

Watoto

Pre-Marital Counseling Curriculum

(Please have two copies-one for each party. To be filled in by the Couple and approved by the Pastor at the End of the Counseling Session)

1. Orientation;

- Why PMC
- Why Policies
- Question & Answers

Facilitator Group Counselling	
Date:	

2. Marriage Covenant;

- Definition of marriage (Types of marriage, Civil, traditional and church)
- Types of Marriage
- Covenant vs Contract
- Love Expressed

Pastor/Mentoring couple	
Date:	
Facilitator Group Counselling	
Date:	

3. Communication;

- Importance of Communication
- Effective communication
- Barriers to communication
- Overcoming barriers

Pastor/Mentoring couple	
Date:	
Facilitator Group Counselling	
Date:	

4. Celebrating our differences;

- Embracing our differences.
- Applying Five love languages
- Understanding our Temperaments
- Living as Partners

Pastor/Mentoring couple	
Date:	
Facilitator Group Counselling	
Date:	

5. Conflict Resolution

- Why Conflict Resolution
- Causes of Conflicts
- Response to Conflicts
- Growing Through Conflict

Pastor/ Mentoring couple	
Date:	
Facilitator Group Counselling	
Date:	

6. Audio - Visual

Pastor/Mentoring couple	
Date:	
Facilitator Group Counselling	
Date:	

7. Health; (Doctor's Panel)

- Why Healthy
- Healthy Basics
- Medical Tests
- Family planning

Pastor/Mentoring couple	
Date:	
Facilitator Group Counselling	
Date:	

8. Finances;

- Why Finances
- Personalities/ Habits
- Best Practices
- 1 Timothy 6: 3- 10

Pastor/Mentoring couple	
Date:	
Facilitator Group Counselling	
Date:	

9. Intimacy;

- Understanding Intimacy
- Growing in Intimacy
- Sexual fulfillment and hindrances
- Best Practices
- Honeymoon

Pastor/Mentoring couple	
Date	
Facilitator Group Counselling	
Date:	

10. Biblical roles in marriage;

[Pastor/Mentoring |

- Husband and wife roles
- In-laws
- Married fellowship
- Submission

Date:	
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(Note: A Session is done off campus, men and women apart).

Facilitator Group Counselling	
Date:	

11. Raising Godly Children (Love, Nurture, Train, Discipline)

- Imparting Godly discipline (Model, Mentor, Multiply)
- Adoption
- Proverbs 22:6

12. Emerging Challenges in Marriage;

- Loss and grief
- Unfaithfulness
- Addictions
- Cross generation marriage
- Career and work (Unemployment, studies, work location)
- Entertainment (Soaps, clubbing)
- Divorce, separation and re-marriage
- Incapacitation (special needs, accidents, long term illness, disability)

Pastor/Mentoring couple	
Date:	

Facilitator Group Counselling	
Date:	

Category	Name	Signature
Groom		
Bride		
Mentoring Couple		
Pastor		
Date		