



Introduction to 12 Step Recovery and Orientation

Module 1 Syllabus

Rev 06/12/2019 DPG

Mission Statement

To introduce residents to recovery principles and begin building a foundation for relationship with the Lord through discipleship.

Instructor: Gabreal Miller

Instructor Email: gmliller@stmatthewshouse.org

Course Objectives

- After completing this course, students will be able to:
- Understand and exhibit Justin’s Place Basic Requirements.
- Keep a Daily Moral Inventory and Journal.
- Begin working 12 Steps.
- Identify symptoms of PAWS and defense mechanisms as well as recognize risk factors of relapse (BUD).
- Hear from the Lord and be familiar with salvation (memory verses).

Required Texts

The Twelve Steps - a spiritual journey: A working guide for healing (2012 ed.). (1994). Centralia, WI: RPI Publishing.

Course Outline

Week	Assessments
1	Program Orientation
Mon.	Introductions: Journaling and DMI sheet, Homework: Write a sample journal
Tues.	5 Basic Requirements defined, Memory Verses, Homework: Review 5 Basics and Memory Verses and write a letter of gratitude to who got them to Justin’s Place
Wed.	Quiet Time/Hearing from the Lord, Homework: Write a story about a time you heard from God
Thurs.	Video Teaching: Everything is Spiritual, Homework: Reflection on video teaching
Fri.	PAWS PowerPoint, Homework: Facilitator assigned
2	Orientation/12 Step Introduction
Mon.	DMI Lesson 1: Mental Contamination, Homework: Insight on ‘landing strips’
Tues.	Vann Ellison: Bible Study and Q & A, Homework: Reflection based on lesson



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Wed.	DMI Lesson 2: Blessing and Blasting, Homework: Insight on 'conviction and integrity'
Thurs.	DMI Lesson 3: Communicating with God, Homework: Insight on 'distraction and focus'
Fri.	12 Steps: A Spiritual Journey - Introduction to 12 Steps, Homework: Answer questions from workbook
3	Orientation/12 Step Introduction
Mon.	The BUD Lesson 1: What is a BUD? Homework: Lesson review questions
Tues.	The BUD Lesson 2: BUD Up – BUD Down, Homework: Lesson review questions
Wed.	The BUD Lesson 3: Overcoming the BUD, Homework: Lesson review questions
Thurs.	Basic Salvation Teaching with Brandon Alexson, Homework: Assigned by facilitator
Fri.	Boardwalk (Nature Walk)/ Testimonies from Team
4	Orientation/12 Step Introduction
Mon.	5 Roadblocks to Teachability, Homework: Assigned by facilitator
Tues.	Defense Mechanisms, Homework: Reflection on Lesson
Wed.	Video Teaching, Homework: Insight on teaching
Thurs.	Dwayne: Parable of the Wise and Foolish Builders
Fri.	TRANSITION DAY/ Nicotine Cessation Class
Overall	Class hours are based upon 2 hour classes 5 days per week times 4 weeks = 40 hours

Journaling / Response Paper Expectations

Journaling / Response Papers should be at least 1 page in length.

Journal entries should reflect an understanding of the provided format and an effort to hear from the Lord recorded each day. Students must demonstrate comprehension of the material and achievement of the related learning objectives related to the reading exercise. Students should demonstrate critical thinking and use material learned earlier in the program beyond the assigned readings.

Written Work



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All written assignments should be written, single – spaced, and include: a relevant heading, student name, date, assignment title, and subheadings where appropriate. Writing should be neat and the whole paper should be utilized. Please correct spelling and grammatical errors before submitting all assignments.

Written work must be reflective. Insight relating to each lesson should be contained in written assignments. to the ability to showcase understanding of the material assigned.

Late Policy

Completion of the course work is mandatory. If you have any questions, ask your instructor before the class ends. Questions and clarity are welcomed. It is the student's responsibility to obtain clarity and complete the assignment by the date due. Late assignments will be interpreted as an expression of unwillingness and will be considered as a missing assignment.

All course work must be completed by the student and submitted to the instructor on the date due as determined by the instructor.



Your Christian Life and the 12 Steps

Module 2 Syllabus

Rev 06/12/2019 DPG

Instructor: Gary Lefort

Instructor Email: Glefort@stmatthewshouse.org Instructor Phone: (239)-822-5894

Mission Statement

To start, or deepen, a relationship with God incorporating the Twelve Steps and basic Bible study, and to assist residents in coming to grips with his past and present, along with having hope for a fulfilling future. Resident will enter into a contract that delves into his life and helps them to consider his ways and prepare for a future of a Godly man in Christ.

Module Description

To help the individual learn that God still loves them regardless of their past and with obedience, following the Lord, their future can be excellent. The resident is, with different studies, encouraged to reflect on his past and what has brought him to the place where he is and it is time to change and start working on a firm foundation for his future acquiring Godly habits. Topics will be: salvation; our past present and future, our regeneration, an overview of the Christian life and how we can change Biblically.

Course Objectives

- At the conclusion of their course, the student will able to:
- Understand the origins of the 12 Steps and be familiar with their Workbook
- Accept Christ as Savior and lead someone into salvation
- Review their past and current history and needs
- Realization of a future in Christ
- Have an overview of the Christian life
- Experience change and learn the value of self-confrontation

Required and Recommended Literature

The Life Recovery Bible. NLT. (1998) Tyndale House Publishers, Inc. Carol Stream, Illinois.
Life's Healing Choices; Richard D. Warren and John E. Baker. (2007) Howard Books. Newyork, Ny.
Self-confrontation: A manual for in-depth discipleship. Broger, J. C. (1994). Nashville, TN: T. Nelson.
Celebrate Recovery (leaders guide); John Baker. (1998, 2005) Zondervan. Grand Rapids, MI. God's Regeneration Process
The Twelve Steps - a spiritual journey: A working guide (1991). San Diego, CA: Recovery Publications.
Overview of the Christian Life: Introduction, Salvation, Church, Christian Service, Heaven

Course Outline (Note: at orientation an assignment is given for a front and back as" Why am I at Justin's Place, What do I need to learn, and what am I willing to do to meet that goal"

Week	Where are you?
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1	God's Regeneration Process
Mon.	Introduction (Detox, Rehab, and Regeneration) Homework: Personal and group exercise, Start lesson 2 with homework
Tues.	Where do I come from? Compulsive abuse, denial and projection, alienation from God and isolation from our true self. Start lesson three (Why am I here) Homework: Personal and group exercise, lesson with homework "What did you do with my Son Jesus Christ" discussion
Wed.	In class complete Lesson Four in God's Regeneration Process (Where am I going), do group and personal exercise. In second half of class review orientation information on "Community" and the Biblical procedures used in being the Body of Christ Homework: Step 2 Higher Power restoring sanity
	Weekend Homework: Memory Verses, 12 Step a Spiritual Journey Introduction
Week 2	JUSTIN'S PLACE CONTRACT
Mon.	Hand out Contract. Do introduction to contract with points for discussion. Start with PAST and fill in history and significant relationships, restitution amends, and legal affects then open discussion Homework: Explain Onion Skin and how to fill it out and what it means
Tues.	Review Onion Skin and past, any revelations? In class exercise on present- Why here, motivations and what do I need to work on today. Homework: Complete Ephesians 5:21-6:4 on family relationships
Wed.	Future: Where Going? Relationship with God, myself, others, time factor Homework: The home in Devine order
	Weekend Homework: Memory Verses and Step one in 12 Steps a Spiritual Journey
WEEK 3	OVERVIEW OF THE CHRISTIAN LIFE
Mon.	Overview of the Christian Life (natural, carnal, and spiritual man) personal and group exercise in class Homework: Lesson 2 Salvation first base
Tues.	Review lesson two homework. Lesson three (second base) the Church in class with discussion questions Homework: Lesson four with third base questions "The Church"
Wed.	Review the "Church" homework and class discussion Home Base "Heaven" Homework: Complete personal and group exercise- Heaven
	Weekend Homework: Memory verses complete The Twelve Step Spiritual Journey Step two completed by Wednesday next week
WEEK 4	Self-Confrontation



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Mon.	You Can Change Biblically (Part One)-Self confrontation Homework: Complete lesson
Tues.	You Can Change Biblically (Part Two)- Not judging others Homework: Complete the lesson
Wed.	Man's Way and God's Way -Scripture as a necessary resource. Communion and recommitment of our life to Christ. Test on memory verses Homework: Complete the lesson
Overall	Class hours are based upon 2 hour classes 3 days per week times 4 weeks = 24 hours

Journaling / Response Paper Expectations

Journaling / Response Papers should be at least 1 page in length.

Journal entries should reflect an understanding of the provided format and an effort to hear from the Lord recorded each day. Students must demonstrate comprehension of the material and achievement of the related learning objectives related to the reading exercise. Students should demonstrate critical thinking and use material learned earlier in the program beyond the assigned readings.

Written Work

All written assignments should be written, single – spaced, and include: a relevant heading, student name, date, assignment title, and subheadings where appropriate. Writing should be neat and the whole paper should be utilized. Please correct spelling and grammatical errors before submitting all assignments.

Written work must be reflective. Insight relating to each lesson should be contained in written assignments. to the ability to showcase understanding of the material assigned.

Late Policy

Completion of the course work is mandatory. If you have any questions, ask your instructor before the class ends. Questions and clarity are welcomed. It is the student's responsibility to obtain clarity and complete the assignment by the date due. Late assignments will be interpreted as an expression of unwillingness and will be considered as a missing assignment.

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Declaration of Personal Faith and the 12 Steps, Steps 2 and 3

Module 3 Syllabus

Rev 06/12/2019 DPG

Mission Statement

Each man will have the opportunity to engage with Scripture and Steps 2 and 3, consider their past beliefs, and then make a decision regarding Jesus Christ as their Higher Power.

Instructor: Art VanZanten

Instructor Email: avanzanten@stmatthewshouse.org

Module Description

We will have daily interactions with Scriptures geared toward the struggles of life and the opportunity we can choose to put our faith in Jesus Christ.

Outcomes

At the conclusion of their course, the student will be able to:

Engage with the Scriptures and see how the opportunity for faith and the wisdom provided can be life changing.

Understand how failures, doubts, and struggles are part of the process.

Learn to appreciate the value of searching the Scriptures with fellow seekers/believers and the Life that exists when the Truth is at the center of the discussion.

Write a personal Declaration of Personal Faith based upon their own engagement with the Scriptures plus their processing their past, present and future concerns.

The Module 3 class, "Declaration of Personal Faith" will help students understand the value of the Bible and a personal relationship with Jesus Christ in order to meet the objectives listed above and to have a sustainable commitment of recovery based upon their commitment to Jesus Christ their Higher Power.

Course Objectives

After completing this course, students will be able to:

Engage with the Bible and find relevant truths, wisdom and encouragement to apply to their everyday lives.

Declare their faith in Jesus Christ and articulate their reasons for that declared faith.

Navigate the Bible with greater efficiency than previously.

Confidently discuss their faith and their doubts with other seekers.

Develop confidence in their standing with God and in the role He has always desired to have in their lives.

Required Texts

The Twelve Steps - a spiritual journey: A working guide (1991). San Diego, CA: Recovery Publications.

Broger, J. C. (1994). Self-confrontation: A manual for in-depth discipleship. Nashville, TN: T. Nelson.

Holy Bible Esv Bible. (2016). Crossway Books.

P., B., W., T., & S., S. (2005). Drop the rock: Removing character defects: Steps six and seven. Center City, MN: Hazelden.



Recommended Texts

Mack, W. A., & Swavely, D. (2006). *Life in the Fathers house: A member's guide to the local church.* Phillipsburg, NJ: P & R Pub.

Course Outline

Week	Assessments
1	Steps 2 and 3 Came to believe that a Power greater than ourselves could restore us to sanity. Made a decision to turn our will and our lives over to the care of God as we understood Him.
Mon.	The Word of God II Timothy 3:16-17, how can God's Word help me? Psalm 23:1-6 Is Jesus your Shepard? Homework: pages 55-57 in 12 Step Workbook. How can God's Word help me (3 nuggets from class)? Genesis 3:1-3 – record 5 personal observations
Tues.	Who leads my life lesson. Genesis 3:1-3 Our wants vs. our needs. Matthew 18:12-14 Why do we wander? Proverbs 7:6-23 – Seeing the destructive plan behind our wandering. Homework: Pages 58-59 in 12 Step Workbook, Psalm 23:1-6 – write how each verse applies to you
Wed.	What desires/appetites lead my life? Psalm 23:1-6, Matthew 18:12-14, Proverbs 7:6-23
	Weekend Homework: Homework: 1. 60-67 in 12 Step Workbook. 2. Psalm 51:1-19 – write 5 personal reflections. 3. John 4:1-30 – write 3 personal reflections. 4. Memorize Psalm 23:1-3 for Monday
2	Steps 2 and 3 Came to believe that a Power greater than ourselves could restore us to sanity. Made a decision to turn our will and our lives over to the care of God as we understood Him.
Mon.	Honest assessment of the harvest of my choices – Psalm 51:1-19, John 4:1-30 Homework: 69-71 in 12 Step Workbook, John 5:1-8 – What do you really want & what are you willing to do to get it? Luke 8:40-48 – What keeps you relationally sick? Describe the vulnerability and courage you need to have to get "well." Memorize Matthew 18:15-17 to write out on Wednesday
Tues.	Courage to be Vulnerable (with God, self, and others). • John 5:1-8 – What do you really want & what are you willing to do to get it? Luke 8:40-48 – What keeps you relationally sick? Describe the vulnerability and courage you need to have to get "well." Homework: 72-74 in 12 Step Workbook, Proverbs 3:5-6 – 3 personal reflections
Wed.	Understanding versus belief - Proverbs 3:5-6 – 3 personal reflections, John 3:1-16 – How does your understanding get in the way of belief?
	Weekend Homework: 1. 75-80 in 12 Step Workbook. 2. Memorize Psalm 23:1-6 for Monday. 3. Isaiah 30:18-26 - 5 personal reflection points on what is God's part and what is yours to be blessed. Psalm 32:1-11 - 5 personal reflection points on what is God's part and what is yours to be blessed
3	Steps 2 and 3 Came to believe that a Power greater than ourselves could restore us to sanity. Made a decision to turn our will and our lives over to the care of God as we understood Him.



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Mon.	<p>God's Part and My Part. Isaiah 30:18-26, Psalm 32:1-11</p> <p>Homework: 81-82 in 12 Step Workbook, Genesis 27:1-40 What does the soup/stew represent in your life? Who are people you have manipulated to get what you wanted? Did it satisfy when you got it? Brush up on I Corinthians 12:25-27 and Ephesians 4:15-16 for Wednesday</p>
Tues.	<p>Price we've paid to get what we wanted. Genesis 27:1-40 (impatience, urgency, hunger, jealousy, manipulation, cosigning, enabling, etc.)</p> <p>Homework: 83-84 in 12 Step Workbook. Romans 12:1-2 – 3 personal reflection on specific thought patterns/values that need to change. II Corinthians 5:13-17 – 3 specific things that Christ wants to make "new" in you and your role in making them new and keeping them from going back to the old. Brush up on I Corinthians 12:25-27 and Ephesians 4:15-16 for Wednesday</p>
Wed.	<p>New thought patterns. Romans 12:1-2 – 3 personal reflection on specific thought patterns/values that need to change. II Corinthians 5:13-17 – 3 specific things that Christ wants to make "new" in you and your role in making them new and keeping them from going back to the old.</p>
Thurs.	<p>Weekend Homework: 1. 85-91 in 12 Step Workbook. 2. Judges 3:1-4 - How can your struggles help you? What role does God have in your successful dealings with struggles? 3. II Chronicles 14 & 15 – How can you have "rest among enemies?" How can you have peace when there is nothing but turmoil and storms around you?</p> <p>Memorize Hebrews 10:24-25 for Monday</p>
4	<p>Steps 2 and 3</p> <p>Came to believe that a Power greater than ourselves could restore us to sanity.</p> <p>Made a decision to turn our will and our lives over to the care of God as we understood Him.</p>
Mon.	<p>How to leverage struggles to help you grow. Judges 3:1-4 - How can your struggles help you? What role does God have in your successful dealings with struggles? II Chronicles 14 & 15 – How can you have "rest among enemies?" How can you have peace when there is nothing but turmoil and storms around you?</p> <p>Homework: 92-93 in 12 Step Workbook, John 15:1-8 – What does specifically does it mean for you to "abide in Christ?" What are specific branches (at least 3) in your life that bear fruit but God may prune them because they could bear much more fruit? What is an area of your life that if God pruned it you would take back your will? Luke 18:18-30 – How do you respond to "lack" being pointed out? How have you responded to how Community has gone for you in reality and in what you have speculated would happen? Are you teachable? What could make you unteachable? Luke 19:1-10 – What are you willing to do to make things right with those you have wronged in the past? Are you committed to taking the right steps toward restitution as they come your way?</p>
Tues.	<p>Facing shortcomings with honestly and brokenness. John 15:1-8 – What does specifically does it mean for you to "abide in Christ?" What are specific branches (at least 3) in your life that bear fruit but God may prune them because they could bear much more fruit? What is an area of your life that if God pruned it you would take back your will? Luke 18:18-30 – How do you respond to "lack" being pointed out? How have you responded to how Community has gone for you in reality and in what you have speculated would happen? Are you teachable? What could make you unteachable? Luke 19:1-10 – What are you willing to do to make things right with those you have wronged in the past? Are you committed to taking the right steps toward restitution as they come your way?</p> <p>Homework: 94-95 in 12 Step Workbook, Ephesians 3:16-19 – What does "inner strength" mean to you? Cite at least three specific examples of your personal experiences with "inner strength."</p> <p>Luke 9:18-20 – Write personal reflection paper (to be shared with Mod) about Who YOU Say Jesus is</p>



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	to you.
Wed.	Declaration of Personal Faith Luke 9:18-20 – Who do you say Jesus is? (each man shares his paper) Mark 3:1-5 – determine to always be honest about your need for healing and help
Overall	Class hours are based upon 2 hour classes 3 days per week times 4 weeks = 24 hours

Journaling / Response Paper Expectations

Journaling / Response Papers should be at least 1 page in length.

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Written Work

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Late Policy

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Admission, Confession - Steps 4 and 5

Module 4 Syllabus

Rev 06/12/2019 DPG

Mission Statement

To help our program participants be free of guilt and resentment.

Instructor: Andrew Eason

Instructor Email: AEason@stmatthewshouse.org

Course Objectives

After completing this course, students will be able to:

Understand how our thought process works.

Display a willingness to search for truth in what is heard.

Engage in relationships with honesty and without fear of judgement.

Show measurable progress by completing NA Step 4 Packet and scheduling a Fifth Step meeting with staff member.

Required Texts

Baker, J. (2012). Getting Right with God, Yourself, and Others. Grand Rapids: Zondervan. Baker, J. (2012). Taking an Honest and Spiritual Inventory. Grand Rapids: Zondervan.

Inaba, D. S. (2014). Uppers, Downer, All Arounders. Medford, OR: CNS Productions, Inc. Montgomery, D. P. (2006).

Christian Counseling That Really Works. Montecito: Compass Works.

Sexaholics Anonymous. (1989). SA Literature.

Twelve Steps and Twelve Traditions. (2004). New York: AA World Services. Warren, R. (2014, September 26). YouTube.

Retrieved from YouTube:

<https://www.youtube.com/watch?v=-Nz4cBd282o>

Course Outline

Week	
1	Steps 4 and 5 Made a searching and fearless moral inventory of ourselves. Admitted to God, to ourselves and to another human being the exact nature of our wrongs.
Mon.	Intro: Step 4 Introduction. Defense Mechanisms: The Big Three.
Tues.	Taking an Honest and Spiritual Inventory (Baker, Taking an Honest and Spiritual Inventory, 2012)



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Wed.	Warped Instincts and Memory (Inaba, 2014)
2	Getting Past Barriers
Mon.	Defeating Worry: Philippians 4:4-7. Rick Warren
Tues.	People Pleasing: Change (Warren, 2014)
Wed.	The Self-Compass (Montgomery, 2006)
3	Revelation and Confession
Mon.	Step 5 Getting Right with God, Yourself, and Others (Baker, Getting Right with God, Yourself, and Others, 2012)
Tues.	Lust: the force behind the addiction (Sexaholics Anonymous, 1989)
Wed.	The spiritual basis of Addiction (Sexaholics Anonymous, 1989)
4	Obedience and Restoration
Mon.	Step 5 Principle6 NA/AA 12 & 12 (Twelve Steps and Twelve Traditions, 2004)
Tues.	Diligence and obedience: Joshua 4 and Judges 2.
Wed.	Restoration promised/Choose life: Deuteronomy 29 & 30
Overall	Class hours are based upon 2 hour classes 3 days per week times 4 weeks = 24 hours

Journaling / Response Paper Expectations

Journaling / Response Papers should be at least 1 page in length.

Journal entries should reflect an understanding of the provided format and an effort to hear from the Lord recorded each day. Students must demonstrate comprehension of the material and achievement of the related learning objectives related to the reading exercise. Students should demonstrate critical thinking and use material learned earlier in the program beyond the assigned readings.

Written Work

All written assignments should be written, single – spaced, and include: a relevant heading, student name, date, assignment title, and subheadings where appropriate. Writing should be neat and the whole paper should be utilized. Please correct spelling and grammatical errors before submitting all assignments.

Written work must be reflective. Insight relating to each lesson should be contained in written assignments. to the ability to showcase understanding of the material assigned.

Late Policy



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Completion of the course work is mandatory. If you have any questions, ask your instructor before the class ends. Questions and clarity are welcomed. It is the student's responsibility to obtain clarity and complete the assignment by the date due. Late assignments will be interpreted as an expression of unwillingness and will be considered as a missing assignment.

All course work must be completed by the student and submitted to the instructor on the date due as determined by the instructor.

Mind Renewal - Steps 6/7

Module 5 Syllabus

Rev 06/12/2019 DPG

Mission Statement

To gain an understanding of where character defects come from as it relates to sin, and to develop an awareness of the things that hinder us from receiving inner healing. Cultivating a willingness to have God remove them in the process.

Instructor: Michael Aylen

Instructor Email: MAylen@stmatthewshouse.org Instructor Phone: (239)778-6120

Module Description

To learn how to recognize our character defects which stem from sin in our lives, submit them to God by asking for help, and follow his direction not our own. We also discover the things that hinder us from letting or prevent us from changing and how we can do our part to cooperate with the changes God wants to make in our lives. Topics discussed but not limited to; 12 steps 6/7, Defense Mechanisms, Character Defects and where they come from, Origin/Perversion of sin, God's solution to sin, Fear based insecurities, Unbelief/Pride, Humility, Emotions/Feelings, Renewed Mind/Transformation, Changing our thinking and actions, EGO.

Course Objectives

At the conclusion of their course, the student will able to:

Understand Put off's vs Put on's or Our Part Vs God's Part

Where our defects come from

How defects relate to sin

The process of mind renewal

Hindrances; Pride/Unbelief, Defense Mechanisms, Ego

Understanding emotions and there intended purpose

(Module 5/ Mind Renewal) helps students understand Character Defects/Sin in order to meet program outcomes above.

Required Texts

The Life Recovery Bible. NLT. (1998) Tyndale House Publishers, Inc. Carol Stream, Illinois.

Life's Healing Choices; Richard D. Warren and John E. Baker. (2007) Howard Books. Newyork, Ny.

The Search for Significance; Robert S. McGee. (1998, 2003) Thomas Nelson Inc. Nashville, TN

Self-confrontation: A manual for in-depth discipleship. Broger, J. C. (1994). Nashville, TN: T. Nelson.

Celebrate Recovery (leaders guide); John Baker. (1998, 2005) Zondervan. Grand Rapids, MI.



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Campbell, Clark D. and Bufford, Rodger K., "A Christian Perspective on Human Emotions" (2012). Faculty Publications – Grad School of Clinical Psychology. Paper 90. George Fox University
 Paul King Jewett., "Origin of Sin and The Fall of Man" (Fall 1976) Southwestern Journal of Theology; Preachingsource.com
 John Piper., "Battling the unbelief of a Haughty Spirit" (12/18/1998) DesiringGod.org
 Pastor James Brandt., "Defense Mechanisms and Inner Healing" (2003-2008) Greatbiblestudy.com
 Mark Pierce., "Changing My Stinking Thinking." (2010) Churchrequel.com/archives Recommended Texts
 The Twelve Steps - a spiritual journey: A working guide (1991). San Diego, CA: Recovery Publications.
 P., B., W., T., & S., S. (2005). Drop the rock: Removing character defects: Steps six and seven. Center City, MN: Hazelden.

Course Outline

Week	
1	Steps 6 and 7 Were entirely ready to have God remove all these defects of character. Humbly asked Him to remove our shortcomings
Mon.	Week 1: Life's Healing Choices; pg.129-135 (Where our defects come from & why). Homework: LHC Handout 1/Questions & Read "Dovey's" Story
Tues.	Week 1: Life's healing Choices; pg.135-144 (How to cooperate with God's Changes). Homework: LHC Handout 2/Questions & Read "John's" Story
Wed.	Week 1: Defense Mechanisms; How they prevent inner healing. Homework: Defense Mech Handout/Questions
	Weekend Homework: Memory Verses
2	Sin/Defects
Mon.	Week 2: Origin of Sin/Fall of Man: Genesis 2/3, Where do our Defects come from? Homework: Origin of Sin Handout/Questions
Tues.	Week 2: God's Solution to Sin: Matt 26:28, II Cor 5:21, Acts 22:16. "We became entirely ready to have God remove these defects" – Step 6. Homework: Solution to Sin Handout/Questions
Wed.	Week 2: Fear Based Insecurities/Instincts Gone Wrong: I Tim. 6:9. Homework: Fear & Instincts Handout/Questions
	Weekend Homework: Memory Verses
3	Pride vs. Humility
Mon.	Week 3: Unbelief & Pride: Proverbs 16:18, Pride as the Segway into all other character Defects. Homework: Unbelief & Pride Handout/Questions
Tues.	Week 3: Rooted in Humility: Col. 3:12-17, A Biblical look at Step 7. Homework: Humility Handout/Questions



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Wed.	Week 3: Emotions & Feelings: Ecclesiastes 3:1-8, A Biblical look at emotions and God's intended purpose. Emotional Functioning Vs Maturity. Homework: Emotions & Feelings Handout/Questions
	Weekend Homework: Memory Verses
4	Mind Renewal
Mon.	Week 4: Mind Renewal/Transformation: Romans 12:2, The change process. Homework: Mind Renewal Handout/Questions
Tues.	Week 4: Changing My Stinking Thinking: Phil. 4:8-9, Thoughts today impact our future tomorrow. Homework: Stinking Thinking Handout/Questions
Wed.	Week 4: EGO, God's view vs. World view: John 5:31, How Ego development creates character defects. Homework: EGO Handout/Questions
	Memory verse test
Overall	Class hours are based upon 2 hour classes 3 days per week times 4 weeks = 24 hours

Journaling / Response Paper Expectations

Journaling / Response Papers should be at least 1 page in length.

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All course work must be completed by the student and submitted to the instructor on the date due as determined by the instructor.



Forgiveness / Amends Steps 8 and 9

Module 6 Syllabus

Rev 06/12/2019 DPG

Mission Statement

Student will gain a Biblical and foundational understanding of Forgiveness and begin the Amends process as indicated in the 12 Steps; with the goal being the beginning of a new level of freedom in life.

Instructor: Jim Phelps

Instructor Email: jphelps@stmattewshouse.org

Course Objectives

After completing this course, students will be able to:

Understand Forgiveness fundamentally and explain the necessity of forgiveness

Biblically ask others for forgiveness

Disciple other men in the freedom through forgiveness process

Required Texts

Zodhiates, S. (2008). Hebrew-Greek key word study Bible: Key insights into Gods word: NASB, New American Standard Bible. Chattanooga, TN: AMG.

ODonnell, P. (1998). Bib slimline reference bible genuine lthr burgundy. Place of publication not identified: Tyndale House.

Stanley, C. F. (1996). Experiencing forgiveness. Nashville: Oliver Nelson.

Broger, J. C. (1994). Self-confrontation: A manual for in-depth discipleship. Nashville, TN: T. Nelson.

Broger, J. C. (2005). Self-confrontation: Bible Study Student Workbook. Nashville, TN: T. Nelson.

Baker, J. (2005). Celebrate recovery leaders guide: A recovery program based on eight principles from the Beatitudes. Grand Rapids, MI: Zondervan Pub. House.

Baker, J. (2012). Getting right with God, yourself, and others: A recovery program based on eight principles from the Beatitudes. Grand Rapids, MI: Celebrate Recovery.

Baker, J. (2013). Lifes healing choices: Freedom from your hurts, hang-ups, and habits. New York: Howard Books.

Adams, J. E. (2015). From forgiven to forgiving: Learning to forgive one another Gods way. Greenville: Calvary.

Alcoholics Anonymous: The story of how many of men and women have recovered from alcoholism. (2007). New York: Alcoholics Anonymous World Services.

Twelve steps and twelve traditions. (1981). New York: Alcoholics Anonymous World Services. Home. (n.d.). Retrieved from <http://www.mykairos.org/>

Course Outline

Week	
1	Steps 8 and 9 Made a list of all persons we had harmed, and became willing to make amends to them all. Made direct amends to such people wherever possible, except when to do so would injure them or others. Foundation of Forgiveness
Mon.	Module 6 memory verses. Homework: memorize by end of course, Story of Joseph Homework handout, Steps 8 & 9, Principle 6, Scriptures to press through self-forgiveness
Tues.	Freedom Through Forgiveness
Wed.	Freedom Through Forgiveness, Review homework
2	Foundation of Forgiveness
Mon.	God's View of Forgiveness, 8th Step Worksheet Homework: begin filling out sheets
Tues.	Forgiveness teaching from Celebrate Recovery, Homework review, Two Stories – Forgiveness Video
Wed.	Review Memory Verses, Quiz on Foundation of Forgiveness, Rooster Story, Forgiveness Letter to Self: Written and shared in class
3	Amends/Forgiveness Letters
Mon.	Story of Zacchaeus (Luke 19:1-10), Amends teaching from Celebrate Recovery, Grace teaching from Celebrate Recovery, My Plan for Asking Forgiveness worksheet Homework (prayerfully list Top 5 for Amends)
Tues.	Review Top 5, Story of Prodigal Son (Luke 15:11-32 specifics of repentance), Forgiveness Letters written and shared in class
Wed.	Forgiveness Letters written and shared in class
4	Amends/Forgiveness Letters
Mon.	Forgiveness Letters written and shared in class
Tues.	Forgiveness Letters written and shared in class



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Wed.	Forgiveness Letters written and shared in class (if necessary), Power of Forgiveness Handout, Course review Q&A
Overall	Class hours are based upon 2 hour classes 3 days per week times 4 weeks = 24 hours

Journaling / Response Paper Expectations

Journaling / Response Papers should be at least 1 page in length.

Journal entries should reflect an understanding of the provided format and an effort to hear from the Lord recorded each day. Students must demonstrate comprehension of the material and achievement of the related learning objectives related to the reading exercise. Students should demonstrate critical thinking and use material learned earlier in the program beyond the assigned readings.

Written Work

All written assignments should be written, single – spaced, and include: a relevant heading, student name, date, assignment title, and subheadings where appropriate. Writing should be neat and the whole paper should be utilized. Please correct spelling and grammatical errors before submitting all assignments.

Written work must be reflective. Insight relating to each lesson should be contained in written assignments. to the ability to showcase understanding of the material assigned.

Late Policy

Completion of the course work is mandatory. If you have any questions, ask your instructor before the class ends. Questions and clarity are welcomed. It is the student's responsibility to obtain clarity and complete the assignment by the date due. Late assignments will be interpreted as an expression of unwillingness and will be considered as a missing assignment.

All course work must be completed by the student and submitted to the instructor on the date due as determined by the instructor.



INNER HEALING Steps 10-12

Module 7 Syllabus

Rev 06/12/2019 DPG

Mission Statement

To Apply the Healing Power of God to the Mind, The Will, and the Emotions

Instructor: Robin Hatter

Instructor Email: rhatter@stmatthewshouse.org

Course Objectives

Basic understanding of spiritual laws

Vulnerably open up and face previously defended, emotionally wounding events

Identify bitter roots leading to spiritually damaging behaviors

Identify false belief systems

Learn how to apply the gospel's healing Truth and power of the Cross

Present Stink Cartoons

Study the 12 Steps of AA, focusing in on steps 10-12

Retain Truths learned for future application

Required Texts

Select lessons from:

Inner Healing a Workbook to Apply the Healing Power of God to the Mind, the Will and the Emotions

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Published by Dunklin Memorial Church

The 12 Steps A Spiritual Journey A Working Guide for Healing Based on Biblical Teachings

RPI PUBLISHING, INC. Scotts Valley, CA

Course Outline

WEEK	
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1.	Steps 10-12 Continued to take personal inventory and when we were wrong promptly admitted it. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out. Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics and to practice these principles in all our affairs.
Mon.	Bottle Family Lesson review Intro to IH Lesson
Tues.	Broken Bridges Lesson
Wed.	Grieving Lesson
WEEK 2	SESSIONS 4-6
Mon.	Rejection Lesson
Tues.	Fruits of Rejection & Reasons for Rejection Lesson
Wed.	Forgiveness Lesson
WEEK 3	SESSIONS 7-9
Mon.	Judgements & Soul Ties Lesson
Tues.	Stink Cartoon presentations & Prayer/Healing Ministry OR They Sold their Souls for Rock and Roll videos (if small class)
Wed.	Stink Cartoon presentations & Prayer/Healing Ministry OR They Sold their Souls for Rock and Roll videos (if small class) Final Exam Review
WEEK 4	SESSIONS 10-12
Mon.	Final IH Exam & Scripture Test Stink Cartoon presentations & Prayer/Healing Ministry
Tues.	Stink Cartoon presentations & Prayer/Healing Ministry
Wed.	Stink Cartoon presentations & Prayer/Healing Ministry
Overall	Class hours are based upon 2 hour classes 3 days per week times 4 weeks = 24 hours

Examinations

Written testing will occur several times over the length of the IH course



Journaling / Response Paper Expectations

Journaling / Response Papers should be at least 1 page in length.

Journal entries should reflect an understanding of the provided format and an effort to hear from the Lord recorded each day. Students must demonstrate comprehension of the material and achievement of the related learning objectives related to the reading exercise. Students should demonstrate critical thinking and use material learned earlier in the program beyond the assigned readings.

Written Work

All written assignments should be written, single – spaced, and include: a relevant heading, student name, date, assignment title, and subheadings where appropriate. Writing should be neat and the whole paper should be utilized. Please correct spelling and grammatical errors before submitting all assignments.

Written work must be reflective. Insight relating to each lesson should be contained in written assignments. to the ability to showcase understanding of the material assigned.

Late Policy

Completion of the course work is mandatory. If you have any questions, ask your instructor before the class ends. Questions and clarity are welcomed. It is the student's responsibility to obtain clarity and complete the assignment by the date due. Late assignments will be interpreted as an expression of unwillingness and will be considered as a missing assignment.

All course work must be completed by the student and submitted to the instructor on the date due as determined by the instructor.



Financial Stewardship and Servant Leadership

Module 8 Syllabus

Rev 06/12/2019 DPG

Mission Statement

To help our program participants be financially free and wise stewards of their time, treasure, and talents.

Instructor: Tyrone Tolbert

Instructor Email: ttolbert@stmatthewshouse.org

Course Objectives

After completing this course, students will be able to:

- Save \$1000 in an emergency fund.
- Create a budget.
- Open a bank account.
- Pull credit report / credit score for free.
- Learn how to build / rebuild and maintain a good credit score.

Required Texts

Ramsey, D. (2012). Financial Peace University: Member Workbook. Brentwood, TN: Lampo Licensing, LLC ISBN: 9781938400070.

Blanchard and Hodges, (2003). The Servant Leader: Transforming Your Heart, Head, Hands, and Habits. Nashville, TN: Thomas Nelson ISBN: 978-0-8499-9659-7.

Course Outline

Week	Assessments
1	Financial Stewardship



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Mon.	Intro: Dave Ramsey, Spending Plan, Testimonials, Tues. June 4th Open Bank Accounts, Course Materials, Homework: List creditors and people that you owe, amounts owed, contact information, child support.
Tues.	Supersaving, Relating With Money, Cash Flow Planning, Homework review.
Wed.	Dumping Debt, Buyer Beware, Homework: emergency fund.
2	Financial Stewardship
Mon.	The Great Misunderstanding, Monthly Budget Forms, Additional Forms, Homework review, Homework assignment Create a Budget.
Tues.	Open Bank Accounts, Pull credit report / credit score for free.
Wed.	Learn how to build / rebuild and maintain a good credit score. Homework: Servant Leadership Introduction and Chapter 1 reading and 1 page journal and bring to class.
3	Servant Leadership
Mon.	Whom Do You Follow? How Will You Lead? Homework: Servant Leadership Chapter 2 reading and 1 page journal and bring to class.
Tues.	The Heart of a Servant Leader. Homework: Servant Leadership Chapter 3 reading and 1 page journal and bring to class.
Wed.	The Head of a Servant Leader. Homework: Servant Leadership Chapter 4 reading and 1 page journal and bring to class.
4	Servant Leadership
Mon.	The Hands of a Servant Leader. Homework: Servant Leadership Chapter 5 reading and 1 page journal and bring to class.
Tues.	The Habits of a Servant Leader Homework: Servant Leadership Chapter 6 reading and 1 page journal and bring to class.
Wed.	Review Chapter 6 Homework, Next Steps & Resources
Overall	Class hours are based upon 2 hour classes 3 days per week times 4 weeks = 24 hours

Journaling / Response Paper Expectations

Journaling / Response Papers should be at least 1 page in length.

Journal entries should reflect an understanding of the provided format and an effort to hear from the Lord recorded each day. Students must demonstrate comprehension of the material and achievement of the related learning objectives



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related to the reading exercise. Students should demonstrate critical thinking and use material learned earlier in the program beyond the assigned readings.

Written Work

All written assignments should be written, single – spaced, and include: a relevant heading, student name, date, assignment title, and subheadings where appropriate. Writing should be neat and the whole paper should be utilized. Please correct spelling and grammatical errors before submitting all assignments.

Written work must be reflective. Insight relating to each lesson should be contained in written assignments. to the ability to showcase understanding of the material assigned.

Late Policy

Completion of the course work is mandatory. If you have any questions, ask your instructor before the class ends. Questions and clarity are welcomed. It is the student's responsibility to obtain clarity and complete the assignment by the date due. Late assignments will be interpreted as an expression of unwillingness and will be considered as a missing assignment.

All course work must be completed by the student and submitted to the instructor on the date due as determined by the instructor.



Sexual Integrity
Module 9 Syllabus
 Rev 06/12/2019 DPG

Mission Statement

Student will gain a Biblical and foundational understanding of sexual addiction, expose the real roots of sexual addiction, and clearly define the path to a victorious life.

Instructor: Nicholas Mason
 Instructor Email: nmason@stmattewshouse.org

Course Objectives

- After completing this course, students will be able to:
- Understand the problem with sexual impurity
- Identify influencing factors of sexual sin
- Experience God's grace and discover a way out of sexual impurity

Required Texts

Gallagher, S. (2007). At the altar of sexual idolatry. Dry Ridge, KY: Pure Life Ministries. Gallagher, S. (2002). At the altar of sexual idolatry workbook. Dry Ridge, KY: Pure Life Ministries.

Course Outline

Week	Assessments
1	The Problem, Sexual Sin, and Relapse Prevention



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Mon.	F.A.S.T.E.R. Scale, "Non-negotiable's" Exercise, Class orientation, Videos: Be Set Free From Sexual Addiction , Sexual Addiction Requires Spiritual Answers , Video Discussion, Homework: Read Forward and Introduction of At the altar of sexual idolatry, 1 written page about the relationship between sexual impurity and relapse
Tues.	Dangers of Social Media, Class Discussion about relationship between sexual impurity and relapse, Video: God Can Heal Your Sexual Idolatry , Video Discussion, Homework: Read Chapters 1 and 2 of At the altar of sexual idolatry and complete corresponding
	workbook lessons
Wed.	Workbook Review, Class Discussion on: Sexual Idolatry and Developing Convictions About Lust And Masturbation, Videos: The Dangerous Spiral Of Degradation And Sin , The Need To Live In The Light , Video Discussion, Homework: Chapters 3, 4, and 5 of At the altar of sexual idolatry and complete corresponding workbook lessons
2	The Right Course
Mon.	Workbook Review, Class Discussion on: The Spiral of Degradation, The Need to Live in The Light, and The Process of Sin. Homework: Chapter 6 of At the altar of sexual idolatry and complete corresponding workbook lesson
Tues.	Workbook Review, Class Discussion on: The Root Issues, Video: The Root Of Addiction Is Not Psychological , Video Discussion, Homework: Chapter 7 of At the altar of sexual idolatry and complete corresponding workbook lesson
Wed.	Workbook Review, Class Discussion on: Freedom Comes Slowly For A Reason, Catch-Up on any missing assignments, Homework: Chapter 8 of At the altar of sexual idolatry and complete corresponding workbook lesson
3	Influences
Mon.	Workbook Review, Class Discussion on: How Much Do You Care?, Video: How You Live Monday Through Saturday Matters To God , Video Discussion, Homework: Chapters 9 and ten of At the altar of sexual idolatry and complete corresponding workbook lessons
Tues.	Workbook Review, Class Discussion on: The Sinful Flesh and Separating From The World, Catch-up on any missing assignments, Homework: Chapter 11 of At the altar of sexual idolatry and complete corresponding workbook lesson
Wed.	Workbook Review, Class Discussion on: Battles In The Spiritual Realm, Video: The Spiritual Battle Of Sexual Addiction , Video Discussion, Homework: Chapters 12 and 13 of At the altar of sexual idolatry and complete corresponding workbook lessons



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4	The Way Out
Mon.	Workbook Review, Class Discussion on: The Place Of Brokenness And Repentance and Disciplined For Holiness, Catch-up on any missing assignments, Homework: Chapters 14 and 15 of At the altar of sexual idolatry and complete corresponding workbook lessons
Tues.	Workbook Review, Class Discussion on: Walking In The Spirit and Overcoming Lust, Video: How To Overcome Lust , Video Discussion, Homework: Chapters 16 and 17 of At the altar of sexual idolatry and complete corresponding workbook lessons
Wed.	Workbook Review, Class Discussion on: How To Be A Great Lover (A Word To Married Men) and The Power Of God's Grace, Final Recap.
Overall	Class hours are based upon 2 hour classes 3 days per week times 4 weeks = 24 hours

Journaling / Response Paper Expectations

Journaling / Response Papers should be at least 1 page in length.

Journal entries should reflect an understanding of the provided format and an effort to hear from the Lord recorded each day. Students must demonstrate comprehension of the material and achievement of the related learning objectives related to the reading exercise. Students should demonstrate critical thinking and use material learned earlier in the program beyond the assigned readings.

Written Work

All written assignments should be written, single – spaced, and include: a relevant heading, student name, date, assignment title, and subheadings where appropriate. Writing should be neat and the whole paper should be utilized. Please correct spelling and grammatical errors before submitting all assignments.

Written work must be reflective. Insight relating to each lesson should be contained in written assignments. to the ability to showcase understanding of the material assigned.

Late Policy

Completion of the course work is mandatory. If you have any questions, ask your instructor before the class ends. Questions and clarity are welcomed. It is the student's responsibility to obtain clarity and complete the assignment by the date due. Late assignments will be interpreted as an expression of unwillingness and will be considered as a missing assignment.

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Vocation & Calling
Module 10 Syllabus
Rev 06/12/2019 DPG

Mission Statement

Examine work with a Christian view of career as a vocation. Students will study key career development theories and integrate Christian principles and self-knowledge into occupational/life decisions for career exploration.

Instructor: Travis Hanrahan
Instructor Email: thanrahan@stmatthewshouse.org

Course Objectives

Understand a World View of Work.
Reflect on the usefulness and value of the individual in doing God's work on earth.
Begin the process of seeing how to use interests, skills and passions in the career world.
Complete a personal interest inventory assessment
Complete a Personal Mission Statement
Do all Home Work (HW) and Class assignments to prepare for Work Readiness

Required Texts

"Every Good Endeavor" By: Timothy Keller
Boles, Richard. (2019). What Color is your Parachute? Bureau of labor Statistics. (2019). Bls.gov.
Careerbuilder.com. (2019). Keller, Tim. (2012). Every Good Endeavor. Peale, Norman Vincent. (1952).

Video Content & Other resources



<http://youtu.be> <https://vimeo.com>

Myers Briggs assessment, Strength finders, Spiritualgiftings

Course Outline

Week	Assessments
1	Readiness and motivation for work and buy-in to a healthy life style/world view.
Mon.	Week 1: Overview of course objectives and career exploration process
Tues.	Week 1: Vocation A calling to service. Theology of work & world view. Christian world view and connecting to God's work- the biblical references to life's vocation Homework: Write 1-page paper on what is world view and how it applies to your future.
Wed.	Week 1: Video Every Good endeavor. (https://vimeo.com)
2	Spiritual Gifts, Personality and Strengths
Mon.	Week 2: Complete Spiritual gifts assessment/ Homework: Write one-page reflection on applying your spiritual gifts and the influence it can have on your world view.
Tues.	Week 2: Complete Personality assessment, discuss personality and how it applies to the way we live, work and relationships with others.
Wed.	Week 2: Complete Strength finders assessment/ Homework: a one-page statement of my personal life's experiences and how they influence my career to include my experience in this program, my personality and strengths.
3	Vocation and Career
Mon.	Week 3: Power point presentation on Vocation and Calling/ Homework: 1 page "What did you learn from the power point"
Tues.	Week 3: Work priorities. What employers want. Life long career skills. Internships, apprenticeships, and training experience; career path phases and job changing. Homework: Flower exercise from "What Color is your parachute" book.
Wed	Week 3: Career anchors, personal values and influence of faith, family, interests and skills upon careers. Homework: Do a one-page summary of chosen industries, research interested job categories and select three possible job interests and bring to class to discuss



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4	
Mon.	Week 4: Video "A whole New mind" Homework: How did this video change or not change your view on our economy of work.
Tues.	Week 4: Career planning, networking and informational interviews. Career Notebook chapters. Intro LinkedIn Profile. Video "Start-up of you" Homework: Create linked in Profile.
Wed.	Week 4: "To everything there is a season" (Eccles. v. 3-4) Focus: Now Recovery and future life Growth. Homework: Done in Class "Give 5 min presentation about your plan to pursue your Vocation/calling, to include action steps.
Overall	Class hours are based upon 2 hour classes 3 days per week times 4 weeks = 24 hours

Journaling / Response Paper Expectations

Journaling / Response Papers should be at least 1 page in length.

Journal entries should reflect an understanding of the provided format and an effort to hear from the Lord recorded each day. Students must demonstrate comprehension of the material and achievement of the related learning objectives related to the reading exercise. Students should demonstrate critical thinking and use material learned earlier in the program beyond the assigned readings.

Written Work

All written assignments should be written, single – spaced, and include: a relevant heading, student name, date, assignment title, and subheadings where appropriate. Writing should be neat and the whole paper should be utilized. Please correct spelling and grammatical errors before submitting all assignments.

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Late Policy

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All course work must be completed by the student and submitted to the instructor on the date due as determined by the instructor.