

Guidelines for Premarital Counseling at FBC

- *We require 8 hours of counseling prior to the wedding.*
- *We schedule counseling sessions to begin 4 months or more before the wedding.*
- *We do not marry couples who are unequally yoked.*
- *We ask couples sleeping together to agree to stop until the wedding.*
- *We use the Personal History, DISC Profile, and PREPARE-ENRICH tool as assessment tests.*
- *We encourage having a marriage mentor for the first year.*
- *We schedule two additional counseling sessions after the wedding.*
- *We connect the couple with Cindy Hart, FBC Wedding Director, early in the process to plan the wedding and reserve the facility.*

Pre-marital Counseling Topics

- *Understanding of what a covenant marriage looks like*
- *Biblical basis of marriage roles and why they are important*
- *Growing toward intimacy*
- *Communication, including conflict resolution*
- *Finances (we encourage Financial Peace University)*
- *Establishing goals for the first-year of marriage*
- *Sexuality (A Celebration of Sex for Newlyweds by Doug Rosenau)*
- *Recommended Resources*
 - *The Seven Principles for Making Marriage Work by John Gottman, Ph.D.*
 - *Marriage Oneness 'Closeness for a Lifetime' Family Life DVD Series*