



The Seven Sacred Foundations of Marriage

"Built to Last" (Pre-marital Classes)

Course Description: *This series of 5 classes (7 Pillars) will empower the engaged couples with the seven principles necessary to having a successful and loving marriage according to God's Design for marriage.*

Course time: *2 Hours (11:00 A.M. until 1:00 P.M.)*

Pillar I *God's Design for marriage*

This pillar defines God's Design for marriage to include God's specific purpose and plan for marriage. Within this principle, participants will learn the importance and impact of the covenant they will make before God. Participants will discuss scriptures and biblical stories that clearly define God's intention for marriage.

Pillar II *Communication – A Blending of Spirit, Mind, Body, and Entire Being*

Communication is the process of sharing oneself, both verbally and nonverbally in such a way that the other person can both accept and understand what is being shared. Participants will learn valuable techniques to effectively communicate when emotions are high, or conversations become challenging. Participants will learn how intimacy is affected by how we communicate, and that intimacy is also a way in which we communicate with our Spouse.

Pillar III *Conflict Management – Roles and Responsibilities*

Conflict is absolutely going to happen when two join as one. This pillar deals with understanding conflict and that conflict is not the concern, but how we manage the conflict. We will explore why conflict occurs, the three basic reasons for anger, and the choices we have for dealing with conflict. We will also visit biblical scriptures that define the Roles and Responsibilities we have as husbands and wives.

Pillar IV *Trust and Forgiveness*

The principle of Trust and Forgiveness is to set your Spouse free from the debt of the offense and to forgive and not punish them because the price has already been paid. This pillar will address possible hindrances in forgiving, the steps to seeking forgiveness, and the necessity for Spiritual Intimacy.

Pillar V *The "I" in Marriage*

Although through marriage we become one, nurturing the 4 Basic needs at the core of who we are as individuals make us better people and ultimately enrich marriages. This pillar focuses on "A better me for us!"

Pillar VI *Financial Prosperity – Financing your vision*

Financial disruptions and difficulties in marriage can place a strain on the marital relationship. This principle will teach married couples the importance in setting financial goals / Tithing. Participants will be empowered with financial structure and understand God's desire for us to be prosperous.

Pillar VII *Sex in Marriage – Procreation, Recreation, Release, and communication*

Sex and intimacy are two of the most important aspects of a marriage but the least discussed. This course gives spiritual purpose to sex and intimacy in marriage.