HOLY MATRIMONY

Session 1: Shrunken Brain

Opening Remarks

Marriage is a holy institution that requires intentional communication and an understanding that men and women often have very different responses, emotions, and perspectives in these important relationships. Understanding these differences is critical to a successful and healthy marriage.

Watch the Session 1 Video

Discussion Questions

1. Think of an instance of misunderstanding or miscommunication in your relationship. Going back to the source of the miscommunication, what caused the difference of perspective?

2. How can you improve your understanding of your spouse's perspective?

3. Every marriage is unique. In what ways could you adjust your current communication style to better fit the unique match of you and your spouse?

Closing Remarks

The little things affect the big things, and the big things affect the eternal things. The keys to a successful marriage are transparency, empathy, and love. Take time to understand your spouse's perspective and communication style. It is important to base your expectations and evaluations of your communication on understanding truths not assumptions.

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