

COURSE COMPACT: The Total Man Concept

Course Title: *The Total Man Concept: Preparing for Eternal Living and Holistic Well-Being*

Course Duration: 10–12 Weeks

Course Type: Spiritual Formation / Christian Life Development

Course Description:

This course explores the holistic development of the believer—spirit, soul, and body—within the framework of Christian doctrine and eternal purpose. Students will examine biblical teachings on eternity, spiritual warfare, emotional health, lifestyle balance, service, and doctrinal foundations related to the end-time events. The course is designed to build resilience, strengthen discipleship, support emotional well-being, and enhance readiness for eternal life.

COURSE AIM

To guide students into a comprehensive understanding of what it means to live as “total men”—fully aligned with God’s purpose, spiritually alert, emotionally stable, physically balanced, and eternally conscious.

LEARNING OUTCOMES

By the end of this course, students should be able to:

1. Demonstrate a deeper understanding of life from an eternal perspective.
2. Identify and engage scripturally with spiritual battles and persevere through trials.
3. Apply biblical principles to manage anxiety, fear, and discouragement.
4. Practice mental and emotional renewal through faith-based disciplines.
5. Establish a lifestyle that honours God through rest, recreation, exercise, and self-care.
6. Respond biblically to loss, transitions, and life hardships.
7. Develop consistent habits of joy, gratitude, and positive confession.
8. Practice digital discipline and healthy use of technology.
9. Participate actively in community service and Christian witness.
10. Articulate personal readiness for eternity through reflective writing.

11.Explain key doctrines concerning the Rapture, Resurrection of the Dead, and Great Tribulation.

WEEKLY MODULE BREAKDOWN

Module 1: Living With Eternity in View

Eternal perspective in daily life

Purposeful living

Aligning priorities with Kingdom values

Module 2: Understanding Spiritual Warfare and Perseverance

Nature of spiritual conflict

Armour of God

Endurance and steadfastness

Module 3: Managing Anxiety, Fear, and Discouragement

Biblical antidotes to worry

Faith over fear

Counseling principles from Scripture

Module 4: Mental and Emotional Renewal Through Faith

Mind transformation (Romans 12:2)

Biblical meditation

Emotional resilience

Module 5: Lifestyle Wellness: Rest, Recreation, and Physical Care

Sabbath rhythms

Stewardship of the body

Healthy habits and boundaries

Module 6: Coping With Loss, Trials, and Transitions

Grief from a Christian perspective

Comforting Scriptures

Responding to life changes with hope

Module 7: Developing a Gratitude and Joy Habit

Gratitude as a spiritual discipline

Joy in trials

Practical thanksgiving techniques

Module 8: Managing Technology and Digital Discipline

Overcoming digital addiction

Using technology purposefully

Social media and spiritual growth

Module 9: Community Service and Volunteerism

Christianity and service

Discovering your ministry

Practical outreach projects

Module 10: Reflective Essay – “My Readiness for Eternal Life”

Personal assessment

Life priorities

Eternal preparedness

Module 11: Doctrinal Focus

a. The Rapture

Biblical foundations

Signs and expectations

b. The Resurrection of the Dead

Order of resurrection

Eternal states

c. The Great Tribulation

Scriptural timeline

Purpose and significance

TEACHING METHODS

Lectures and guided biblical study

Class discussions

Group projects and service activities

Personal reflection and journaling

Case studies and practical exercises

ASSESSMENT STRUCTURE

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Class participation: 10%

Assignment: 10%

Church Attendance (weekly): 20%

CBT EXAM: 60%

Final Reflective Essay: *“My Readiness for Eternal Life”* – 30%

REQUIRED RESOURCES

Bible (preferably multiple translations)

Notebook/journal

Supplemental readings (to be provided later)