



AWAKEN
LOVE
Claim God's Powerful Gift

Awaken-Love Teachers Guide

What It Takes to Lead a Live Class

1. A life that is completely dependent on God – you can't change anyone.
2. A rock solid marriage – your husband must support you in teaching.
3. Sensitivity and compassion for the wounded and those that struggle.
4. Lips that are not loose or crass – in class, or anytime.
5. A support system of encouraging Godly girlfriends.
6. An appetite to learn more.
7. The ability to constantly give husbands the benefit of the doubt – but not in cases of abuse.
8. A willingness to share your own struggles and triumphs – to be real.
9. The ability to help women discover things on their own – to ask questions.
10. The ability to create a safe and warm environment for sharing and learning.

Foundational Truths That Must Be Communicated

1. God can transform you and your marriage.
2. God created sex for wives as much as for husbands.
3. Sex is a powerful gift from God that connects us in ways that are unexplainable.
4. Sex must be measured against God's design – oneness, knowing, pleasure, etc...
5. God desires freedom in our marriage bed, but we must deal with the lies, baggage and body image issues.
6. God wants us to experience so much more – marriage is not supposed to get boring.
7. Sex is much more than intercourse – it is seeing each other naked and unashamed, it is joining two into one and it is a holy communion with God.
8. The best thing we can do for our kids is have a lifetime love affair with our spouse.
9. We can learn to talk about sex in good and healthy ways to equip and encourage others.
10. Intimacy is always about our relationship with God – it is a mirror.

How to Create the Right Environment

1. Remind the women our sexuality is as individual as our fingerprint and we all come from different experiences.
2. Remind the women to be respectful in their expressions and tone of voice during class.
3. Encourage self-discovery by asking questions and not always providing the answer.
4. Constantly direct the women back to what changes they can make.
5. Constantly remind women of God's power, healing, forgiveness, etc.
6. Don't be afraid to interrupt class to pray over something or someone.
7. Remind women how hard sex can be and that it is a lifelong journey.
8. Cast vision and hope for God's design for marriage and sex.
9. Realize that you cannot change these women – only God can.
10. Always give men the benefit of the doubt – men may say they “need sex” because they actually miss you, or feel disconnected, or want to love you.
11. Discern when introverts have something to say by simply asking, “what are you thinking?”
12. Have a sensitivity for those that have a higher drive than their husbands.
13. Have a sensitivity for those whose husbands struggle with pornography.
14. Hold the line to God's truth in love and grace as we are all on our own journey.
15. Share your own struggles and challenges when it is a benefit to someone else.
16. Always look for opportunities to point back to our relationship and dependence on God.

Note: In order to be beyond reproach, the Awaken-Love ministry must not be linked to selling any products - including vibrators, marital aids and health supplements. No one should bring these items to class for demonstration or for sale.

Called and Equipped to Teach

The number 1 criteria for Awaken-Love teachers is being called by God.

After you have completed an Awaken-Love class, if you feel God has called you to teach, spend some time praying about it, talking to your spouse and sharing with some Godly friends. If you still feel called and those you trust affirm you, then set up an appointment to talk one on one with us. We want to disciple you and help you discern your next steps.

The path to becoming equipped to teach may look different for everyone. Perhaps your participation in a class will equip you. Perhaps you will watch videos of the classes, do the homework and discuss the lessons with us remotely. Perhaps you will watch the videos of the classes, do the homework and then spend a weekend being equipped with us. Perhaps we will lead you through the lessons, one-on-one, via video conference over six weeks or an alternative schedule. Those are some avenues that we have envisioned, but they are not exclusive of other means of equipping that the Lord may choose. Please connect with us to pray and discuss your individual path.

How to Launch a Live Awaken-Love Class

Feeling Called – After you have completed an Awaken-Love class, if you feel God has called you to teach, then spend some time praying about it, talking to your husband and sharing with some Godly girl-friends. If you still feel called and those you trust affirm you, then set up an appointment to talk one on one with us online or in person. We want to disciple you and help you discern your next steps.

Next Steps - Once you decide to move forward, we will ask you to sign a teacher agreement, set up your Awaken-Love email address (optional) and give you access to online files of the curriculum, daily articles, promotional materials and teacher resources. Our desire is to support and equip you in any way that we can in your call to minister through the Awaken-Love ministry.

Whether you go through your church or not, we suggest that you show respect by communicating your intention to teach Awaken-Love classes and be open to their counsel. If you want, then ask your church to partner with you by allowing you to promote the class, make copies of the curriculum for the class and/or host the class on campus. Recommendations from other pastors may be a helpful resource.

Pilot Class - Ask 8-12 friends that will support you and give you honest feedback to join you for your first Awaken-Love class. Find a place to meet that is private without distractions. You will need a two hour time slot for six weeks.

When a woman registers for your class, then immediately send her your unique teacher URL so that she can create an account on the Awaken-Love website. Creating this account will automatically sign her up for the daily article emails, the Husband Homework emails and give her access to a discussion forum and class videos.

About a week prior to your class, send out a reminder email with last minute details. See the teacher resources for templates.

Class Logistics - Women's Awaken-Love Study - Each woman in the Awaken-Love study will need a copy of the curriculum and a copy of the books Sheet Music by Kevin Leman and Intimate Issues by Linda Dillow and Lorraine Pintus. You may purchase the books yourself and ask for reimbursement or have the women in your class purchase their own books.

The four Husband Homework assignments will be emailed with the Daily Articles. If you plan to pass out hardcopies in class, then you will need copies of the four Husband Homework assignments folded and stapled or placed in envelopes. They are passed out in Weeks 3-6.

Class participants will sign up to receive an email each day throughout your six weeks together beginning the first day of class when they create their online account via your unique teacher URL. Encourage women to bring their Bible to class as well.

Care and Support - We desire to support and disciple you and are available by email and video conference. It is also important to ask a friend to pray with you on a regular basis, and absolutely essential to stay well connected to your spouse. Be prepared that class discussions may bring to light situations that feel hopeless or frustrating. You need to understand that you are powerless to

change someone – only God can change them. Your role is to pray and point them to additional resources if needed. Be prayerful in everything that you do and offer God’s truth, grace and hope. Keeping a journal during the pilot class is a great idea because you are going to see God move in amazing ways.

Charges - There is no charge for our time or any of the resources that we provide. Our desire is that Awaken-Love is a ministry that changes lives, rather than a vehicle to make a profit. What you charge for a class is your decision based on the cost of reimbursement of materials, facility fees, transportation costs, etc. We do ask that you build in an additional \$10 per participant into the total cost that can be reinvested into the Awaken-Love ministry.

Future Classes - If you decide to continue teaching Awaken-Love classes, then we would love to make your information available on our website. We will simply have a listing of cities that the classes are offered in with the corresponding first name of teachers with their email addresses. Women that are in those cities can then email teachers directly to see when the next live class is being offered. If you desire, then we can also help you with Awaken-Love business cards, t-shirts, and tote bags but none are essential.

Marketing ideas are included in the online teacher resources.

If you are seeking to launch the Awaken-Love ministry at your church, then we can share tips on doing so, come to speak to the women in your congregation, or set up a training session for class leaders. This is optional, of course.

In the beginning, you will have the most success getting women to come to Awaken-Love classes by asking friends. Teachers usually ask by email so that women do not feel put on the spot. Expect to receive about one response per 10 emails sent.

Keep an email list of women that have completed the class and whenever you decide to offer a class, ask them to invite friends to the class – this is by far the number one way of marketing the Awaken-Love class. Look for opportunities to offer the class through your church’s women’s Bible study. Speaking engagements at MOPS or other women’s groups can also be a great way to advertise and share truth.

Our goal has always been to advertise exclusively to women so that a wife did not have to respond to an insensitive husband saying, “You should take this class.” If your church lets you promote the event, please advertise through women’s Bible study or hang fliers in the women’s bathroom stalls. You may be surprised but you cannot always tell when this is a very painful part of someone’s marriage, so be sensitive to the fact that this class is not for everyone.

Since the first year that Ruth taught Awaken-Love classes, God has always impressed that others were supposed to teach.

- What if we are supposed to transform women one woman at a time across the country?
- What if marriages literally began to look different and people began to ask, “What the heck is going on?”
- What if we had a new understanding of who God is and how intimately He loves us?
- Would it change the world?

This is not a game. This is not teaching. This is ministry in the most powerful area of our life.

Class Discussion Guidelines

We desire a lot of real and respectful discussion that glorifies God. As you participate in the Awaken-Love class, please keep the following guidelines in mind.

- Confidentiality: What is said here stays here. Please don't share someone else's story.
- Extend love and grace. We need to be Jesus to one another. This is not a place for judgement. Tones of voice or facial expressions that suggest "yuck," shock or disgust are not permitted.
- Be respectful, listen, share, and be sensitive.
- Don't say anything about your spouse that you wouldn't say in front of them.
- Don't say anything so detailed that it allows us to paint of picture of what happens inside your bedroom.
- Don't assume everyone is the same and enjoys that same things. Our sexuality is as individual as a fingerprint.
- No matter where you are, have been, have done or are doing – you are invited to join the conversation.

Week 1 - What is Intimacy?

Main Points –

1. God created sex just as much for wives as for husbands.
2. Define intimacy and begin to explore the relationships between intimacy in marriage, intimacy with God, sexuality and spirituality.

Mixer Questions

1. What gets you in the mood?

Follow up - You need to know what gets you in the mood and communicate it to your spouse.

2. What do you do to let your husband know you're interested tonight?

Follow up - Do our husbands always wait for our signal and should they have to?
Do we want our husbands to lead – even in the marriage bed?

Week 2 – God’s View of Sex

Main Points –

1. Always go to the Bible – for God’s design for sex – what it should look like, what we enjoy, when we engage, etc...
2. The importance of engaging the mind and permission to do it.

Mixer Questions

1. **Before you got married, how did you learn about sex (not just making babies)?**

Follow up – This is the beginning of thinking how our thoughts were formed about sex. How do we want to talk to our kids about sex?

2. **What messages have you heard from the church about sex?**

Follow up - What role can and should the church play?

What Does God Think about Sex?

Oneness – Can this happen even when we are not feeling emotionally connected beforehand.

Knowledge – Can we have sex without getting to know each other? How do we have sex where we get to know each other? This is a choice of how we have sex. When we are “knowing” each other – it never gets boring.

Pleasure – Do we as women limit how much we enjoy sex because we somehow think it is wrong, too much, or too scary?

Defense – Is this fair? Are we responsible for our spouse? What is “captivated” and what does it do?

Comfort – Anyone have a personal example? Do women think of this just in terms of our husbands? Can this even apply to small things like being stressed out?

Picture of Intimacy – Can you imagine a point in time when you are thinking about nothing else – not how you look or sound – but you are completely unashamed – just you and your husband so connected? That is what God wants with you!

Week 3 - Naked and Unashamed

Main Points –

1. God desires us to be free in our marriage bed.
2. God is a God that heals us, forgives us and makes us new.
3. We must constantly guard against lies about sex.
4. We must constantly pray about baggage as it is revealed.
5. Realize God made you absolutely unique and beautiful.
6. We must receive our husband's affirmation of our beauty and learn to enjoy their eyes on our body.

Mixer Questions

1. When have you felt the closest to your husband and why?

Follow up - There are many ways to create intimacy – even going thru struggles.
Ask your husband when he has felt the closest to you and why.

Week 4 - Boundaries, Communication, Exploring the Senses, & Romantic Bedroom

Main Points –

1. For boundaries – go the source and design of God, be discerning of the Holy Spirit for your marriage.
2. Communication is how we “know” each other.
3. Focusing on one of the senses can be one of the most effective ways to get out of your head during sex.
4. Your bedroom should help you transform from _____ to lover.

Mixer Questions

1. **What’s one thing that would help your husband love you better? Have you lovingly shared this one thing with your husband?**

Follow up - Set your husband up for success by communicating specific, measureable, simple things that make a difference to you. Ask your husband how you can love him.

Week 5 - How Our Body Works

Main Points –

1. God designed our bodies exactly like He wanted- complicated, tricky, and mysterious – so that it would be a lifetime of getting to know each other.
2. Our bodies have amazing capabilities.

Mixer Questions

- 1. What is ideal date or the most romantic thing that your husband could do for you? What about a small romantic gesture?**

Follow up - Many husbands hate the word romance because they never live up to our expectations.

Can we set our husbands up for success? Does asking him or communicating desires negate it?

If we want our husbands to plan (lead), can we enjoy their choice of movie, restaurant, etc.?

We need to take a turn at romance and not decide this is something men are supposed to do for women.

Week 6 – How His Body Works, Frequency, Date Ideas

Main Points –

1. We have the honor of stretching our husbands to more than on/off.
2. Increased frequency starts with intentional choices and can become craving.
3. Create memories by being creative.
4. God wants you to have a passionate marriage and a passionate love affair with Him.

Mixer Questions

1. Just spend time processing and celebrating the work God has done and talking about next steps on the journey.