

Premarital Counseling Plan

Sessions before the Ceremony

0. Premarital Inventory

While this is not necessarily a stand-alone session, answering these premarital questions help start the dialogue and set the tone for the counseling sessions. This “inventory” helps the counselors better understand your past, present and desired future. Additionally, these questions are designed to help you address some key issues from the start of your counseling.

1. What Is Marriage & What Is My Role?

The purpose of this session is to provide you with a biblical understanding of marriage and your God-given role inside this covenantal union. You will be guided through an exploration of the implications of Genesis 2, Matthew 19, and Ephesians 5. You will be asked to identify what “leaving,” “cleaving,” and “becoming one flesh” will look like in your marriage as you form a new family.

2. Foundations of Marriage—Love & Forgiveness

This session reminds you that the essence of love is not a feeling that comes and goes. Rather, the essence of love is a commitment made on the foundation of the gospel. Likewise, you will see what true forgiveness is and isn’t, and how it rests on the foundation of the gospel. Under the banner of the gospel, love and forgiveness will serve as the strong foundation on which your marriage is built, so rightly understanding these two concepts is key. During this session, you will also take time to consider the meaning of your wedding vows and how they reflect the gospel.

3. Communication & Conflict Stewardship

This session highlights the importance of communication. It will show the goal of communication is to reflect your union with Christ and deepen your relational intimacy in order to glorify God and grow in godliness. You will examine the link between the attitude of the heart and the words of the mouth by studying Matthew 12. As you look at Ephesians 4 and James 3, you’ll see both the proper way of and motivation for godly communication. Also, given that relational disagreements are a reality, you will take time to consider how to grow from moments of conflict in your marriage.

4. Finances & Intimacy

This session briefly address finances and provides guidance on how to think about money in the midst of your marital relationship.

With a bit more depth, intimacy is also addressed during this session. The material establishes a biblical view of sex, showing that it’s a good gift from a great God and serves many purposes. Practically, the goal is to make sure you properly understand the functions of sex and are prepared for some of the common difficulties that may arise in the early days of marriage.

Resources

- Books
 - *The Meaning of Marriage* by Tim & Kathy Keller
 - *Love that Lasts* by Gary & Betsy Ricucci (selected chapters)
- Articles
 - “From Your Heart...Forgive” by Aaron Sironi
 - “The Cross & Criticism” by Alfred J. Poirier
- Sermons
 - “Marriage Is God’s Design” by Nathan Knight
 - “Glorifying God through Marriage” by Nathan Knight
 - “Making All Things New” by David Powlison

Follow-up Sessions after the Ceremony

7. Six-Week Check-Up

The content for this session will largely be determined by questions by the couple, whether those are questions lingering from pre-marital counseling or from situations over the first several weeks of marriage.

8. Six-Month Check-Up

This final session will largely resemble the prior session, allowing flexibility for issues that arise during the interim. This session will include an evaluation of the couples continued spiritual/relational maturity and exhortation to maintain active ties to the ministries in their local church.