

# MARRIAGE PREPARATION - WHAT CAN WE DO TO PREPARE?

Most people understand any success we achieve in a vocation or career is directly proportional to the amount of time we spend preparing and developing our skills for that vocation. It is not too much of a leap to recognize this thinking can apply to the most important relationship you will ever have – your marriage. Unfortunately many people don't know what, or how best to prepare themselves for this momentous decision. As a result, very few take the time to adequately prepare for what will be the most challenging and rewarding relationship of their life. Today's divorce statistics reflect this reality unfortunately. Fact is, skills and preparation can only help, not hinder a couples desire to have a fulfilling marital relationship. Those couples that take the time and energy to prepare **before**, and commit to **keep learning after** their wedding day, understandably have a much better foundation to build a relationship that will last and be enjoyable.

Statistics reveal that divorce rates fall from 40-50% to 5% for those couples who do two things; they chose to participate in a **mentor-based** pre-marital interactive process, and secondly, they get involved in a healthy authentic faith community where life long learning, authentic support, mutual encouragement is valued and experienced ie: preparing & developing.

To help Prepare couples, we have discovered a few tools and steps that have proven to be most helpful in providing effective foundations for couples to build upon. If you are interested in **pre-marital mentorship** within the UChurch community, give me a call to get things rolling. To give you a sense of what we have discovered, the process we currently use, find below a simple overview to help you know what its about.

	<b>What's It About</b>	<b>WHO</b>	<b>What you do</b>
<b>Getting Started</b>	An initial meeting to talk about your wedding plans and introduce the pre-marital process – this is about 2 hrs	Brant and Couple	<ul style="list-style-type: none"> <li>▪ Bring Your Wedding dates/plans</li> <li>▪ Bring Copy of FOCCUS survey results (see next step)</li> </ul>
<b>Getting Insights</b>  FOCCUS Survey	<p>We start with the 'FOCCUS Survey' - a great tool that helps couples identify their strengths and those areas where to FOCUS the mentor process. It is Fun and insightful. There are other tools available as well depending on time and resources that can be of help as well. When we meet we can look at some of the others including..</p> <p style="padding-left: 40px;">Strength Finders Discover Your Love Language ENRICH Couple Survey</p>	Couple	<ul style="list-style-type: none"> <li>▪ Complete the FOCCUS survey prior to Getting Started Meeting</li> <li>▪ Survey is emailed to you and after you have completed, your results are E-mailed back to you ASAP – easy to do</li> </ul>
<b>Getting Wisdom</b>  <b>Couple Mentoring</b>	<p>This is the 'heart' of the preparation before you say "I do". You select a mentorship couple (or we can set it up) that you will meet with a minimum of 6 times before the wedding and 1-2 times afterwards.</p> <p>As couple you get to learn from the wisdom of another couples journey the practical realities of married life while learning what tools, resources you can use for your own marriage. There is guide book that you will work through with the mentor couple that covers a range of topics that</p>	Mentor couple and engaged couple	<ul style="list-style-type: none"> <li>▪ Simply follow the pre-mentorship Process Guide with your mentor couple... meet, laugh, grow and enjoy getting ready for the "grand adventure" called marriage !</li> </ul>