

PRE-MARRIAGE COUNSELING PROGRAM -SANDHURST CHRISTIAN COUNSELING-

The decision to marry is one of the most important decisions you have in your lifetime. Many times, the details of the ceremony and honeymoon consume the soon to be bride and groom, with little attention given to life after the "big day". While the wedding ceremony and honeymoon are important; does it not make sense to prepare for life after the ceremony? We believe marriage preparation does make sense, and so we have prepared a top notch pre-marital counseling program that will help you start your marriage on solid ground.

The purpose of our pre-marital counseling program is to provide you with the tools you need to glorify God and love your spouse as God designed.

The pre-marriage counseling program is a fourteen week program that will give you a solid foundation upon which you can build your marriage. You will meet with Reeves for a total of seven one hour sessions (bi-weekly). Each week you will be given useful, practical and pertinent information which will help you grow in your understanding of yourself and your soon to be mate.

The pre-marriage counseling program is designed to be started four to six months prior to your wedding date. This will allow optimal time for the counseling and work to be completed before you say "I do".

How Do I Get Started?

Typically, you will set up an initial meeting with Reeves several months (as much as six) before your wedding date. During your first session you will get to know Reeves and Reeves will get to know you. In addition, you will go over the goals and expectations of the program. You may contact Reeves by calling him at 843.662.2021, ext.1 or by emailing him at reeves.cannon@sandhurst.net.

If you are recently married this program is also great for you. Call Reeves for details.

The Details of the Program

Session One- Couple's personal background, program explained.

Prepare/Enrich Assessment given. Reading list given.

Homework: Prepare/Enrich Assessment (complete online). Begin reading *Love and Respect*.

Session Two- Review of Prepare/Enrich. Discussion of couple's strength and growth areas.

Homework: Family Map Worksheet, Holiday questionnaire.

Session Three- Family of Origin Issues, In-laws, holiday arrangements, etc.

Homework: Five Love Language Assessment

Session Four- Five Love Language Assessment. Three pillars of marital intimacy.

Homework: Work together to develop a realistic family budget. Have *Love and Respect* complete. Begin reading *The Total Money Makeover*.

Session Five- Finances. Money and Marriage.

Homework: Family Budget- Take 2. Complete the Personality Assessment. Makes plans to attend *Understanding the Love of Your Life Seminar*, if scheduled in your area.

Session Six- Personality Assessment. Communication in marriage. Bringing two lives and making them one.

Homework: Finish reading *The Total Money Makeover*. Write a one page story of what you have learned through the counseling process and why you want to marry your spouse more today than ever. Plan to share that with your spouse.

Session Seven- Understanding the significance of the marriage vows. Purpose of marriage.

Homework: Begin reading *The Act of Marriage* three weeks prior to the marriage.

As you can see, this program is not your typical marriage preparation counseling. Our goal is to go deeper with you. Marriage is the bedrock of any society and with today's alarming divorce rates and many more who are dissatisfied with their marriage it is vital that you get started on a firm foundation. It will be hard work, but you will be better prepared for the challenges that accompany marital bliss.