

GTW: Marriage Enrichment Fall 2019					
Week	Date	Facilitator	Topic	Description	Scripture
1	8/28	Kathryn Morrison	Introduction and Encouragement	Welcome and course overview. The goal of having a "rich" marriage is a reality that sometimes begins with a simple word of encouragement.	
2	9/4	Kara Zimmerman	Being More Intentional	Relationships tend to go on autopilot and drift over time. The session will focus on how to incorporate rituals of connection, being intentional, and having fun together.	Proverbs 13:4b Proverbs 21 a
3	9/11	Mary Anderson	A Biblical View of Marriage	We will look at marriage as a calling and walk through some characteristics of what constitutes a faith based healthy marriage.	
4	9/18	Janine Robertson	Accepting Differences	When two unique individuals bonded together in marriage, inevitably they will see days of conflict. We will explore a person's unique temperament, how they relate to others and find themselves in conflict.	
5	9/25	Kim Jaquess	Emotional, Spiritual and Physical Intimacy	We all need a practical approach to addressing emotional, spiritual and physical/sexual intimacy in marriage. This session will share helpful communication skills and information to discuss intimacy with your spouse.	

6	10/2	Andrea Trice	Facets of Trust	Sometimes building trust in your marriage is less about your spouse's trustworthiness and more about the strength of your own trust muscle. We'll explore how events in your past can affect your willingness to trust and steps you can take to grow stronger in this foundational aspect of a healthy marriage.	
7	10/9	Erika Kaiser	Perceptions	Your reality and how you perceive the world are created in early childhood and persists throughout your life, coloring your thoughts, emotions and interactions. Let's see how this concept affects your marriage.	
8	10/16	Dee Martz	Family Circle- and its Fringes	Marriage is often about more than just the two of us. We will address how to navigate complex in-laws, ex-spouses, and friend relationships as a couple; blending stepchildren with your own to create family strength and unity.	I Timothy 5:8 Genesis 28:14 Ephesians 4:15 Acts 16:31
9	10/23	Christie Lee	Communication	Good communication skills are the keys to any successful relationship because relationships are emotional and rely on interpersonal verbal and nonverbal exchanges between the two people involved.	
10	10/30	Mark Humphries	Redefining Success	Successfully communicating the differences, difficulties and disappointments in our marriages, we can best improve and redeem them. Understanding, coping and transforming our differences into the best they can be by redefining success in our marriages.	