



themarriagecourse



themarriagecourse formula

- + fantastic atmosphere + romantic meal for two
- + practical talks + couple discussion times
- + **NO GROUP WORK!**

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The aim of this Bible based course is to help couples to grow closer through commitment, time together, greater understanding of each other and through learning good habits.

All couples are welcome, whether they've been together for one year or sixty-one years, whether they consider themselves to have a strong relationship or are struggling.

It is a workshop for married couples and all are encouraged to be prepared to commit to the whole course together and be prepared to spend the majority of the time working in partnership on their own marriage.

There is no group work. Each person has their own workbook and couples work privately together working through the given exercises.

We see the course as being sponsored by the ecclesia or a group of ecclesias with encouragement to attend coming from the Ecclesia - rather than seeking volunteer couples to put their names forward.

It also provides an opportunity for the ecclesia to be involved in supporting the event through room preparation, catering, crèche/child care and overall encouragement – and being proactive in the matter of marriage support at a time when many relationships are struggling and sadly increasingly failing.

The organisation of the course is flexible and in its standard form consists of seven two hour sessions usually commencing with a meal. These would be held on an evening weekly or fortnightly. A possible alternative format is to hold the course over two weekends Friday evening/all day Saturday sessions concluding with a meal.

The course challenges us to communicate more effectively with each other: to feel safe to express our feelings openly and honestly about our needs and expectations of each other. It is a wonderful, valuable and precious time together for married of any age, and can be an opening door to developing a closer and more fulfilling relationship.

The atmosphere is relaxed and friendly – and there are lots of fun moments.

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The sessions are introduced to the whole group by the presenters, bringing out scriptural principles, insights into the session's topic and explanations of the activities involved.

The course is divided into seven sections —

Building Strong Foundations, The Art of Communication, Resolving Conflict, The Power of Forgiveness, Parents & In-laws, Good Sex, Love in Action.

What is covered in each session?

1. Building Strong Foundations

Meeting each other's needs and desires; importance of spending quality time together.

2. The Art of Communication

Importance of speaking at the level of feelings; leaders' demonstration of effective listening.

3. Resolving Conflict

Recognising differences; importance of showing appreciation.

4. The Power of Forgiveness

Dealing with unresolved hurt.

5. The Impact of Family – Past and Present

Impact of family background; dealing with childhood pain; importance of leaving parents; establishing boundaries.

6. Good Sex

Not just the icing on cake, but a vital ingredient of the cake itself; developing greater intimacy.

7. Love in Action

Learning and practising each other's love language(s).

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Presenters: Andrew and Sue Collinge have been married over forty years and have two children.

Sue is a qualified counsellor with many years of experience working in a GP practice. Her qualifications are M Phil Counselling, BA (Hons) Cert Ed (FE), MBACP.

Andrew is a Couple Counsellor working with Relate and his qualifications are ACII, Advanced Diploma Couple Counselling

The cost of the course will be the workbook at £2.00 each plus the cost any accommodation and meals.

This course has been regularly presented in ecclesias in Australia and recently in three ecclesias in the UK. Contact names for references are available.

One ecclesia is using the course as a way of preaching to the local population

The DVD presenters are Nicky and Sila Lee. They have been married for over thirty years and have four children. They are on the staff of the Holy Trinity Brompton London. They have spoken to thousands on the subject of marriage and family life, co-authored *The Marriage Book* and *The Parenting Book*, and created The Marriage Course and the Marriage Preparation Course.

For more information about The Marriage Course and other Family Life and Relationship resources, visit themarriagecourse.org.

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We hope this gives you enough information to work on. Feel free to contact us if you have any more questions.

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