

Most couples begin their marriage full of love and commitment for one another. They plan to live together in a “happily-ever-after-fairy-tale” long after the honeymoon ends. But, stresses naturally arise and put a strain on the relationship. Unless each person has developed the skills necessary to manage the relationship through times of natural stress and change, the marriage is at risk for divorce. In fact, one in three marriages and one in two cohabiting relationships end within 10 years! That ending is filled with pain and anguish...and it generally comes at a high financial cost.

“Plan Your Marriage” will teach you the skills necessary to strengthen your marriage, even in the midst of the natural transitions and changes of life. It will provide you the tools you need for a long and happy marriage!



90 Clairton Blvd, Ste. 12
PGH, PA 15236
www.honorgracecelebrate.com

PLAN YOUR MARRIAGE: *NOT JUST YOUR WEDDING*



Date: April 21, 2018

Time: 9am-4pm

Location: Zion Lutheran
Church

Presenter: John Salmon

Learn more about John on the
Honor Grace Celebrate Website @
www.honorgracecelebrate.com

PLAN YOUR MARRIAGE...

...not just your wedding. A long-term happy marriage is one of the greatest blessings you can ever experience, a little taste of heaven on earth. A marriage filled with conflict and stress, on the other hand, is emotionally painful and physically detrimental for each person involved. In spite of this, couples spend thousands of dollars on their wedding day and little to nothing on developing the skills necessary to keep their marriage strong for a lifetime. *Plan Your Marriage* will teach you skills to maintain a healthy marriage and “keep that spark alive” throughout the life of your marriage...if you practice them!

PLAN YOUR MARRIAGE includes the following sessions:

- *Leaving Home*: This session reviews the importance of personal growth and how your personal growth will enhance your marriage. It also explores some common myths about marriage and how the family you grew up in might influence your marriage.
- *The Importance of Honor* will explore the impact of honor on a healthy marriage. We will review several ways in which honor supports and strengthens

friendship in marriage. A strong friendship built on honor will support a lasting, happy marriage (and sex life by the way).

- *Four Gifts of Grace*: Grace is a crucial ingredient for a healthy marriage and family life. This session reviews the importance of grace to your marriage and four ways you can share grace with your spouse.
- *Honor and Grace in Conflict*: Every marriage will experience conflict. People are not perfect...and we argue from time to time. Having the skills to manage conflict is essential to a long and happy marriage. This session will give you the opportunity to assess your current conflict resolution skills and learn new skills to add to your repertoire.
- *Creating Lasting Happiness*: A happy marriage is built on daily decisions and interactions. This session delves into the regular habits a couple can develop to keep their marriage strong and their romance alive!

Each session will include teaching as well as time for you and your fiancé to explore the topics as they relate specifically to you.

Registration Form

Name: _____

Fiancé: _____

Address: _____

Phone: _____

Email: _____

Date of Wedding: _____

Minister/Church: _____

The price of *PLAN YOUR MARRIAGE* is: \$120.00**. Price includes:

- The five sessions listed
- A workbook that follows the teaching material. The workbook also includes self-assessments and discussion questions related to the teaching for you and your fiancé to discuss.
- Related handouts.

**Make checks payable to:

John Salmon, PHD

Mail to: John Salmon, PHD

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Find us on FaceBook, Twitter, & Pinterest as well.