

## **Speaking the Truth in Love: How to Be an Assertive Christian**

*by Ruth N. Koch and Kenneth C. Haugk*

**Syllabus for First Presbyterian Church, Haddonfield, NJ**

*taught by Rev. Nikki Perrine Passante*

### **March 3<sup>rd</sup>**

#### ***Chapter 8: "Techniques of Assertiveness: What to Say When you Want to Be Assertive"***

- Honesty, Avoiding Labeling & Sarcasm, 'I' Messages, Persistence

### **March 10<sup>th</sup>**

#### ***Chapter 9: "Techniques of Assertiveness: What to Do When you Want to Be Assertive"***

- Look the Way You Feel, Tone of Voice, Body Language, Eye Contact, Listening!
- ***Rewind! : Chapter 6: "Admonition: Desiring to serve the Spiritual Welfare of Another"\****
- *\*pp. 84-87*

### **March 17<sup>th</sup>**

#### ***Chapters 10 & 11: "Granting, Refusing, and Negotiating Requests"***

- How to Say Yes and No
- "Say what you mean, mean what you say, and don't say it mean."
- *Matthew 5*

**HAPPY SAINT PATRICK'S DAY!**

### **March 24<sup>th</sup>**

#### ***Chapter 12: "Offering and Receiving Criticism"***

- Goals, Motives, 'Defensiveness is Normal', Learning from Critics, Admitting Sin and Failure
- Understanding that most issues are simply matters of taste and personal choice
- Always have a need to be right? Why? Jesus declares us Right-eous!
- Just because you don't like it doesn't make it wrong
- *Proverbs 12*

### **March 31<sup>st</sup> – HOLY WEEK – No Class**

### **April 7<sup>th</sup>**

#### ***Chapter 13: "Expressing and Receiving Anger"***

- Owning your Anger, Channeling your Anger, Pray about your Anger (Hot Metal Can Be Molded!!)
- Refusing Abuse and Violence, Apologizing when Wrong, Realizing some people are angry with God
- "Don't you 'should' on me!"
- What you Resist, Persists.
- Health issues related to Anger
- *Matthew 18; the 'Angry' Psalms- 10, 22, 38, 74, 79*

**April 14<sup>th</sup>**

***Chapter 13: "Criticism and Anger Continued"***

- Open session for continuing discussion and exercises on Anger and Criticism; catch up!

**April 21<sup>st</sup>**

***Chapters 14 & 15: "Offering and Receiving Compliments, Appreciation, and Affection"***

- Affirm Others, Acknowledge Others, Gratitude always multiplies what we already have
- Reluctant to Praise?
- *1 Corinthians 16, 2 Corinthians 7, Ephesians 1, Philemon 4, 7; Matthew 8, 15; Mark 12; Luke 7*

**April 28<sup>th</sup>**

***Chapters 16 & 17: "Preparing to Behave Assertively"***

- Wrap-up
- Allow God to Enter into your Learning Process!

Updated 3/2021  
Rev. Nikki Perrine Passante

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