

## **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*

All sessions are held on Wednesday evenings at 7:30 on Zoom. Buying the book is exceptionally helpful – books are on order and the cost is \$12. Information on book pick-up is forthcoming. Join via [Zoom](#). and Questions or need a book? Contact Pastor Nikki at [npassante@haddonfieldpres.org](mailto:npassante@haddonfieldpres.org)

### **Jan. 6<sup>th</sup>**

#### **Session 1: “Passive, Aggressive, and Assertive Behaviors”**

-Introductory Comments

-Assertiveness Inventory and List of Basic Human Rights

- *Chapter 1 STIL; 2 Timothy*

### **Jan. 13<sup>th</sup>**

#### **Session 2: “Passive, Aggressive, and Assertive Behaviors”**

- Physical, Verbal and Nonverbal cues
- *Chapter 1 STIL; James 3*

### **Jan. 20<sup>th</sup>**

#### **Session 3: “The Assertive Lifestyle”**

- Living your Faith: Consistency, Authenticity, Thoughts, Feelings, & Behaviors
- Getting Along With Others
- Getting Along With Self
- Getting Along With God
- *Chapters 2-3 STIL; Joshua 1, Romans 5, Ephesians 4, John 12*

### **Jan. 27<sup>th</sup>**

#### **Session 4: “Jesus was Assertive”**

Balancing Assertion with

- Humility
- Turning the Other Cheek
- Walking the Extra Mile
- Meekness
- *Chapters 4-5 STIL; Mark 3, 8, 12; Luke 10*

### **Feb. 3<sup>rd</sup>**

#### **Session 5: “Tools for the Christian Life”**

- Assertive Prayer, Praise and Admonition
- Admonition: Desiring to serve the Spiritual Welfare of another
- Catch-Up Time!
- *Chapter 6 STIL; Romans 5, 8; Matthew 14, 26; Luke 22, Psalm 42, Acts 16, Galatians 6, Ephesians 4*

### Feb. 10<sup>th</sup>

#### **Session 6: “Techniques of Assertiveness: What to Say When you Want to Be Assertive”**

- Honesty, Avoiding Labeling & Sarcasm, ‘I’ Messages, Persistence
- *Chapters 7 & 8 STIL*

### Feb. 17<sup>th</sup>- ASH WEDNESDAY- NO CLASS

### Feb. 24<sup>th</sup>

#### **Session 7: “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!
- *Chapter 9 STIL*

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

#### **Session 8: “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.”
- *Chapters 10 & 11 STIL; Matthew 5*

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

#### **Session 9: “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
- *Chapter 12 STIL; Proverbs 12*

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

#### **Session 10: “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
- *Chapter 13 STIL; Matthew 18; the ‘Angry’ Psalms- 10, 22, 38, 74, 79*

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

#### **Session 11: “Criticism and Anger Continued”**

- Open session for continuing discussion and exercises on Anger and Criticism
- *Chapters 12 & 13 STIL*

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

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

#### ***Session 12: “Offering and Receiving Compliments, Appreciation, and Affection”***

- Affirm Others, Acknowledge Others, Gratitude always multiplies what we already have
- Reluctant to Praise?
- *Chapters 14 & 15 STIL; 1 Corinthians 16, 2 Corinthians 7, Ephesians 1, Philemon 4, 7; Matthew 8, 15; Mark 12; Luke 7*

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

#### ***Session 13: “Preparing to Behave Assertively”***

- Wrap-up
- Allow God to Enter into your Learning Process!
- *Chapters 16 & 17 STIL*

Updated 11/2020  
Rev. Nikki Perrine Passante

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