

Guidelines for Pre-marriage 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-marriage 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 you to complete Financial Peace University together)*
- ❖ 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*