

# Seven Spiritual Life Skills Syllabus

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## Instructor

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CFTP

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## Course Overview

Walking in the Spirit is not a hypothetical spiritual ideal but the paramount expectation for every Christian.

In this course, you will learn seven life skills that are highly effective in leading the Child of God toward a life of walking in the Spirit. The life skills taught are from both a biblical and a clinical foundation, combining multiple biblical and evidenced based counseling models that have proven successful in the lives of the author's clients. While this class is not intended to diagnose or treat any mental or emotional conditions, these skills will help you engage in walking in the Spirit and may be effective in affecting relationships and emotional well-being in a positive manner.

## Office Location

Building C,

Room 210

## Website

DonGudeman.wixsite.com/  
dglifecoach

## Required Materials

Holy Bible

Three-ring Binder

Notepad, Note paper, or Notebook

Pens and / or Pencils

## Course Materials

The following course materials will be provided in class.

- Syllabus
- *Walking in the Spirit Daily Journal*
- Handouts

## Resources

The following resources are not required but will be referenced in the class and will be helpful in the student's learning process and personal growth.

- *My Utmost for His Highest* – Oswald Chambers
- *Birthright: Christian, Do You Know Who You Are?* – David Needham
- *The Normal Christian Life* – Watchman Nee
- *Practice of the Presence of God* – Brother Lawrence

## Course Schedule

Week	Subject	Specifics Addressed
Week 1	Introductions	Instructions, Goals, Definitions
Week 2	Acceptance	Embracing the Sovereignty of God
Week 3	Acceptance, cont.	Walking in God's Sovereignty
Week 4	Acceptance, cont.	Embracing the Grace of God
Week 5	Presence	Embracing the Presence of God
Week 6	Presence, cont.	Walking in God's Presence
Week 7	Perspectives	Embracing the Perspective of God
Week 8	Identity	Mistaken Identities
Week 9	Identity, cont.	Embracing your Identity in Christ
Week 10	Values	Identifying the Mind of Christ
Week 11	Values, cont.	Embracing the Mind of Christ
Week 12	Walking in the Spirit	Living Your Values
Week 13	Walking in the Spirit, cont.	Embracing the Exchanged Life

## Homework Policy

This course identifies, explains and attempts to help the student develop life skills that take a lifetime to master. Each week will be accompanied by activities that are intended to enhance and internalize each life skill. The extent of benefit gained from this course will be directly related to the level of effort and personal investment of each student. While no assignments will be graded, no quizzes or tests may be administered, or strict accountability will be held, it is assumed that each student is fully investing himself or herself in the subject matter. Without such investment, there should be little to no expectation of a changed life as a result of taking this course.

## Additional Information

The instructor for this class is the author of the *7 Spiritual Life Skills Daily Journal* and the formulation of this course. He has compiled the research and publications of others and combined them with his experiences as a biblical counselor and Christian life coach. He holds a BA in Religion and Ministry and a MA in Biblical Counseling from Luther Rice College and Seminary. He has continued his education through additional training and certifications in marriage, personal trauma, family trauma, and complex PTSD. He has over 30 years of experience in the ministry including traveling youth evangelist, church planter, senior pastor, and youth pastor. His current ministry is that of a biblical counselor, Christian life coach, public speaker, and founder and president of Community Christian Behavioral Health Services, a non-profit counseling center in Phoenix, AZ.