

the marriage course formula

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

Alpha Marriage Course is for any couple who wants to invest in their relationship, have been married for at least 3 years, and wish to enrich and build up their relationships even further.

Session Topics

1. Strengthening Connection

This session helps couples to strengthen the connection between them by looking at what it takes to keep nurturing their relationship and by growing in their understanding of each other's emotional needs and desires.

2. The Art of Communication

This session looks at the importance of communication within marriage – through talking and listening – and helps couples to identify and overcome barriers to effective communication, particularly any hindrances to listening to their partner.

3. Resolving Conflict

In this session, we look at how couples can increase their intimacy by expressing appreciation to each other, recognising their differences, learning to negotiate disagreements and supporting each other (either by praying together or by offering support in some other way).

4. The Power of Forgiveness

This session addresses the ways we will inevitably hurt each other and how to resolve these issues. We look at the process of healing through talking about the hurt, saying sorry and forgiving.

5. The Impact of Family

This session focuses on helping couples to recognise how their family backgrounds affect the way they relate to each other. They also consider how to build a good, healthy relationship with their parents, in-laws and wider family and how hurt from childhood can be healed.

6. Good Sex

Sex isn't just the icing on the cake of a marriage; it's a vital ingredient of the cake itself. In this session couples are encouraged to talk about their sexual relationship and to recognise where they could make changes for the sake of their partner and their whole relationship.

7. Love in Action

Drawing on the work of Dr Gary Chapman, this session looks at five main ways of expressing and receiving love – through words, time, touch, presents and actions. Couples discover which expression of love is most important for their partner and how they can put this into practice.