

GRACE BIBLICAL SEMINARY

SKILLS FOR LIVING (BC 105)

2 Semester Hours

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Fall Semester, 2021

October 16, 2021 – December 25, 2021 (Saturday 9:00-10:30am)

SYLLABUS

October 16, 2021 – December 25, 2021 (9:00-10:30am)

Saturdays – Five in person meetings on Zoom (Oct 16, Oct 30, Nov 13, Dec 4, Dec 18)

Course Description

Skills for Living. Skills for Living is a secular version of a Christian mental health program based on biblical principles. This was originally designed to train non-Christian counselors in the 60 mental health centers of the universities of Beijing. Skills for Living serves as an introduction to mental health principles, and secondly, to create a bridge for sharing the Gospel. The workbook was approved by the Communist Committee for Propaganda and Information of Beijing, the Ministry of Education, and the Association of Counseling and Research of Beijing.

We live in a world where masses of people do not know what it means to be human, or male or female, or what is emotional health, or healthy relationships. Skills For Living answers those questions. Successfully used in China, Skills For Living addressed those issues and created a platform for sharing the Gospel. In the eight sections of the Skills For Living manual, we will show how each section can be used as a bridge to the Gospel or also to teach Christian mental health principles to Christians. A special section of six lectures is presented on addiction, compulsion & temptation. This course is particularly helpful to counselors, pastors and church leaders who want to integrate biblical mental health principles into their ministry and outreach.

Credit Hours: 2 hours.

Required Texts

David Eckman, Ph.D., Skills for Living, California: BWGI Ministries, 2005.

David Eckman, Ph.D., The Struggle for the Heart: Sex, Food & God, California: BWGI Ministries, 2006.

*English only, also available on Amazon Kindle.

Reading Levels

There are two levels of reading

- **Familiarity level.** This level assumes knowledge of the material assigned and leads to accountability in class. (45 pages per hour).
- **Mastery level.** Reading at this level will average about 20 pages per hour and assumes careful reflective interaction with the ideas, note taking, and will lead to accountability in class, and papers at a mastery level (1000 pages = 50 hours).

These are intended to serve as flexible guidelines or rules of thumb; they are not thought to be rigid. It is certainly understood that books are printed with varying numbers of words per page and written to varying reading levels.

Each assignment **should be completed before the class session that discusses the material** so that you will be able to participate in and benefit from the class discussion.

Written Work

Minimal format standards must be met, as defined below. If the paper is in English, *English grammar, idiom and spelling must be up to a standard level. Always include a strong introduction paragraph-declare what you intend to show the reader-and conclusion paragraph.* Qualities valued include clarity, succinctness, and precision.

- 1" margins top, bottom and sides
- Double-space (= 3 vertical lines per inch, 27 lines per page)
- 12-point standard.
- Indent paragraphs 5 spaces or 0.6 inch (Thesis standard is 5/8 inch)
- No extra line-feed between paragraphs (Format-Paragraph-Space After)
- Underline section headings
- Staple; no paperclips, folders, or fanfold
- Page numbers
- Title page is preferred. Any paper sent by email *must* include a title page.

10% of the grades on the typed papers will be Form, that is, conformity to the above standards. (Our purpose is to motivate all Seminary students to present work that consistently looks as good as its content is.)

Attendance

Due to the concentrated nature of the course work, **only one absence is acceptable** and this has to be cleared with the instructor. Absences have to be made up. Both the lectures and the recorded Zoom sessions will be available on the Podia platform.

Grading Scale:

A+	A	A-
99-100%	95-98%	94-93%
B+	B	B-
92-91%	90-88%	87-86%
C+	C	C-
85-84%	83-81%	80-79%
D+	D	D-
78-77%	76-74%	73-70%

Course Objectives

Knowledge: The student will:

1. Become aware of the mental health, emotional health, and relational issues facing the non-Christian
2. Become aware of how the Bible contains principles that address those issues

3. Learn how to use secular language to explain the Gospel
4. Learn how this creates a bridge to presenting and illustrating the Gospel
5. Learn the dynamics of addiction and how the Bible addresses those dynamics
6. As the fifth course in the Spiritual Life Concentration at Grace Biblical Seminary, this will help to apply the principles of the first four courses to life and church challenges.

Emotion: The student will:

1. Be motivated to confidently and compassionately share these principles with non-Christians
2. Compassionately appreciate the dilemma modern culture faces in ignoring the principles within Scripture – they have no valid source of truth
3. Become committed to a spiritual/mental health ministry as part of his/her professional life

Skill: The student will:

1. Develop skill in emotional management
2. Develop skill in effective communication of the Gospel
3. Develop skill at using the Bible in counseling and discipleship
4. Develop skill at presenting practical applications of Biblical texts

Zoom Lectures & Video Lectures

Watch Videos according to this schedule

*Zoom meeting

Skills for Living Course Schedule		
* = Zoom Lecture Meeting		
#	Date	Lecture
1	October 16 *	Zoom - Introduction – Mental Health and Spiritual Health
2	October 23	Module 1: True Self Module
3	October 30*	Module 2: <ul style="list-style-type: none"> • Culture and Family Background Module • Addiction (The Struggle For the Heart Lecture 1)
4	November 6	Module 3: <ul style="list-style-type: none"> • Communication Module • Addiction (The Struggle For the Heart Lecture 2)
5	November 13*	Module 4: <ul style="list-style-type: none"> • How Emotions Work • Addiction (The Struggle For the Heart Lecture 3)
6	November 20	Module 5: <ul style="list-style-type: none"> • Addiction Module • Addiction (The Struggle For the Heart Lecture 4)
7	November 27	Module 6: <ul style="list-style-type: none"> • Identity Module • Addiction (The Struggle For the Heart Lecture 5)
8	December 4*	Module 7: <ul style="list-style-type: none"> • Gender Differences Module • Addiction (The Struggle For the Heart Lecture 6)
9	December 11	Module 8: <ul style="list-style-type: none"> • Skills for Life Module
10	December 18*	Module 9:

		• Skills for Life and Evangelism
11	December 25th	Zoom Meeting

Project Assignment (15 hours)

Prepare a mental health class or lecture on an issue found within this material and find a venue to present it.

1. Prepare a one to two hour lecture on a topic from the Skills for Living Workbook, or The Struggle for the Heart.
2. Use other resources that are available, secular or Christian material.
3. Create a PowerPoint presentation on the topic.
4. Create a handout for the participants.
5. Find a venue either through a church or Christian ministry. The preference would be for a non-Christian audience, but due to time constraints a Christian audience would be acceptable.
6. For the non-Christian audience present these principles as universal truths, and link them to the Bible at the end of the presentation.

Books to be Read and Papers to be Written - Due: January 8 (10 hours)

David Eckman, Ph.D., Skills for Living, California: BWGI Ministries, 2005.

Type a three-page paper based on the reading as a response to the following questions:

1. What Module was most helpful to you?
2. What were two other modules that you found helpful?
3. What are your thoughts on the premise that the non-Christian has emotionally significant questions that the culture does not answer, but the Bible has those answers? How is that significant for the churches of Hong Kong?

David Eckman, Ph.D., The Struggle for the Heart: Sex, Food & God, California: BWGI Ministries, 2006.

Type a three-page paper based on the reading as a response to the following questions:

1. What are specific addictions that this material can address in the context of Hong Kong?
2. What are the specific cultural pressures that make create pain and start the addictive cycle?
3. How can the church help its members and the non-Christian culture understand and deal with the threat of addiction?

Grade:

30% on lecture or class

10% on class participation

- The student should send in one question before each class meets
- The student should be present and participating

30% on the response paper to David Eckman, Ph.D., Skills for Living,

30% on your reflection paper on David Eckman, Ph.D., The Struggle for the Heart

Late papers or projects will be marked down a letter grade for each week late.

All papers due at end of the course.