Pre-Marital Training Schedule

Session One

- Get to know each other *(Look over Questionnaire)*…
- Expectations…
- Gen. 1 *(God's Plan for You & Marriage)…*
- Schedule remaining Sessions…
- *Homework: Take the Prepare & Enrich Assessment & Start reading…*

Session Two

- Eph. 5 *(God's Plan for Men & Women)…*
- Review Prepare & Enrich Assessment Results (pg. 3 & 4)
- Exercise #1: Sharing Strength and Growth Areas
- Exercise #2: Creating a Wish List using Assertiveness & Active Listening
- *Optional* Further Reading…
- *Homework: Assign Additional Exercises & Discuss Differences/Communication*

Session Three

- Their Plans for Each other…Expectations in the day-to-day…
- Review Prepare & Enrich Assessment Results (pg. 5)
- Exercise #3: Identifying Most Critical Issues
- Love Languages…
- Exercise #4: Ten Steps for Resolving Conflicts
- Conflict Resolution *(LUV Talk & FEAR Dance)*…
- *Homework: Assign Additional Exercises & Practice the 'Conflict Resolution' skills*

Session Four

- Review Prepare & Enrich Assessment Results (pg. 6 & 7)
- Exercise #5: Mapping Your Relationship
- In-Laws…Fighting Fair…
- Exercise #6: SCOPE out your Personality
- Addictions…Finances…
- Begin 'Wedding Vows and Ceremony' Discussion
- *Homework: Assign Additional Exercises & Any new or unanswered Questions*

Session Five

- Review Prepare & Enrich Assessment Results (pg. 8-10)
- Any extra exercises still wanting them to do…
- The 'D' Word…
- Talk Church Options…
- *God's Plan for their Marriage…*
- Final details about the wedding (Vows, Message, Order of Ceremony, etc.)…

***Strongly Recommended Reading:**

- How to Win a Family Fight (Cunningham)
- DNA of Relationship for Couples (Smalley & Paul)

****Additional Recommended Reading:**

- Five Love Languages (Chapman)
- Sacred Marriage (Thomas)
- Before I Say "I do" Devotional (Wright)
- Save your Marriage before it Starts (Parrott)
- *Saving your Second Marriage before it Starts (Parrott)