & organizations you can work with.**

7. **Create a specific plan of action to reach the goal.**
   - Breaking the goal down into small manageable parts
   - Identifying immediate, short term, intermediate, and long term markers
   - Be willing to start small with a single step in the right direction

8. **Set a completion date for each child** (when they’ll be adult / leaving your home)

### III. “Your Story”

A. **Be ready to give an answer for the hope that one has** *(1 Peter 3:15).*

1. In the future, when a son asks... what is the meaning... be prepared to answer: (see Deut. 6:20-24)

2. People were slaves in...
3. But the Lord brought them out with a mighty hand...

4. Before their eyes the Lord...(did miracles)

5. But he brought them out to bring them in...

B. Tell kids the story with these parts:
   1. “What were you a slave to before you surrendered your life to the Lord Jesus?”
   2. “How did the Lord bring you out of your former way of life apart from Him?”
   3. “How did you see the mighty hand of God at work in your life? Any miracles?”
   4. “He brought us out of the “kingdom to darkness” and transferred us into the ‘kingdom of his Son’; what’s better about your life in Christ? Share that.”

C. Forget Not All His Benefits
   1. Think through Psalm 103, look to tell the kids a story for each of the benefits listed there. Try to share a specific time she has experienced any of these benefits in the form of a story.
   2. Share what is going on in one’s own relationship with God day by day.
   3. Let them watch as one seeks the Lord’s help (in prayer and spiritual warfare).
   4. Let them see one claim God’s promises and draw strength from his Word:
5. Let them see one respond to God’s correction when she is out of line:

6. Let them learn from her sins and shortcomings.

7. (Lessons on not stealing, while stealing! Romans 2:21, 3:19-26)

8. Let them learn how to practice “spiritual breathing” by watching her.

9. (1 John 1:8-9)

10. “Spiritual Breathing“ is a concept popularized by Bill Bright in his transferable concepts series.”
   - Exhale: She breathes out her confession of sin as soon as she is convicted that she has done wrong or not done the good God calls her to do. Confess means to “agree with God”.
   - Inhale: She breathes in the forgiveness God promises in 1 John 1:8-9.

11. Thank God for cleansing one: Since God promises to cleanse people from all unrighteousness, whenever one has breathed out her confession of sin, trusting that God forgives, she breathes in the forgiveness, then ask God to cleanse and thank him for keeping this promise from His word.

12. Share one’s victories, answers to prayer, lessons the Lord is teaching.

IV. “Their Story”

A. Who Does One Hold in Her Heart?
2. Each child is unique and will turn out differently. That’s as God designed it. Women are to appreciate each child’s unique talents, personality, gifting, and relationship with them.

3. List the name of each child along with some ways she appreciates their unique leanings and talents:

_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________

B. **Mission Statement**: To meet my kids at their points of need & interest, connecting them to God at those points. The more women are in touch with and aware of what’s going on in their life story, the more opportunities they can find to connect God’s story to their story in relevant ways. Here are some of the connecting points where they can find out what’s really going on in their lives. At each point, ask God to show them ways they can make God’s story relevant to them.

C. **Connecting Points**

1. What are they thinking?


3. What’s going on with their hopes and dreams?
4. What school work do they have to do: reports, projects, stories to write?

5. What are they watching, reading, listening to (the influence of popular culture)?

6. What kind of play are they into with their friends?

7. What’s going on in their relationships?

8. What major losses or crises are they having to deal with?

9. How do they see themselves these days?

10. What talents are they developing? What talents are being neglected, why?

11. Where is their interest in the supernatural taking them?

V. **Something to think and pray about**

As women look to see what’s going on in each of their life stories, they may realize they don’t know. If they don’t know their needs and interests, they surely cannot connect God’s story to their lives at those points. This kind of awareness takes time with them, and time to think about them. If they realize they don’t have access to this information, perhaps, they will need to re-prioritize your schedule to be able to get better connected with them.
VI. Ideas to Connect God’s Story to Their Story at These Points of Interest and Need

A. What are the kids thinking? Ask their opinion and listen. Before one corrects their thinking, really understand what they think, and why, and how they came to that conclusion, and who convinced them of what they believe. Raise questions for them to consider, introduce Scriptures that relate.

B. How are the kids feeling? Help kids turn to God with their feelings.

1. Here are some verses to get one started, perhaps you can collect a few more and be on the alert for opportune times to share them:
   - Sad?  
     Neh. 2:2
   - Angry?  
     Eph. 4:26
   - Disappointed?  
     Isa. 49:23
   - Disillusioned?  
     Ps. 146: 3-6
   - Guilty?  
     Ps. 32:1-7
   - Happy?  
     Ecc. 7:14, James 5:13
   - Hopeful?  
     Ps. 119:116
   - Hopeless  
     Ps. 42:5-6
   - Afraid?  
     Is. 43:1
   - Sick?  
     Ja. 5:14
   - Ashamed?  
     Is. 61:7
   - Inferior?  
     2 Cor. 10:12
   - Insignificant?  
     Ps. 139:13-18
   - Anxious?  
     Phil. 4:6
C. Share what the Lord has taught women about how to handle such feelings.
   1. For example, Processing Anxieties God’s Way:
   2. (Casey’s anxieties that turned into requisitions on the way to school.)

D. Help them process their hopes and dreams by taking them to God, looking for ways they can pursue their heart’s desires, praying over what they’re hoping for, advising them, and encouraging them to have faith, develop perseverance, ask, seek, knock.

E. What school work does one have to do, reports, projects, stories to write? Look for ways to incorporate something interesting to them that relates to the Bible.

F. What is one watching, reading, listening to (influence of popular culture)? Certainly women need to be careful not to let their kids fill their minds with the spirit of the age. Women must each prayerfully and carefully decide where their family will draw the line in terms of what their kids watch, read, listen to, and come under the influence of. However, while they are monitoring what is getting into their minds through popular culture, they can look for ways to use popular culture as a connecting point for illustrating God’s story in a way they already understand.

   1. For example: Listen to the lyrics of their favorite musician. Ask what they think about their worldview, share how that world view differs from what the Bible says, or look for signs that the person is seeking more out of life, can one hear disillusionment? Are there any songs that seem to indicate beliefs that are similar to what the Bible teaches? Opposite?
G. **Look for bridges to the Bible from pop culture:**
   1. Characters that exemplify evil to be avoided: (Ursula in Little Mermaid)
   2. Contrast differences in religious teachings (Mulan, ancestor worship; Hercules, myths)
   3. Analogies of God’s love for us: (Cinderella)
   4. Use resources that portray a Bible story: (Prince of Egypt, Joseph: King of Dreams)
   5. Have family discussions of hot topics, talking about the issues in light of Scripture: (Family discussions of Harry Potter; for help see the book *What’s a Christian to Do with Harry Potter?*)
   6. Have them identify what if wrong with something in pop culture one objects to. If they want to participate, have them overcome your objections using Scripture.

H. **Take note of their play and have fun connecting that back to the Bible:**
   1. Play scenes from the Bible! Create a costume for a beheaded Goliath, Dress up as Bible characters and act out a scene, take their picture dressed up and posed in dramatic moments from the Bible.

I. **Help them learn to operate God’s way in their relationships:**
   1. Golden rule game—when they are having a problem with others, have them ask how would I want to be treated in this situation, then how should I treat the other person?
2. Teach them how to make up after a disagreement: forgiveness, accepting one’s part in what went wrong, giving people another chance, etc.

3. Teach them how to be a good friend, and have good friendships: to listen to their friends, to be friendly, to take interest in the interests of others, to take turns, share, etc.

4. Acknowledge & satisfy any interest in the supernatural with Bible truths. There’s a real battle going on between good and evil... and we’re in it. Talk about that with your kids. Talk about spiritual gifts and help them find out what theirs are and how they can use them in God’s larger plan.
Bibliography/Reading List
Henrietta Mears, *What the Bible is All About for Young Explorers*
Resources found on www.ConnieNeal.com
Zonderkidz Publishers, *The Kids’ Devotional Bible*
Discovery House Publishers *Bible Exploration: Life of Christ (CD-ROM)*
Walk Thru the Bible *Old Testament & New Testament Seminars*
Chuck Swindoll, *You and Your Child*
Connie Neal, *What’s a Christian to Do with Harry Potter?*
The Zig Ziglar Corporation www.zigziglar.com
Zig Ziglar, *Goals: How to Set Them, How to Reach Them* (Video or Audi)

**EW 504 Study Questions**

1. What responsibility does God give parents regarding passing on His Word and their faith to the next generation? How is one demonstrating acceptance of this responsibility?

2. What causes most parents to hesitate at the thought of passing on “God’s Story” to their own kids? What strategies does Connie Neal offer to overcome such hesitations? How can one encourage women to overcome their hesitations to accept the God-given responsibility to pass their faith on to their kids?

3. What are the seven steps in the goal-setting formula Connie Neal referred to that one can apply to passing on “God’s Story” to one’s kids? Cite an application for each of the seven steps with regard to how a woman could pass on God’s Word to her kids.
4. Using the model from Deuteronomy 6:20-24 Connie gave, how would one briefly write out “Your Story” with the four parts of the model Connie used?

5. In what ways can parents find “connecting points” in their kid’s lives and use these to help their children link their lives with God and the Bible?
Extraordinary Women

EW 505
BEYOND THE EMPTY NEST
Claudia Arp, B.S.

Course Description
Women face many transitions in life – one of the most challenging can be the “Empty Nest.” When kids leave home, a woman can find that her life changes completely. She may have to completely readjust – as a woman, a wife, and a mother. Claudia Arp walks women through what to expect from the “Empty Nest” and how to make this one of the most enjoyable stages of life.

Learning Objectives: By the end of this lesson, students:

1. Will be able to learn how different women respond to the “Empty Nest” years.

2. Will be able to learn that life is far more complicated during the second half of life than most women expect it to be.

3. Will be able to learn six challenges for the second half of life and how to help women meet them.
I. Introduction
   A. Women in the second half of life now make up a significant part of society.

   B. In America, a woman turns 50 every 14 seconds. During the next two years, Americans age 50-65 will increase in population nearly 20%!

   C. George Burns said, “We can’t help getting older, but we don’t have to get old.”

D. Empty Nest Factor

E. Four Stories
   1. Judy – have to decide who I want to be when I grow up. (identity crisis)

   2. Marsha – husband of 25 years just walked out. (marriage crisis)

   3. Rita – has breast cancer. (health crisis)

   4. Leah – daughter just moved back in with three-year-old grandson. (family crisis)

F. Women confront the empty nest in different ways.
   1. Some drift into the empty nest without much thought or awareness.

   2. Some crash into the empty nest and the crises of transition.
3. Some charge into the empty nest with celebration.

4. Some are in blended nest, his, hers, and theirs

5. Some women’s nest never empty or empty just to refill—Many women are having their children much later in life.

II. **Empty Nest is a Time of Insecurity**

A. Most women are unprepared for the empty nest.
   1. Plus roles begin to change: gender shift.

   2. The term “empty nest” is misleading

   3. The “empty nest” is not always empty.

B. The demographics are changing.
   1. Women are living longer.

C. Rising divorce rate for long-term marriages.
   1. When children leave, so does reason from remaining in dysfunctional marriage.

D. Resources for dealing with female empty nest issues are limited.

E. For many, the empty nest passage is a time of crisis.
III. A Survey on the Empty Nest Years

A. Life is far more complicated in the second half of life.
   1. Developmental tasks and social roles have been postponed to another or ignored altogether.
   2. Many women are choosing to begin their families later in life.
   3. Menopause may hit at the time of greatest stress in the family cycle.
   4. A woman’s career may just be taking off!

B. So the empty nest is a great time to take stock of life.
   1. A helper may want to challenge women to consider the following questions:
      • What are one’s interests and passions?
      • What does one really care about?
      • What does one really want to invest her life in?
      • How can one build a life that fits the woman of today as opposed to the theme of 15 years ago?

IV. Six Challenges for the Second Half of a Woman’s Life

A. They are hitting the “big five-O”.

B. Their kids are leaving the nest.
C. Their kids are moving back into the nest.

D. Hot flashes interrupt her sleep at night and ambush her at work.

E. Her own parents are aging.

F. Her body is changing.

V. First Aid for New Empty Nesters

A. Resist the urge to immediately fill up all one’s time.

B. Slow down and get some rest. Take a nap!

C. Resist making immediate changes.

D. Acknowledge that this is a time of transition

E. Celebrate!
VI. The Six Challenges for Women in the Second Half of Life

A. Let go of past life disappointments, forgive others, and commit to making the rest of life the best.

1. It’s time to let go of unrealistic expectations and past disappointments and move on with life. And it’s time to...
   - Forgive others.

2. A woman also may need to forgive herself. Forgiveness is not forgetting. It is remembering but letting to and moving on. Forgiveness is a verb, and it’s a decision and has a number of benefits.


B. Re-adjust one’s life-focus. Ecclesiastes 3:1

1. Appreciate this season and this time of life!

2. Focus more on one’s partner.

3. Dynamics of relationships change.

VII. Here are some questions that can help redefine a woman’s focus:

1. Does she like the person she has become? How would she like to change?

2. Where does she find a real sense of community?

3. How can she build into her life a vehicle for creative expression?
4. If she doesn’t have children, how does she remain connected to the future?

5. How can she grow spiritually at this stage of life? One secret to life in the second half is to find her God-given passion and pursue it.

6. What are those things that she does where time goes by without her even knowing it?

7. What did she love when she was 12-years-old?

B. Deal with menopause and health issues in an appropriate way:
   1. Plan for menopause. Do your own research; be informed.

   2. Also, do what you can to live a healthy lifestyle. Exercise! Eat healthy!

C. If married, build a deeper relationship with your husband.
   1. Work on communications skills.

   2. Really listen

   3. Avoid “you,” “why,” and “absolute” statements.

D. Learn to use anger and conflict creatively to build the relationship.
   1. The kids leave, and she loses her buffers.

   2. Make an anger contract
E. **Renew romance and restore a pleasurable sexual relationship.**
   1. Sexual satisfaction increases rather than decreases with number of years married.
   2. The couple may be more sexually compatible
   3. Cherish the love relationship, and protect the privacy.

F. **Build the friendship with her husband.**
   1. Stay as healthy as possible.
   2. Stretch the boundaries and prevent boredom?
   3. Develop friendships with other couples
   4. Fun in marriage is serious business!
   5. Importance of dating
   6. If women aren’t married, they still need friendships.
   7. **Mom’s Motto:** “When you lose a friend, make two new younger ones.”
G. Adjust to changing roles with aging parents and adult children.
   1. Reconnect with them on an adult level.
      • Respect boundaries
      • Get a life other than one’s kids
      • Resist the urge to give advice
      • Look for the positive. God isn’t finished yet with any people?

H. Tips for Relating to Married Kids

I. When an Adult Bird Flies Home

J. Aging Parents
   1. Don’t feel responsible for what women can’t control
   2. Get advice from others
   3. Deal with false guilt
   4. Make a positive list
   5. Do something they want to do
   6. Get siblings and others involved
   7. Check out community resources like Office on the Aging, or programs and support groups at your church
K. Evaluate where one is on her spiritual pilgrimage. Serve others. Jeremiah 29:11

1. Most people get more religious as they age

2. Consider how one views life at this point: what it means, what matters, where it heads.

3. How can one energize her spiritual life?
   - Take time to be quiet
   - Start each day with a quiet time. Read scriptures, Bible, or devotional focused to women
   - Keep a prayer journal
   - Appreciate nature-Feed the birds, enjoy the flowers, a sunset, sunrise
   - Develop an attitude of gratitude
   - Great time to give back to others

L. Summary: Age was not a limiting factor for many women who have gone before this time.

M. Consider this:

1. Grandma Moses started painting when she was 76. She had her first one-woman show four years later.

2. Martha Graham danced professionally until 75 and choreographed her 180th work at 85.

3. Golda Meir was 71 when she became Prime Minister of Israel.
**Bibliography/Reading List**

David and Claudia Arp, *The Second Half of Marriage*

David and Claudia Arp, Audio tape from Focus on the Family, *The Kids are Gone: Now What?*

Available through 1-800- A-FAMILY or www.family.org

*LifeWise Magazine* by Focus on the Family for those 50 and over.

**EW 505 Study Questions**

1. What are the major transitions one is presently facing?

2. What does one want life to look like when she reaches her eighties?

3. What are one’s financial goals? Educational plans? Retirement plans?

4. How is one’s health and physical fitness? Are any changed needed?

5. What does one do just for fun?
**Course Description**

Women have the power to impact the world and influence society. But many have no idea where to begin. Janet Parshall gives women a basic course in the social issues that will have a powerful impact on families and the church. She alerts women to what is happening in their world and how God may be calling them to be an active part of shaping that world.

**Learning Objectives:** By the end of this lesson, students:

1. Will be able to learn how two conflicting worldviews are predominant current culture.

2. Will be able to learn how the family is under attack and what women can do about it.

3. Will be able to learn how Christians are being persecuted in the world of ideas, and how to impact today’s culture for Christ.
I. Welcome to the Culture Wars
   A. It’s Rough Out There
      1. Discrimination against Christians
      2. Two conflicting world views:
         - God is the center
         - Individuals are the center

   B. One Mom’s Story:

II. The Family is Under Attack
   A. Today’s most vulnerable members are under a death sentence.
      1. Abortion
      2. Human embryo stem cell research
      3. Partial birth abortion
      4. Abortion by pill
      5. Cloning: Gen 3
      6. Human Genome Project
B. Deuteronomy __________ : Choose Life!
   1. Debate over when life begins
   2. Infanticide
   3. Abortion is not new: See 1 Kings ______ and Exodus ______

C. Redefining the Family
   1. Marriage is defined and established by God
   2. Culture wars: Redefining the family
   3. Culture wars: Advertisements

III. Christians are Being Hammered on the Anvil of Political Correctness
   A. Stories to Illustrate
      1. Valentine story
      2. Clay story
      3. Newspaper story
      4. Nurse
B. Politics and Faith
   1. Tim Russert interview
   2. George Bush
   3. John Ashcroft

IV. What is the Real Issue Here?
   A. A Spiritual War
      1. What is truth?
      2. Absolute truth vs. situational ethics
      3. George Barna survey

   B. What happens when people don’t know Truth?
      1. It affects the children’s behavior

V. How Do Christians Turn This Mess Around?
   A. Be Like Paul in Athens: Acts 17:16-31

   B. Two Principles of Persuasion
      1. Know the culture and their language
      2. Respect for the culture, love the people, and love the lost
VI. The Battle is Joined
   A. Casualties

   B. Engage the Culture

   C. Study and Share the Word of God
Bibliography/Reading List
Janet and Craig Parshall, The Light in the City: Why Christians Must Advance and Not Retreat
Janet Parshall, Tough Faith
Diane Passno, Janet Parshall, Feminism: Mystique or Mistake
Citizen Magazine by Focus on the Family, 1-800-A-FAMILY

EW 506 Study Questions

1. Janet Parshall states the family is under attack. How can one see the effects of the cultural “attack” influencing the family directly or indirectly?

2. Janet Parshall believes Christians are being discriminated against in today’s culture. Has this affected one personally? Has one noticed this in the news media or other avenues of public interaction? Explain.

3. The two principles of persuasion are knowing the culture (language) and loving the people in the culture. Does one find herself retreating from the culture and taking a defensive posture? Does one have a heart for the lost? What can a woman do to reach others in this culture?

4. Explain the two worldviews that dominate today’s culture and the effect that these have on the family.