

Before The Vows

A Practical Scripture-Based
Premarital Education & Coaching Program
Program Outline

ABOUT THIS EDUCATION AND COACHING PROGRAM

We love to see happy, lasting marriages. But we've seen some unhappy situations over the past 30+ years, some of them predictable. So we've designed this fun, interactive course to help engaged couples work intentionally to build a solid foundation for their marriage.

This 8-week education and coaching program helps couples learn positive, Biblically sound ways to nurture their relationship and helps them confront potentially threatening beliefs, behaviors, and assumptions about one another and about marriage. And it offers tools they can use for years to build a marriage they'll **want** to keep for life.

Instructors/Coaches: Tillmon and LaCharla Figgs

Course Duration: Eight 90-Minute Sessions

PROGRAM PREP

The couple complete and submit 2 assessments before our first meeting:

- ✓ Prepare-Enrich Assessment
- ✓ Lifestyle Assessment

MODULE 1

FOUNDATIONS AND BACKGROUND

Part A Brief Introductions

- ✓ The coaches
- ✓ The Couple
- ✓ The program

Part B Prepare-Enrich Assessment Review

For more than thirty years, PREPARE/ENRICH has been the #1 guide for helping couples explore and strengthen their relationships. Built on a solid research foundation, PREPARE/ENRICH has become one of the most effective relationship assessment tools available.

Part C Lifestyle Assessment - Getting to Know the Couple

This assessment helps identify a person's private values, convictions, and expectations and brings them to the surface for discussion and sharing. As coaches, we help the couple explore ways these issues might impact the relationship over time.

MODULE 2

UNDERSTANDING YOU AND ME

This module is designed to take the couple below the surface in their understanding of themselves and each other. This module is all about creating awareness of our individual "hard wiring" and how those traits can contribute to or detract from harmony in relationships. We build on that awareness by looking at ways the couple can build on their strengths and avoid the pitfalls that may come from their differences.

Part A Affirmation of Faith

- ✓ Explore how each partner views and practices faith
- ✓ Considers implications of the partners' beliefs and practice on the relationship
- ✓ Confirm the couple's agreement to participate in this faith-based coaching program

Part B My Wants, Your Needs Exercise

MODULE 3

Part C Elements of Style (*Why Can't You Be More Like Me?*)

Part D I'm Hard Wired This Way! (*DISC*)

Part E: Gloriously Gifted (*Spiritual Gifts - Homework Review*)

MODULE 4

GOD HAS HIS SAY

In the first two modules the couple got a deeper look at themselves and one another. Now, with that information in mind, we explore Biblical teachings about marriage.

When the Pharisees asked Jesus whether it was legal for a man to divorce his wife for any reason, Jesus said marriage was God's design and a married couple should not be torn apart. This disciples (of all people!) weren't happy to hear that. Jesus' reply to them is the reason we help couples take a deeper look at themselves and one another **before** hearing about God's standard for marriage:

But Jesus said, "Not everyone is mature enough to live a married life. It requires a certain aptitude and grace. Marriage isn't for everyone. Some, from birth seemingly, never give marriage a thought. Others never get asked—or accepted. And some decide not to get married for kingdom reasons. But if you're capable of growing into the largeness of marriage, do it." --Matthew 19:11-12 The Message Bible

We want the decision to marry one another to be a thoughtful one, rather than one fueled only by powerful emotions.

Part A Bible Wisdom on Marriage, Relationships, and YOU!

Part B Sidestepping Key Reasons Marriages Fail

MODULE 5

HIDDEN MENACE

This module discusses the challenges and risks that can arise when one partner or both have unspoken assumptions or harbor dangerous secrets. Our goal is to make them aware that these issues can and do affect Christian families. We provide tools to help the couple engage in candid conversation about these issues in their private time together. It is not our intention to have sensitive and personal matters aired during the class.

Part A About Assumptions and Secrets (Homework Discussion)

Part B My ABC Issues (Preferences and Non-Negotiables)

MODULE 6

TWO LIVES BECOME ONE

Through guided discussion, the couple discuss practical matters related to moving from living as single adults to sharing a home and a life as a married couple or a new family.

Part A Practical Topics

- ✓ Money Matters
- ✓ New Home
- ✓ Intimacy Issues
- ✓ Blended Families
- ✓ Single Friends
- ✓ Children
- ✓ Working Wife?
- ✓ Decisions and Conflict Management
- ✓ Out of Bounds: Abuse and Other Behaviors

MODULE 7

THE FINALE

We review key learning points, answer questions, invite the couple(s) to join our **Check In & Check-Up** program for accountability & coaching during the first 2 years of marriage.

FOR MORE INFORMATION CONTACT US

Tillmon and LaCharla Figgs, Founders and Coaches

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