

THE MARRIAGE PREPARATION COURSE

SESSION TOPICS:

Communication

This session helps couples see how important effective communication is for a strong marriage and how communication is affected by personality, family background and circumstances. Couples learn to talk about their feelings and they practise listening to each other.

Commitment

Commitment lies at the heart of the marriage covenant and is reflected in the marriage service vows. In this session couples consider the meaning of these vows and then look at how to live out this commitment through making quality time for each other on a regular basis and separating appropriately from their parents.

Resolving Conflict

Conflict can either destroy a marriage but if handled well can strengthen it. Couples consider how to handle anger, appreciate their differences, look for solutions together and practice forgiveness.

Keeping Love Alive

This session looks at how love must be deliberately nurtured in a marriage through couples nurturing their friendship, discovering how the other feels loved and developing their sexual relationship.

Shared Goals and Values

While appreciating their differences, couples need to agree on their goals and core values. In this session couples have the opportunity to discuss their priorities for the future, the roles they expect to fulfil and the building of spiritual togetherness.

Financial Management

Finances are now found to be a primary cause of conflict in marriage and are addressed in this session.

For more information about the Marriage Course, contact Wilson and Esther Wong at 012-3456299 and 012-3456210 respectively.



Engaged couples together with facilitators of the second Marriage Preparation Course held in July 2011



Discussing priorities for the future and the roles expected to fulfill.



Effective communication is for a strong marriage



A session on Financial Management in progress



The building of spiritual togetherness.



The couple discover their own strengths to enable them to enjoy and to continue developing a healthy relationship.