

**Name of Resource - Marriage Course**

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It is very easy to underestimate the work that goes into making a good marriage. Many have found the marriage course has been an invaluable help in strengthening their marriage. Whilst recognising that no two marriages are the same, principles are laid out that can be applied to every marriage.

A typical evening involves a meal, eaten together as couples, a talk via video and then discussion as a couple.

When I did the course the most helpful lesson was that we have different love languages, my wife and I receive love in different ways. Love is communicated to me via touch, whilst my wife feels loved when I spend time with her. I had naively assumed she received love in the same way as I did.

However long you have been married, I am sure there will be things you can learn from doing this course. Spending an evening together focusing on your marriage for 7 weeks is a great investment.

Areas covered include:

- Building strong foundations
- The art of communication
- Resolving conflict
- The power of forgiveness
- The impact of family – past and present
- Good sex
- Love in action