



Counseling 110 - Course Syllabus 2026

Course Title: *Intro to Human Relationships and Christian Counseling (3 Credits)*

Course Description: This course is an introduction to human relationships and Christian counseling. It begins with a Biblical search of who God is, who we are in Christ, and how we are to understand ourselves and others. We will investigate what the Bible teaches about how we are to be with others and how we are to encourage ourselves and others to grow in virtue through relationships and trials. Topics will include: conflict resolution, extending forgiveness, and pursuing holiness. Portions of the Bible will be read throughout this course, as well as two books and several handouts. Students will gain an understanding of how to think about problems as opportunities to grow more Christlike in character. The course will be structured with weekly lectures and personal discipleship. Evaluation will be gained from weekly homework, two written papers or oral presentations, and a final exam.

Instructor: Karen Rittle (920-737-5221)

- Email: therittles@gmail.com or karen.rittle@anchorbiblecollege.org

Course Materials:

- The Bible
- Pursuing Peace by Robert D. Jones
- Instruments in the Redeemer's Hands by Paul David Tripp
- Week One has assorted websites and handouts to read; Details below
- Selected Videos

Class Time: Class will meet once weekly on Thursdays, 7pm-10pm. Class will take place in Room 105 at Hope Community Church, 2100 Ellsworth Rd. Ypsilanti, MI, 48197.

General Schedule (Approximate)

- Questions/comments from last week's reading materials/journals (7:00-7:10)
- Lecture (7:10 - 8:20) • Break (8:20 - 8:25)
- Lecture (8:25 - 9:25)
- Break (9:25 - 9:30)
- Discussion (9:30 - 10:00)

Assessment: Assignments will have the following grade weights:

Assignment	Grade Weight	Notes
Bible Journal	10%	Weekly; At least 1 ½-2 college ruled pages, handwritten
Course Readings/Lecture Journal	10%	Weekly; At least 1 ½- 2 college ruled pages, handwritten
Attestation of Reading/Viewing	10%	Students will sign an attestation of reading of course material
Attestation of Regular attendance/Participation	5%	Attendance will be taken weekly. Students will sign an attestation of attendance and participation
Gratitude Journal: 1000 Things to Give Thanks For	5%	Record 10 or more things each day, up to 1,000. Be specific
Midterm Paper/Presentation with Slides	20%	Paper: 3-4 pages, typed, double spaced. OR Presentation: 5-7 minutes, with slides. Outline worth 5%, due week 5. Paper/ Presentation worth 15%, due week 8..
Final Paper/Presentation with Slides	20%	Paper: 3-4 pages, typed, double spaced. Presentation: 5-7 minutes, with slides. Outline worth 5%, due week 13 Paper/Presentation worth 15% due week 15.
Final Exam (take home)	20%	Will be given on the last day of class. Due following Thursday.

Extra Credit: if all other assignments completed, extra credit can be earned: choose up to 2 extra credit assignments.	1%	Course Evaluation
Extra Credit: if all other assignments completed, extra credit can be earned: choose up to 2 extra credit assignments.	1%	Interview Due Week 15

Extra Credit: if all other assignments completed: choose up to 2 extra credit assignments.	1%	Psalm 34: line-by-line analysis of Psalm 34 Or Evaluation Due week 15
Extra Credit: if all other assignments completed: choose up to 2 extra credit assignments.	1%	Memorize a bible passage of your choice 7 verses or more Or Evaluation Due week 15

Grade thresholds:

- A+: >= 98% A: >= 92% A-: >= 90%
- B+: >= 88% B: >= 82% B-: >= 80%
- C+: >= 78% C: >= 72% C-: >= 70%
- D+: >= 68% D: >= 62% D-: >= 60%
- F: < 60

Assignments:

• Weekly Homework:

- **Bible Journal:** Students will be required to keep an ongoing journal of responses to weekly Bible reading. For the first week, students will choose Bible verses from the lecture or from their own personal favorites. For subsequent weeks, the Bible chapters

are assigned each week. As you are reading your Bible, take note of verses that stand out to you and write about them. This is a journal of your thoughts about Bible verses and chapters. It will be graded for thoughtful completion, but there is no one right way to complete this assignment. Possible suggestions for writing are provided in the Bible journal assignments on Canvas.

- **Course Readings/Lecture Journal:** The readings and videos for this course, along with the lectures and lecture slides, are designed for you to hear, read, think about, and apply to your life in specific ways. This journal will help you in that process. Write down things that stand out to you from the readings, lectures, and weekly videos. Suggestions for journal writing are provided in the Course Readings Journal assignments on Canvas.

- **Gratitude Journal:** Over the course of the semester, we will count and record 1000 things to be grateful for. This can be done by writing 10 things each day, or you can feel free to write more than that and get ahead. Take photos of your 1000 entries and upload them by the last day of class. Be specific, and teach yourself to look for things to be thankful for that are normally taken for granted. Consider how to be thankful even for difficult things. More suggestions are in the Gratitude Journal assignment on Canvas. It is recommended that this be completed daily, but it will not be graded until week 15.

- **Attestation of Reading:** At the end of the semester, each student will be required to sign an attestation of the percentage of reading and video viewing that was completed for the course.

- **Attestation of Attendance/Participation:** At the end of the semester, each student will be required to sign an attestation of attendance and participation. Participation in this course may look different for different students. Participation includes: asking questions (in class, discussion, or during breaks/outside of class), making a comment regarding course materials (in class or outside of class), answering questions, volunteering to read Bible passages, reaching out to the instructor and/or other students to encourage them in integrating course material into daily life, and being an alert and engaged learner.

- **Midterm paper or presentation:** This project is designed to help the student consider how to apply the course concepts and use textual evidence from the Bible and from the course texts as evidence to support a position.

The question that will be addressed in a student-chosen paper or presentation is as follows:

How does an understanding of who God is and who we are in Christ inform who we should be in relationship to others? Detailed information can be found in the assignment in Canvas.

- **Final paper or presentation:** This project is also designed to help the student consider how to apply the course concepts and use textual evidence from the Bible and from the course texts as evidence to support a position.

The question for this project is:

What does it mean to speak the truth in love and how are we to obey God in doing it?

More details can be found in the assignment in Canvas.

• **Final Exam:** The purpose of this exam is to encourage each student to review the course material and to ensure that each student is able to understand and apply the information learned throughout the semester. The exam will be a take-home exam and is due the Thursday after the last class.

• **Extra Credit:** There are four possible extra credit points with details posted in Canvas. Students who have completed all of the coursework may choose 2 of the four assignments to complete to earn extra credit.

Weekly Schedule:

Date	Topic	Assignments Due	Study Material
Week 1 (1/8/26)	Who is God? Who are we in Christ? Who are we to be with others? How to communicate?	Beginning of class, week 2 Bible journal, Lecture/Course readings Journal (Gratitude journal not due but recommended)	<p>Websites and handouts: Attributes of God https://www.blueletterbible.org/faq/attributes.cfm</p> <p>Who We Are in Christ/Our Relationship with God</p> <ol style="list-style-type: none"> 1. Become Who You already https://www.desiringgod.org/articles/become-who-you-already-are 2. Course Handout, Identity in Christ 3. Who I am in Christ. https://www.gotquestions.org/who-in-Christ.html 4. Resolutions of Jonathan Edwards https://www.desiringgod.org/articles/the-resolutions-of-jonathan-edwards 5. Course Handout, Charles Spurgeon Quotes on Suffering <p>Who We Are to be with Others</p>

			<p>1. John MacArthur- Authentic Love https://www.ligonier.org/learn/articles/true-love</p> <p>2. John MacArthur- Turn the Other Cheek https://shop.gty.org/library/bibleqnas-library/QA0036/turn-the-other-cheek</p> <p>3. John MacArthur https://808bo.com/2021/08/18/grace-to-you-john-macarthur-treating-others-with-consideration/</p> <p>4. Stephen Witmer Love Them More Need Them Less https://www.desiringgod.org/articles/love-them-more-need-them-less</p>
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			<p>Communication</p> <p>1. Course Handout: 4 Rules of Communication based on Ephesians 4 2. Speak the Truth in Love by Susan Heck https://biblicalcounseling.com/resource-library/articles/how-to-speak-the-truth-in-love/?srsltid=AfmBOooZR8_8DxyaK2mLSDT7P2QOrUwA9beMCCAVpB11urgeTQrD_HAo</p> <p>3. Secrets of Great Communicators https://www.15five.com/blog/10-communication-secrets-great-leaders</p> <p>Video Week 1 Immutability RC Sproul: Immutability of God https://www.youtube.com/watch?v=GbPXAX9j88s</p>
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<p>Week 2 (1/15/26)</p>	<p>Finding Hope in the God of Peace and A God's Eye View of Conflict</p>	<p>By the start of class, week 3 Bible journal, Lecture/Course readings Journal (Gratitude journal not due but recommended)</p>	<p>Pursuing Peace chapters 1-2 The Holy Bible: John 15, 16, and 17, Matthew 5, 6, and 7 and Luke 17 Video Week 2 Who we are in Christ, John Piper https://www.youtube.com/watch?v=blPUgGww3o4 Stephen Nichols: The Power of the Word of God https://www.youtube.com/watch?v=xztir90_Fso</p>
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<p>Week 3 (1/22/26)</p>	<p>Keeping God Central: Getting to the Heart of Our Conflicts</p>	<p>By the start of class, week 4 Bible journal, Lecture/Course readings Journal (Gratitude journal not due but recommended)</p>	<p>Pursuing Peace Chapters 3-4 The Holy Bible: Mark 4, Romans 1-6 Video Week 3 Forgiveness, Voddie Baucham https://www.youtube.com/watch?v=hpICVJCV3pY</p>
<p>Week 4 (1/29/26)</p>	<p>Owning our Sins before God our Savior Apologizing that makes a Difference</p>	<p>By the start of class, week 5 Bible journal, Lecture/Course readings Journal (Gratitude journal not due but recommended) Outline for paper due week 5</p>	<p>Pursuing Peace Chapters 5-6 The Holy Bible: Romans 7-13 Video Week 4 How to Battle Bitterness https://www.youtube.com/watch?v=Nr1S19Jp-40</p>
<p>Week 5 (2/5/26)</p>	<p>Cultivating Grace Attitudes To Forgive or Not to Forgive</p>	<p>By the start of class, week 6 Bible journal, Lecture/Course readings Journal (Gratitude journal not due but recommended)</p>	<p>Pursuing Peace Chapters 7- 8 The Holy Bible: Romans 14-15, and James 1-5 Video Week 5 Be a Channel of Grace https://www.youtube.com/watch?v=y1WeCblOl4g</p>

Week 6 (2/12/26)	Battling Bitterness by Grace Redeeming the Art of Rebuke and Granting Forgiveness	By the start of class, week 7 Bible journal, Lecture/Course readings Journal (Gratitude journal not due but recommended)	Pursuing Peace Chapters 9-10 The Holy Bible: Ephesians 1-6, Colossians 1 Video Week 6 Should I Let Go and Let God? R.C. Sproul https://www.youtube.com/watch?v=R9NxsRXwVI
Week 7 (2/19/26)	Reconciliati on in Action When Nothing Works Appendices A/B	By the start of class, week 8 Bible journal, Lecture/Course readings Journal (Gratitude journal not due but recommended) Midterm paper due week 8	Pursuing Peace Chapters 11-12 Appendices A-B The Holy Bible: Colossians 2-4. Philippians 1-4 Video Week 7 What Does it Mean to Fear God Paul Washer https://www.youtube.com/watch?v=NUI0Q0DQRYk

Week 8 (2/26/26)	The Best of News: A Reason to Get up in the Morning In the Hands of the Redeemer	By the start of class, week 9 Bible journal, Lecture/Course readings Journal (Gratitude journal not due but recommended)	Instruments in the Redeemer's Hands, Chapters 1-2 The Holy Bible: 1 Peter 1-5, 2 Peter 1, 2 Timothy 2 Video Week 8 Ongoing Sin Paul Washer https://www.youtube.com/watch?v=HynerviUiTc
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Week 9 (3/5/26)	Do We Really Need Help? The Heart is the Target	By the start of class, week 10 Bible journal, Lecture/Course readings Journal (Gratitude journal not due but recommended)	Instruments in the Redeemer's Hands, Chapters 3-4 The Holy Bible: Proverbs 1-7 Video Week 9 How Can I Be Sure I am Among the Chosen? RC Sproul https://www.youtube.com/watch?v=6BOipuPD2uY
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Week 10 (3/12/26)	Understanding Your Heart Struggle Following the Wonderful Counselor	By start of class, week 11 Bible journal, Lecture/Course readings Journal (Gratitude journal not due but recommended)	Instruments in the Redeemer's Hands, Chapters 5-6 The Holy Bible: Proverbs 8-14 Video Week 10 Serving God in Our Everyday Lives Alistair Begg https://www.youtube.com/watch?v=SEerpaEKtmQ
Week 11 (3/19/26)	Building Relationships by Entering Their World Building Relationships by Identifying with Suffering	By the start of class, week 12 Bible journal, Lecture/Course readings Journal (Gratitude journal not due but recommended) Outline for paper due week 12	Instruments in the Redeemer's Hands, Chapters 7-8 The Holy Bible: Proverbs 15-21 Video Week 11 Humility John MacArthur/Todd Friel https://www.youtube.com/watch?v=t12I81hvU7A
Week 12 (3/26/26)	Getting to Know People Discovering Where Change is Needed	By the start of class, week 13 Bible journal, Lecture/Course readings Journal Outline for paper (Gratitude journal not due but recommended)	Instruments in the Redeemer's Hands, Chapters 9-10 The Holy Bible: Proverbs 22-28 Video Week 12 The Gospel Paul Washer https://www.youtube.com/watch?v=t1BWSOVNm4A

Spring Break April 2			
Week 13 (4/9/26)	The Goals of Speaking the Truth in Love The Process of Speaking the Truth in Love	By the start of class, week 14 Bible journal, Lecture/Course readings Journal (Gratitude journal not due but recommended) Extra Credit due week 15. Final Paper/Presentations due week 14.	Instruments in the Redeemer's Hands, Chapters 11-12 The Holy Bible: Proverbs 29-31, Psalm 16, 23 and 32, Isaiah 40 Video Week 13: 5 Tests of False Doctrine Tim Challies https://www.youtube.com/ watch?v=KboP8r_yiAY

Week 14 (4/16/26)	Establishing Agenda and Clarifying Responsibility Instilling Identity with Christ and Providing Accountability	By the start of class, week 15 Bible journal due and Lecture/Course readings Journal due Final Paper/Presentations Gratitude Journal due week 15. Attestations due Friday April 24 by 9:59 AM Extra credit due week 15.	Instruments in the Redeemer's Hands, Chapters 13-14 The Holy Bible: Psalm 119 Video Week 14 Models of Lament ACBC Association of Certified Biblical Counseling https://www.youtube.com/watch? v=xD4zveAqh2Q Take home final opens 4/16/26 at ten in the evening, and closes at 4/23/26 at 6:59 PM.
Week 15 (4/23/26)	Summary: What We have Learned about God, Self, and Others	Bible journal, Lecture/Course readings Journal Gratitude Journal Due April 23 at beginning of class Attestations due Friday April 24 by 9:59 AM.	Take home final opens 4/16/26 at ten in the evening, and closes at 4/23/26 at 6:59 PM.

Late Policy:

Assignments are expected to be submitted prior to the due date. If there are extraordinary circumstances outside of the student's control, they may request an extension from the teaching staff. Additionally, it is often the case that due to any number of other circumstances, a student finds that they are unable to adequately complete a given assignment. In such cases, the student is welcome to submit the assignment after the due date, up to the end of the semester; however, a late penalty will be given for such a late assignment. The standard late penalty is a 20% flat reduction in grade for the given assignment. This late penalty is meant to penalize late submissions and encourage timeliness, while still allowing the student to still finish the given assignment to the best of their ability even if they are unable to complete the assignment for some time due to any extended circumstances. This late policy is subject to instructor discretion. The 20% late penalty policy is intended to allow for unique or difficult but not extraordinary circumstances. Any student who abuses this policy, per the instructor's discretion, is liable to have this policy revoked and the grade revert to either a zero or that based on any submission prior to the due date.

Appendix: How to set up your Canvas Account

This course will use the free version of Canvas. This means that you will be able to set up a Canvas account with your regular email and will be able to access the course on Canvas with a simple course invitation sent to your email. Please perform the following steps to set up your Canvas account:

- Check your email for a course invitation to Canvas.

- Click the "Get Started" button, which should redirect you to a Canvas page.
- Accept the course invitation. Upon accepting, it should redirect you to a page that will allow you to either set up a new Canvas account or link a current Canvas account.
- If you do not already have a free Canvas account, proceed to create a new account. To create a new account, it will set your login to be your email, you simply need to set your password and accurate time zone.

Your new account should be all set. To log in to Canvas in the future, go to the following URL: <https://canvas.instructure.com/login/canvas>

Use your email and password to log in. Then click on your MINISTRY 101 course.

To use the mobile Canvas app, you'll want to download the Canvas app. Upon downloading and opening the app for the first time, it will prompt you to "Find my School." Select this option and put in "Free Canvas Accounts." Select this option and proceed to log in with your email and password associated with your free Canvas account. **Appendix: How to submit assignments on Canvas** From the course's Canvas home page, navigate to the assignments tab. Select the specific assignment from the list of assignments. Follow the instructions for the different cases of typed and handwritten submissions.

For typed documents:

- Click "Start Assignment" ("Submit Assignment" in the mobile app)

- Click “Upload File” (“Files” in the mobile app)
- Click “Choose File” (simply select the file in the mobile app)
- Navigate to the proper file and select it
- You may add any number of files by selecting “Add Another File”

For handwritten documents:

You may use a scanner, scanner app, or simply take photos of your work and submit the files by following the same steps outlined for typed documents. The best option may be to use the Canvas mobile app to submit the assignment and use the scanner feature as an option after selecting “Submit Assignment.”

Please note, you may submit as many times as you would like prior to the assignment deadline. The most recent submission will count as your graded submission.

Appendix: Academic Integrity

Students are expected to hold themselves to a Christian standard of ethics in all matters. This includes, but is not limited to, refraining from any forms of plagiarism, cheating, sharing or acquiring any materials that would give a student an unfair advantage, or any dishonest representation of one’s work. Below are outlined the consequences for an infringement of academic integrity for a given assignment:

- First offense – A grade of zero is given for the assignment; professor must notify the Registrar and Dean of Students. A statement goes into the student’s file.
- Second offense – A grade of F is assigned for the course; the professor must notify the Registrar and Dean of Students. A statement goes into the student’s file. The Dean of Students and/or Registrar will notify faculty of students who incur a second offense in this area.
- Third offense – The professor must notify the Registrar and Dean of Students. A statement goes into the student’s file and the student may be suspended or dismissed from this institution.

Appendix: Policy on Use of Generative Language Models For Written Assignments The use of generative language models, such as ChatGPT, is not strictly prohibited and in some cases is very much encouraged as a research and brainstorming tool. However, all written assignments submitted as your own work should reflect your own personal writing. This prohibits copy and paste use of such tools, however, you may feel free to quote such tools provided that you make clear it is a quotation. In general, you should treat generative language models as equivalent to speaking to another person. You may gain insight from them and be able to improve your value and productivity, but you should not misrepresent someone else’s work as your own. These tools may also be treated somewhat like calculators in a math class. You may use them when appropriate and assignments may even assume their use in some ways, but all submitted work must be your own unless specified otherwise.