



## **Spring 2022**

### **Five Fridays for Building Healthy Relationships!**

- February 4th to March 4th – 6:30pm to 8:30pm – in person classes
- Some classes are for individuals & couples, some for couples only)
- Participants choose ONE of the following five-week classes:

#### **BUILDING YOUR MARRIAGE**

***Building Your Marriage*** equips couples to grow in closeness in these key areas:

- Communication
- Conflict Resolution
- Money
- Spiritual Beliefs
- Sexual Intimacy
- Roles and Responsibilities
- Family and Friends

Using the book “Marriage Oneness” from Family Life (included in class fee), this class equips couples to grow in true intimacy, connection, and purpose - and to experience closeness for a lifetime. Along with a profile to evaluate each couple’s own oneness level, Building Your Marriage includes small-group discussions, application exercises to complete together, and a personalized Next Steps Planner.

Too many couples share the same space, but don’t experience oneness. The hope of deep, soul-level harmony is why we get married in the first place. It’s that good. But oneness doesn’t just happen. Couples make it happen. And it can deepen over the lifetime of a marriage; it’s where a couple, *he* and *she*, become **we**. Facilitated by longtime marriage leaders Doug and Jody Brown.

(5 weeks; for couples only; moderate faith content)

## **CORNERSTONE MARRIAGE: *Beyond Conflict Resolution - Seven Core Values That Assure Marital Harmony***

Two walls cannot be joined without the cornerstone. “Cornerstone Marriage” focuses on the absolute necessity of building our marriage relationship on the firm foundational principles that join two people together. Seven core beliefs - we call them “Marriage Values” - guide our interactions with our mates. They define who we are as a husband or wife.

### **MARRIAGE VALUES: Seven Core Beliefs that Shape Our Marital Relationships**

1. Oneness In Marriage Requires Constant Cultivation.
2. I Am A Person Of Value.
3. I Value My Mate’s Viewpoints, Opinions and Behavioral Style Preferences.
4. I Openly Share My True Thoughts and Feelings with My Mate.
5. My Thoughts, Feelings And Behaviors Are My Individual Responsibility.
6. Forgiveness Is A Gift, and Refusing To Give It Will Destroy Oneness.
7. Mutual Submission And Sacrifice Are Crucial Oneness Builders.

This interactive workshop will help you become the best marriage partner you can be, by embracing these seven core values - essential “building blocks” - for creating marital harmony and building oneness in your marriage. Compiled and facilitated by longtime marriage leaders Sandi and Mason Dickerson, this couples class is open to seriously dating, engaged, and married couples.

(5 weeks; for couples only; moderate faith content)

## **GRACE//TRUTH: *Faith, Sexuality and Gender***

Based on a theologically faithful view of marriage and sexuality, GRACE//TRUTH 1.0 by Dr. Preston Sprinkle is a five-week small group learning experience that introduces Christians to LGBT+ people, teaches the language to use and avoid, and gives practical guidance on how to embody the love of Christ to people who are wrestling with these issues or have differing points of view.

The five conversations are:

- Dear Church: I’m Gay
- Grace/Truth – the Jesus Way
- What is Marriage?
- What Does the Bible Say about Same-Sex Relations?
- Six Relational Do’s and Don’ts

Each week of GRACE//TRUTH includes a short teaching video and a number of discussion questions designed to facilitate our small group conversation, which will be respectfully moderated by Mitch Fierro, one of our shepherds. Class fee includes a copy of the book *Grace//Truth 1.0*.

(5 weeks; individuals or couples; faith content: moderate)

## **BOUNDARIES** - *Setting Healthy Relationship Limits*

Do you feel overburdened, overwhelmed, and overcommitted? Are your life and relationships out of balance? Do you say yes when you mean no? Do you have difficult people in your life? Do you want to take back control of your life? Without healthy boundaries, you cannot manage your life and deal with difficult people.

### Weekly Topics:

- Session One: What is a Boundary?
- Session Two: Boundary Myths, Truths, and Principles
- Session Three: How to Set a Boundary
- Session Four: Boundaries in Specific Relationships
- Session Five: Maintaining Effective Boundaries

In this interactive class led by Karla Downing, MFT, you will learn how to set effective, biblically-based limits that will radically change your life and relationships for the better.

(5 weeks, for individuals and couples, faith content: moderate)

## **YADA!** – *Know Yourself, and Know Others*

“Yada” is a transliterated Hebrew word that means “to know” or “to know someone”. In this class, you’ll explore your personal 10-page Yada! report and gain insights into your personality, conflict style, outlook on friendship and marriage, and more. This assessment tool is based on a long-running personality profile that will help you understand yourself better, and help you to have healthier relationships with others. And, you’ll learn some practical relationship skills!

Your 10-page customized Yada! Report (included in the cost of the class) includes:

- Your personality – become more self-aware of your unique personality type and the strengths you bring to relationships
- Your time table – learn how you are hardwired regarding time
- Your story – sharpen your personal narrative
- Your talk style – understand your unique communication characteristics
- Your fight type – how you handle conflict (or don’t!)
- Your outlook – your attitude towards yourself and others
- Your friendships and love life – what you look for in significant relationships
- And more!

Each week, we will unpack pages from your Yada! report, and you’ll discuss your results with others in a safe, small group setting. Come alone, with friends/family, or as a couple. Get ready to learn all about yourself, and how you can connect deeply and more meaningfully with others.

(5 weeks; individuals or couples; mild faith content)