

Making Marriages Better

Making Marriage Better is an opportunity to enhance or rebuild your marriage. This 10 Session program teaches how to build a great marriage from whatever point you are at; How to keep love fresh and how to handle the boredom, conflict and stress associated with marriage.

Couples will learn what it takes to keep passion alive, build a more loving relationship and discover more about the uniqueness of their partner.



Session Information

What If I've Married the Wrong Person?

The aim of this session is to motivate and encourage couples for change and growth.

Keys to a Lasting Relationship

This session identifies the key behaviours that will prevent a couple from forming healthy intimacy and it unpacks the eight attitudes that are necessary for growth and change.

The Origin and Purpose of Marriage

This session aims to address the theology of marriage by outlining the miracle of maleness and femaleness. It addresses the need for mutual love and respect and challenges the stereotypical views of the dynamics needed for a healthy relationship.

Personally Committed

This session focusses on the need to know and be known. The barriers to a lasting relationship are reviewed, the

theological aspects of covenant are addressed and the First of the Ten Commandments is introduced.

Communication

Differences in male and female brain chemistry and physiology are touched on in this session as well addressing three of the Ten Commandments, and looking at levels in communication and roadblocks to communication.

Investing Time

The teaching in this session builds on the subject matter of the previous sessions and gives a more detailed look at intimacy, individual needs and communicating love. The Fourth Commandment leaves no doubt that a key requirement in building a relationship is to spend time with each other.

Family of Origin

This session gives a snapshot of the influences of the family of origin on every area of relationships. The theology of "honouring" is introduced through an explanation of the Fifth Commandment.

Conflict Management

The key issues are addressed using the Sixth Commandment as the theological foundation. Negative, abusive or damaging patterns are identified and participants are made aware that these must change. Role-play demonstrates healthy and unhealthy behaviour and provide a mirror for partners and singles to evaluate how they handle challenge and conflict.

Sexuality and Intimacy

This subject is addressed from a physiological, psychological and behavioural perspective. Gender differences in chemistry, socialisation and expression of need are looked at. Ways of overcoming gridlock are covered with some practical suggestions for enhancing the relationship. The theology of sex is addressed using the Seventh Commandment and the trinitarian nature of God as the true model of intimacy. The Eight and Ninth Commandment are briefly applied in relation to matters of intimacy and integrity.

Contentment

This session focuses on the Tenth Commandment and addresses the misbelief that says, "I could be happy, but only if I had what I don't have." Forgiveness is a key issue in a relationship. The teaching looks at what forgiveness is and what it is not.



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