

## 2010 Sponsor Couple Preparation Program Outline

### Session 1: Getting Acquainted / Setting Goals for Marriage Prep – 2 hr

1. Introduce Yourself
2. Welcome & affirmation. Couple complete and discuss, “Clue Each Other In”, Workbook pp. 6/8.
3. Opening Prayer
4. Share your story. Engaged couple tells their story.
5. Define & discuss “Love” – 1 Corinthians 13:4-7, making connection to the love of God for families.
6. Define and discuss Christian marriage.
7. Discussion talking points: *Leader Guide*, p. 52.
8. Apply for FOCCUS or take the FACET discussion inventory (included in *Perspectives* workbook) – Parish chooses which inventory to use.
  - Explain what the discussion inventory is—and is not.
  - FOCCUS application may precede the first session after a phone conversation with the couple. If FOCCUS codes have been issued, distribute at this time.
9. Next meeting dates
10. Closing Prayer
11. Send FOCCUS application to Marriage and Family Enrichment OR fax FACET for processing as directed on fax cover sheet.

#### Homework:

- Complete the FOCCUS (if using this discussion inventory)
- Or--Discuss FACET Narrative Pages
- *Please Listen to Me*, p. 40
- *Worksheets*: Assign one from *Perspectives*: pp. 5/7, 21/23, 29/31.
- Listen to *When the Cake is Gone: How to Get Married and Stay Engaged*, Track One

### Session 2: Communicating Effectively – 2 hrs

1. Opening Prayer
2. Review Homework. Discuss.
3. Discuss FOCCUS or FACET results. *Loan couple the inventory booklets to refer to as you address categories and areas for discussion.*
4. For talking points, see *Leader Guide*, p. 53.
5. Family of Origin. *Leader Guide*, p. 32. Choose one worksheet from this group and discuss together.
6. Assign Homework (below).
7. Closing Prayer

Homework:

- *Personality Survey*, in packet. Complete separately and discuss
- Read and discuss: FIGHTING FAIR – *Workbook*, p. 9 and FIGHTING WITHOUT FIGHTING – *Workbook*, p. 10
- Choose one or more Workbook exercises: 11/13, 12/14
- Read and discuss privately: LOOK BEFORE YOU LEAP, Perspectives p. 63
- Listen to *When the Cake is Gone*”, Track 2

**Session 3: Decision Making & Problem Solving – 2hrs**

1. Opening Prayer
2. Review Homework. Discuss.
3. Discussion on “Potential Problems”, see *Leader Guide*, p. 55
4. Financial matters and role adjustment, *Workbook* p. 45-47
5. In-laws/out-laws, WB pp. 18-20
6. Domestic violence and addictions. Provide resources flyer from packet.
7. Assign homework
8. Closing Prayer

Homework (as appropriate to the couple’s life stage):

- *Perspectives Worksheets*, as appropriate
- Worksheets: “Are You in a Healthy Relationship”, for private discussion
- Discuss “Living Together”, *Workbook* p. 77, if appropriate.
- Listen to *When the Cake is Gone*, Track 3

**Session 4: Marital Intimacy – 2 hrs**

1. Opening Prayer
2. Review Homework
3. Discussion: “Becoming Intimate”, *Leader Guide*, p. 54
4. Workbook Exercise -- Choose one or more: 26/28, 65/67
5. Introduce Natural Family Planning written resources and video.
6. Assign Homework (below)
7. Closing Prayer

Homework:

- Complete and discuss worksheets: 41/43 and/or 42/44
- Discuss family planning. Contact a NFP instructor from the list in the brochure provided, to arrange instruction.

- Listen to *When the Cake is Gone*, Track 4

### **Session 5: Spirituality and Family Life**

1. Opening Prayer
2. Discuss Homework.
3. Discussion: Leader Guide, "Becoming Family"
  - Workbook exercises: Choose from 17, 18, 73, 74
4. Discussion: Leader Guide, "Trusting God" p. 57
  - Workbook exercises: 35/37
5. Wedding liturgy – see Workbook p. 80 and *Together for Life*.
6. Help couple develop their FOCCUS of the Future Plan, if using.
7. Pass out Evaluations & Certificates.
8. Assign homework.
9. Closing Prayer

#### Homework:

- Read and discuss either Workbook p. 39 or 79, as appropriate.
- Review FOCCUS for the FUTURE—or—FACET Narrative pages, as the wedding approaches.
- Plan Wedding Liturgy with parish minister.