

PREPARATION FOR PREMARITAL COUNSELING WITH MATT BLACKMON

PRIOR TO SESSION ONE

1. Talk with Matt personally on the phone to get on his schedule.
2. Make sure you receive a copy of the Premarital Counseling Covenant and 2 copies of the Family History Analysis. Both are available by email or from Judy.
3. Fill out the Family History Analysis—one for the bride and one for the groom. Do this independently without consulting one another.
4. Schedule Session One upon completion of step 3. Wait to purchase the required books until we can discuss in Session One the Pre-marital Counseling Covenant.
5. Come to Session One prepared to discuss the Pre-marital Counseling Covenant and to pay for the PREPARE evaluation (check for \$40 made payable to The Heights Baptist Church).

REQUIRED BOOKS FOR PREMARITAL COUNSELING

(can also be checked out from many libraries)

Cutrer, William and Sandra Glahn. *Sexual Intimacy in Marriage*. Kregel, 2001. \$12.99.

Crabb, Larry. *The Marriage Builder*. Zondervan, 1992. \$10.99.

Chapman, Gary. *The Five Love Languages*. Northfield Publishers, 1992. \$12.99.

TENTATIVE SCHEDULE FOR PRE-MARITAL COUNSELING

(subject to change as needed)

Session 1 Getting to Know You

Introductions and Overview
Pre-marital Counseling Covenant

Session 2 - Biblical Foundations of Marriage

Purpose of marriage
Roles and responsibilities

Session 3- Prepare/Enrich Analysis

Prepare/Enrich Analysis

Session 4 – Communication and Conflict Resolution

Techniques to Solve Problems
Practice in Conflict Resolution

Session 5 – Intimacy, Finances