

## The Marriage Preparation course: What can it do for your marriage?

Please book us a place on the Spring course Fri 21st & Sat 22nd February

Please book us a place on the Autumn course Fri 23rd & Sat 24th October

Fridays starting at 1945 and finishing at 2200, Saturdays 0900 - 1700

**Names**

**Address**

**Post Code**

**Tel. No.**

**e-Mails**

**Date of Wedding**

We would like to do the Marriage Preparation course, but cannot make the above dates.

Please advise us of alternative dates

**Please return this Page to:**

**The Marriage Preparation Course**  
Greyfriars Church  
Friar Street  
Reading RG1 1EH  
office@greyfriars.org.uk

Spring Course: Fri 21st & Sat 22nd February 2020

Autumn Course: Fri 19<sup>th</sup> & Sat 20<sup>th</sup> October 2020

Venue: Greyfriars Church, Friar Street, Reading, RG1 1EH

Fridays starting at 1945 and finishing at 2200, Saturdays 0900 - 1700

Refreshments will be provided please bring your own lunch on Saturday

**For further information contact the church office 0118 951 6708**

**marriage@greyfriars.org.uk**

### Topics Covered

Over five sessions of the course you will discover practical tools to help you build the foundations for a lasting marriage. You will look at:

[the importance of commitment](#)

[how to recognise and appreciate your differences](#)

[the art of communication](#)

[resolving conflict](#)

[the importance of spending time together and nurturing your friendship](#)

[making each other feel loved](#)

[developing a good sexual relationship](#)

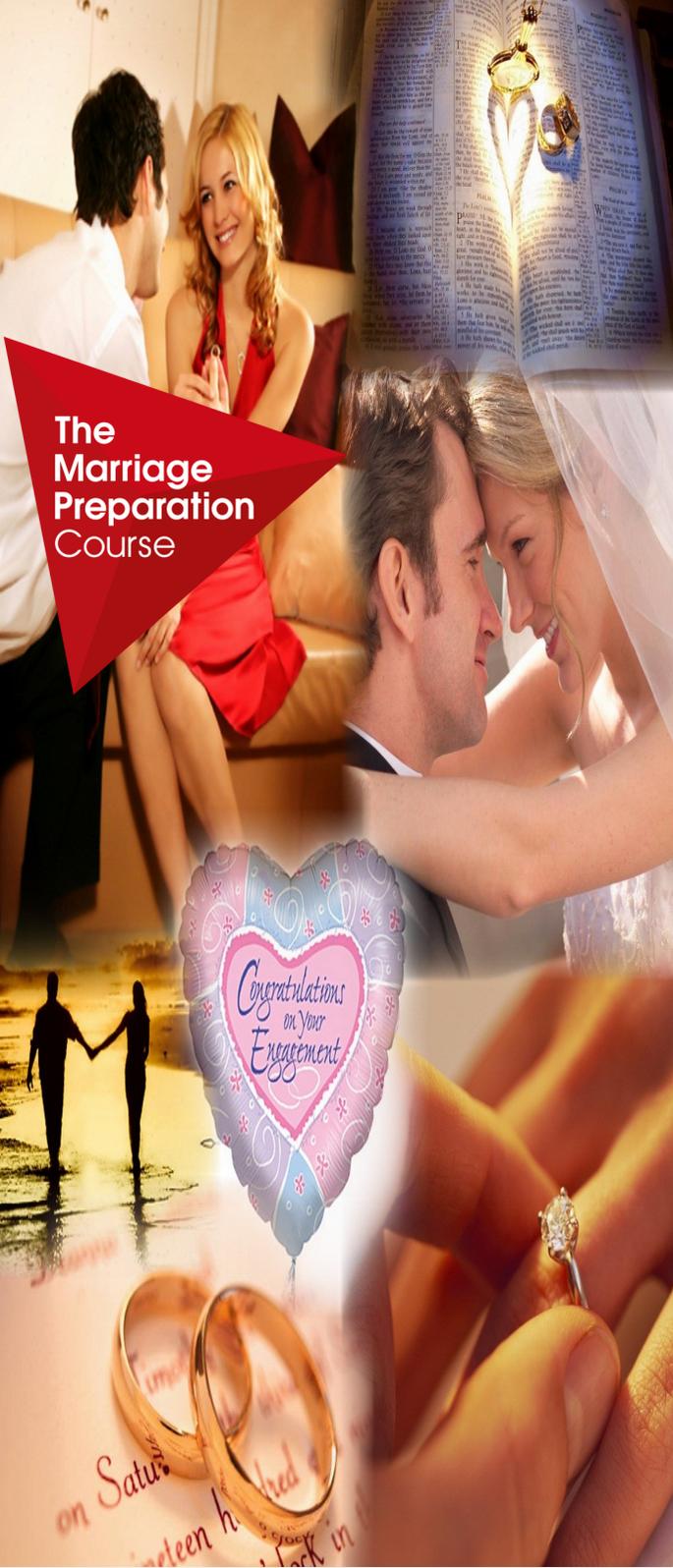
[the importance of talking about your goals, values and dreams](#)

The Marriage Preparation Course is a series of five sessions to help engaged couples or those exploring the possibility of marriage, build strong foundations for their future together. While based on Christian principles, it is relevant and helpful for any couple with or without a Christian faith or church background. It's designed for those who want to give their marriage the best possible start, whether they're exploring marriage for the first time or have been married before.

Nicky and Sila Lee, authors of The Marriage Book, developed The Marriage Preparation Course to help couples invest in their relationship for a lasting marriage. Over five sessions, the course will help you to learn to communicate well, understand and appreciate your differences, and prepare for potential challenges.

Each couple's discussions are completely private.

Each course is unique, but usually every session includes food, a practical talk, and a time for discussion between you and your partner. Background music ensures that you can chat in complete privacy. You will never be asked to share anything about your relationship with anyone other than your partner.



## 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 look at what it means to talk about their feelings and they practice 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 or, if handled well, strengthen it. Couples consider how to handle anger, appreciate their differences, look for solutions together and practice forgiveness. Organising finances, a primary cause of conflict in marriage is also addressed.

**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 fulfill and the building of spiritual togetherness.