

Preview

Main Ideas

- 1) Preparation for marriage begins long before engagement. Decisions made as a youth/young parent will absolutely affect your marriage and your future children.
- 2) The skills focused on during marriage preparation courses will also augment and strengthen those who are already married.
- 3) We do young people a disservice when married individuals aren't willing to share the joys and the challenges of marriage. Of course, speak about marriage positively, but also communicate that inevitable challenges can be overcome and marriage is very much worth the effort.

Activities

- 1) Discuss what qualities or traits you think are important for marriage and in a spouse. Talk about how you can develop those traits.
- 2) Make a personal budget. Learn about how to budget and adhere to your budget for a week.
- 3) Practice empathy. Look around you and how people are feeling. Think how you would feel if that happened to you. Discuss how to help those around you using empathy.

Month 8: Preparing for Marriage

Resource 1: Getting to Know You

Parent

Questions to Ask When Preparing for Marriage



Family

Making and Keeping Friends



How does feeling comfortable with meeting and getting better acquainted with people help you in finding the right person to marry?

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Resource 2: Understanding Your Love Language

Parent

What are the 5 Love Languages? Everything You Need to Know.



Family

How Do You Communicate and Receive Love?



Do I know what members of my family need to feel loved?

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Resource 3: Keeping Marriage Strong for 58 Years

Parent

The 7 Principles For Making Marriage Work by John Gottman – Relationship Advice



Family

Lee Brice – Love Like Crazy



Is "love" all that is required for a happy and successful marriage? What traits can I work on, today, to ensure my successful marriage in the future?

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Resource 4: Forgiveness Is Important To Healthy Relationships

Resource 5: When the Bones are Good

Parent

Preparing for marriage while planning a wedding



Family

Forgiveness Experiment & Book



Why is the ability to forgive such an important skill for marriage – and for life?

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Parent

Redefining expectations within your marriage



Family

The Bones – Maren Morris lyrics



What are the basics, or bones, of a friendship, a healthy relationship or the person you're going to marry? How do you create a "good foundation" for a future relationship when you choose friends or someone to date?

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Resource 6: Understanding Each Other

Resource 7: Express How You Feel

Parent

The 8 Communication Traits of Happy, Healthy Marriages



Family

Develop Your Communication Skills: Drawing Back-to-Back



Why do you think communication is important in marriage?

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Parent

Want to Improve your Relationship? Start Paying More Attention to Bids



Family

"I" Statements



What is the best way to discuss how you feel?

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Resource 8: Empathy in Relationships

Parent

The Magic Relationship Ratio,
According to Science



Family
Empathy



What are some things we could do, today, to be more aware and empathetic?

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Resource 9: Resolving Life's Conflicts

Parent

The Four Horsemen: Criticism, Contempt,
Defensiveness, and Stonewalling



Family

Respectfully Resolving Conflict



What strategies do you use to resolve conflicts in your life?

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Resource 10: Learning to Budget

Parent

Seven Steps to Stop Fighting Over
Money



Family

Creating a Budget



Why do you think it is important to learn how to budget, and then stick to your budget?

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Review

Parent

Discussion Questions Survey



Family

Talking Point Hangman Game



Which talking points are most compelling to you?

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Role Play #1

Scenario

Your friend is excited to get married because she says she will have her happily ever after and be at the end of her troubles.
How would you respond?

Response

Talking Point: "Happily ever after" is not by chance, it is by choice. It takes work. It involves the decision to choose to cherish your spouse every day, especially when you don't feel like it.

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Reflect

Parent

Review some Homefront Project articles/videos from the Marriage Prep unit.



Which was your favorite resource day? Why?

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Role Play #2

Scenario

An acquaintance says that in relationships, it's best to solve all problems before you go to bed.

How would you respond?

Response

Talking Point: If communication gets heated, take a step back, take a break to calm down, and reapproach the topic later. This shows respect for your spouse and allows the conversation to remain rational.

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Summarize & Share

Parent

Unit Survey



Who will you share this with?

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Family

Which is your favorite image to share from the Marriage Prep unit?

