

# Firm Foundations

City Gates Ministry for those Planning to Marry



*Walking together in holiness, integrity and obedience before the Lord.*

## THINKING OF GETTING MARRIED?

Thinking of getting married in the next few years?

As part of its commitment to helping your marriage succeed, it is the policy of City Gates Christian Centre that anyone wishing to be married by Pastor Steve must attend the City Gates marriage preparation course,

# **'Firm Foundations'**

## **Who can attend?**

Courting couples interested in finding out more about God's design for marriage relationships. As you will see, the course has a spiritual emphasis.

Anyone is welcome to attend as long as they feel comfortable with the idea of attending a Bible-based course.

## **What does the syllabus cover?**

There are six sessions which look at the following titles:

- 'Knowing Me Knowing You'
- Communication
- Money and Values
- Intimacy
- Children
- Conflict

## **What will I have to do at the seminars?**

Just turn up with a Bible, a pen, an A4 sized folder and some paper or a notebook! Each session will include handouts, discussions, quizzes, Bible study and prayer. We can guarantee that 'FIRM FOUNDATIONS' will be non-intrusive, confidential and fun!

### When is the course being held?

The course will be held once each year, however consideration will be given to running two courses if registration exceeds more than 16 people (eight couples)

### 2009 Dates:

May & June 2009

Final details will be confirmed nearer the time

### Venue:

City Gates: The Centre, 316 High Road, Ilford, Essex, IG1 1QW

### Do I have to pay?

Although the course itself is free, we do ask for a voluntary donation for refreshments and towards an optional meal at the end of the course:

Donation suggestion: £20.00 per person.

### How can I book a place?

Please complete the enclosed registration form and return to:

The Church Office: 316 High Road, Ilford, Essex, IG1 1QW.

For more information please contact the Church Office on:

020 8514 0188 Or email: [info@citygates.org.uk](mailto:info@citygates.org.uk)

# FIRM FOUNDATIONS

## About the Sessions

### Session One - Knowing me Knowing You

- How well do you know your partner?
- Making the right choices
- A look at our spiritual values
- What's special about Christians getting married?
- Gods order for the home
- The marriage ceremony

### Session Three - Money and Values

- Issues relating to money and our values relating to money
- Having a realistic view of money
- Principles of money management
- Debt
- Some causes of Debt
- The effects of Financial Problems
- Getting out of Debt and into Financial Freedom
- Moving towards financial wholeness

### Session Five – Children

- Thinking of starting a family?
- Issues relating to starting a family
- The value of children
- What does God say about children?
- What does God say about being a parent?
- Beatitudes for parents

### Session Two – Communication

- What is communication?
- Why is it important within the marriage?
- Do men and women communicate differently?
- What does God say about communication?

### Session Four – Intimacy

- Establishing closeness within our marriage
- Sex and intimacy
- Do men and women have different sexual needs?
- The importance of sex within marriage
- What does God say about sex?

### Session Six – Conflict

- What winds me up?
- How can I talk when I'm angry?
- Do Men and Women deal with conflict differently?
- How to handle hurt, anger and conflict
- Christian responsibilities toward one another
- Dealing with conflict Gods' way



# **Firm Foundations**

## **Ground Rules**

- Confidentiality is expected from all participants and leaders
- Anything shared in the group should not be discussed outside of the group
- Participants and leaders are to respect each other
- Everyone should be allowed to share within the group without being interrupted
- Full attendance is required from all participants unless unable to do so by circumstances beyond their control
- If you are unable to attend any session, course leaders are to be informed before the session commences so that others can also be informed
- Contact with the course leaders should, where possible, take place at least two hours before the session begins, otherwise a message should be left on answer phones or contact made following the session
- Lateness is extremely disruptive to the sessions and always results in the course finishing later than planned for this reason we ask that all participants arrive at least 30 minutes before each session commences to ensure a prompt start and finish
- Anyone arriving more than 10 mins after the course begins will have missed too much of the content to benefit from that session
- We can only make allowances for participants who have given prior notice of difficulties in getting to the sessions

# FIRM FOUNDATIONS

## REGISTRATION FORM

All registration forms MUST be received by the Church Office before the course begins:

	(His)	(Hers)
Name:		
Address:		
Telephone:		
E-mail:		
Age:		
What is your occupation?		
Are you a Christian?		
If so, where do you attend church?		
Have you been married before?		
If yes, how long have you been widowed/divorced?		

Do you have children? If so, what age are they?		
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How would you describe your parents' marriage?

**(His):**

**(Hers):**

Best friends, they enjoy each other	Best friends, they enjoy each other
Close, but not best friends	Close, but not best friends
Married, but they live separate lives	Married, but they live separate lives
Married, but in constant conflict	Married, but in constant conflict
Separated	Separated
Divorced	Divorced
Other (describe)	Other (describe)

How long have you known each other?

When did you get engaged (if applicable)?

Date of your wedding (if applicable):
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Have you used any marriage preparation materials e.g. books, tapes?

Thank you for completing this form.



Before starting the course each person is required to prepare by reading and studying Genesis 24 in time for session one: Please use this page to make notes to bring with you to the first session.