

Engaged Couples Notes

Together is designed for married couples but is suitable for engaged couples and will help you learn about marriage God's way and lay a lasting spiritual foundation for your relationship.

The phrases in the workbook refer to those who are already married and so you will need to make allowances for that. The following notes give some changes to the workbook and additional material to support those who are engaged¹.

Session 2: finding unity through God's purpose and plan for marriage

Building unity and harmony in a marriage will partly depend on how well your two personalities fit together and whether you make your differences work for you, or whether you allow them to drive you apart. The following additional Couple Time exercise is intended to help you understand your personalities so that you can work on building a stronger marriage unit.

For engaged couples

(optional additional questions)

- i. Put your initials somewhere on the lines below to reflect your personality. Then place your fiancé's initials on the line to describe them.

like to plan _____	spontaneous
aggressive _____	compliant
/assertive _____	/passive
tasked focused _____	people focused
'glass half full' _____	'glass half empty'
outgoing _____	reserved
sensitive _____	insensitive
decisive _____	indecisive
controlling _____	relaxed
express feelings _____	don't express
openly _____	feelings openly
critical _____	patient
idealistic _____	realistic
cautious _____	rash

- ii. In which areas do you balance each other? Which areas cause issues?
- iii. Are there any areas which make you feel uneasy or cause you to doubt your compatibility as a couple? (If so we recommend that you talk to a trusted friend or counsellor).
- iv. Select one difference between you that is currently causing friction. How can you use this as a growth point for personal change?

Personal action point:

Session 7: deepening our physical and spiritual intimacy

We suggest that engaged couples complete the following Couple Time preparation box to talk about their expectations of sex instead of the Couple Time A.

For engaged couples

(Questions to replace Couple Time A)

- i. First spend time individually jotting down your answers to the following questions:
 - What are your expectations of sex on your honeymoon?
 - In your first year of marriage, how often do you expect to experience sexual intimacy?
 - What do you feel about your partner at times saying no to having sex?
 - What about sex during the wife's menstrual cycle?
- ii. In your Couple Time be prepared to talk about your expectations of your sex life. Are there any adjustments you need to make?
- iii. Is there anything you could do as a couple to help you prepare for a healthy sex life?

Personal action point:

Session 8: fitting together as husbands and wives

We suggest that engaged couples complete the following Couple Time preparation box instead of the Couple Time A.

The Couple Time for the Introductory Session explored the 'big picture' about our expectations of marriage. The following questions are intended to help you think about some of the daily realities so that you can find ways to accommodate one another as well as adjust your expectations.

For engaged couples

(Questions to replace Couple Time A)

- i. First spend time individually jotting down a few words beside each category to sum up your expectations in these areas for your marriage:
 - How will we make significant decisions?
 - Where will we live?
 - Cooking, cleaning etc - who does what in the home?
 - Children?
 - How will we manage our money?
 - Social life - do everything together?
 - Where will we spend Christmas?
- ii. Then discuss your expectations with each other. Are there any adjustments you need to make?

Personal action point:

¹ Exercises are adapted from *Preparing for Marriage Study Guide*, by David Boehi, Brent Nelson, Jeff Schulte & Lloyd Shadrach, copyright 1997 by FamilyLife, Gospel Light Publications. Used with permission.