

### **Sessions Include:**

### The Foundation of Marriage

A personal relationship with God through His Son Jesus Christ is the foundation upon which a healthy marriage is built. Only if our hearts and souls are in submission to God can we experience His blessing on our marriage. God has set forth the pattern that we are to follow if we are to be truly happy and at peace with Him and in our marriage.

## **Loving and Respecting Our Differences**

God has created men and women with primary differences. Differences bring balance and beauty to a marriage. How you manage your differences will either bring you closer together or drive you further apart.

#### **Communication and Conflict**

Communication is essential in a healthy marriage relationship. In fact, the lack of real communication between a husband and a wife is one of the leading causes of marital problems. When conflict arises, learn how it can be a benefit to your marriage when handled properly.

# **Intimacy**

God designed marriage to be a bonding of heart, mind, body, and soul. Intimacy is one of the most important aspects of a healthy, satisfying marriage. Sex is a vital part of the intimacy of marriage, but how spouses behave toward each other all day is crucial to having an enjoyable sexual relationship.

# **Your Questions Answered**

A panel of married couples - some married for many years and some married for just a few years - are assembled in the final session to give you the opportunity to ask your specific questions about marriage.