

## The Marriage Course at New Hope Family Church

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What: The Marriage Course, a 7-week dinner date night with seven powerful learning sessions and intentional conversations (see below)

When: Wednesdays, April 27th - June 15th: Dinner, 7:00 - 7:30 pm; Video presentations and couple talk, 7:30 - 9:30 pm

Where: New Hope Family, The Melford Center, 4801 Tesla Drive, Suite M, Bowie, MD

Cost: \$140 (including workbooks and dinner, drinks and dessert)

With questions or to register, please contact Paul and Nancy Bulow

The Marriage Course website: <http://www.relationshipcentral.ca/the-marriage-course/>

### WHAT IS THE MARRIAGE COURSE?

A loving marriage for a lifetime does not happen by chance. It takes effort and commitment to keep the romance alive. Marriage has its problems, but couples can always learn useful skills to manage them, and make their marriages better than before.

The Marriage Course comprises 7 learning sessions in a relaxed setting. Developed in 1996 by Nicky and Sila Lee, the founders of Relationship Central in the UK, the course has gained worldwide recognition. Thousands of couples have successfully completed it, and given powerful testimonies on how their marriages have been strengthened.



## WHY ATTEND THE MARRIAGE COURSE?

The Marriage Course is for all married couples, regardless of age or years together as man and wife. Whether you are successfully married or feel there are areas that need working on, this course is for you.

The learning sessions cover essential topics that include communication, conflict resolution, family influence, forgiveness, sex and love in action.

Couples will gain insights and practical skills to address relationship issues, which tend to be ignored or handled in ways that hinder the growth of their marriage.

The ultimate goal is deliver an enriching marriage experience for couples, and lead them into a deeper and more fulfilling relationship.

### 7 POWERFUL LEARNING SESSIONS:

**Building Strong Foundations** – Couples examine their lifestyle and its effect on their marriage.

**The Art of Communication** – Couples practice communicating their feelings and listening effectively to one another.

**Resolving Conflict** – Couples learn to express appreciation for each other, recognize their differences negotiate disagreements and pray for each other.

**The Power of Forgiveness** – Couples look at how they will inevitably hurt each other. The focus in on the process of healing, from identifying the hurt to saying sorry and practicing forgiveness.

**The Impact of Family** – Couples talk about how to build a good and healthy relationship with parents, in-laws and the wider family.

**Good Sex** – Couples are encouraged to talk about their sexual relationship and to recognize where they need to make changes.

**Love in Action** – Couples discover which expression of love – words, time, touch, presents and actions – work for each other, and how they can put it into action.