

RESILIENT MARRIAGE 101

AT THIS WORKSHOP, COUPLES LEARN ABOUT AND EXPERIENCE WAYS TO MAKE THREE DISTINCT ASPECTS OF THEIR RELATIONSHIP HEALTHIER:

1. **ENJOY** each other more by learning how to:
 - Appreciate creatively
 - Communicate in new ways
 - Discover fresh perspective on connection
 - Create an environment where connecting emotionally feels safe and comforting
 - Grow opportunities to replenish individually and for those married or dating, to grow as a couple

2. **KEEP BREAKS SMALL** Every relationship has inevitable relational distress (what we call breaks) Participants learn to keep breaks small by:
 - Understanding how we each contribute to relational distress
 - Staying in the green zone (speaking the truth in love)
 - Understanding what contributes to intensity in conflict
 - Exchanging criticism, complaints, expectations and/or demands for expressing desires framed in the positive

3. **REPAIR** Participants learn to repair relational breaks or distress more effectively using exercises uniquely created to help us practically apply Biblical relational principles:
 - Humbly do our own Matthew 7:5 work with God's help (dealing with the plank in our own eye.) We call this "moving from blaming to owning" and "taking humble ownership"
 - Understanding what is our responsibility in giving and receiving repair.
 - Discovering what kind of repair we would most desire
 - Understanding obstacles to letting go of our record of wrongs
 - Learning how to offer sincere, humble repair that is most meaningful to our spouse
 - An easy but effective communication tool that can help diffuse conflict

THIS WORKSHOP IS ALSO INTERACTIVE. THE PROCESS FOR TEACHING EACH CONCEPT IS:

- We provide a brief introduction of each concept.
- The concept is modeled by real-life examples (our own, or videos of couples with whom we have worked)
- Participants learn experientially through personal reflection, practice and/or discussion with spouse or as a group at their table. Participants will never be asked to share personal relational struggles/difficulties with people other than their spouse.

This workshop is a holistic approach to building Resilient Marriages. Although it was designed for couples, the concepts taught have potential to strengthen any relationship.

NOTE: 1) We will not need to train leaders for this workshop. 2) Our workshops are media intensive with large slide decks and numerous video clips so tech support will be needed.

SAMPLE WORKSHOP TIMELINE:

- 8:10 – Sound Check (approximately 10 minutes)
- 8:20 – Prayer time (5-10 minutes)
- 8:30 – Event start time. Participants arrive for childcare check-in, a snack/light breakfast, connection time (15 minutes)
- 8:45 – Live worship or extended connection time while recorded worship music plays (10 minutes)
- 8:55 – Pastor or event leader welcomes group, introduces us and prays (5 minutes)
- 9:00 – Session 1 teaching segment (3 hours)
- 12:00 – Lunch (45 minutes)
- 12:45 – Session 2 teaching segment (2 hours 15 minutes)
- 3:00 – Workshop Ends