

“

Tending a marriage is likened to tending a vineyard – adjusting, pruning, supporting, renewing.

”

SESSION 1: STRENGTHENING CONNECTIONS

**The  
Marriage  
Course**

“

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SESSION 1: STRENGTHENING CONNECTIONS

The  
Marriage  
Course

“

Seek first to understand,  
then to be understood.

- Stephen Covey

”

SESSION 2: THE ART OF COMMUNICATION

**The  
Marriage  
Course**

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See your marriage as a partnership in which you combine your strengths and support each other's weaknesses.

”

SESSION 3: RESOLVING CONFLICT

**The  
Marriage  
Course**

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Unresolved hurt will undermine the trust and openness between us and destroy our intimacy.

”

SESSION 4: THE POWER OF FORGIVENESS

**The  
Marriage  
Course**

“ Addressing issues about our background together means we will understand better where each other is coming from and then work together to create our own unique marriage culture. ”

- Nicky & Sila Lee

SESSION 5: THE IMPACT OF FAMILY

A red triangle pointing downwards, containing the text "The Marriage Course" in white.

The  
Marriage  
Course

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Emotional connection creates good sex, and good sex creates a greater emotional connection.

”

SESSION 6: GOOD SEX

**The  
Marriage  
Course**

“

Love is about more than feelings;  
it's about what we do –  
it involves action.  
Love always costs us something.

”

SESSION 7: LOVE IN ACTION

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