

The Marriage Course - 2024 Information Sheet

What is the Marriage Course?

The Marriage Course is a series of seven sessions, designed to help couples invest in their relationship and build a strong marriage. Nicky and Sila Lee, authors of The Marriage Book, developed The Marriage Course for couples looking for practical support to strengthen their relationship. The course is designed to help couples build strong foundations, learn to communicate more effectively and resolve differences well.

Who is it for?

The Marriage Course is for couples who are seeking to strengthen their relationship. Some couples do the course to intentionally invest in their relationship, others are looking to address more specific challenges. Either way, the course offers essential tools and practical ideas to help you build a relationship that lasts a lifetime. The Marriage Course is based on Christian principles but designed for all couples with or without a church background.

What does it include?

Over seven sessions you will explore:

- Strengthening Connection
- The Art of Communication
- Resolving Conflict
- The Power of Forgiveness
- The Impact of Family
- Good Sex
- Love in Action

What happens each week?

Each week, couples :

1. **Eat together.** Each session begins with couples eating together. This gives guests a chance to unwind and connect before the session's episode. It also helps to create the atmosphere of a date.
2. **Watch the episode.** The episodes are around 45 minutes in length, with breaks for conversations. Each episode explores a different topic through real experiences, expert insights, and relevant teaching.
3. **Talk privately.** Providing space for couples to have private, intimate conversations is a must for every course. It helps enable couples to engage openly and honestly throughout the session.

How much does it cost?

The Marriage Course costs £100 per couple. This includes 14 hot meals (7 each), 2 guest journals (1 each) and a copy of The Marriage Book to share. If you're completing the marriage course in preparation for a wedding at Christ Church, this cost will be included in the final invoice for your wedding. Please don't let cost be a factor in deciding whether or not to join The Marriage Course; talk to us if you need help funding the cost.

When will it run?

The Marriage Course will run 12:00 PM to 2:00 PM on Friday lunchtimes for seven weeks after Easter 2024. It starts on 19th April, which is the first Friday after the school Easter holidays, and finishes on 31st May, which is half-term for a lot of schools.