

Pre-Marriage Mentoring

Couples Guide

A Ministry of Crossroads Fellowship

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What is a Marriage Mentor?

A mentor is a happy, more experienced couple who empowers a newly married couple through sharing resources and relational experiences.

A mentor is neither a pastor, nor marriage expert! But they are hand selected, well trained couples, who are key leaders at Crossroads Fellowship with a heart for marriage and helping couples honor God in their marriage.

The Pre-Marriage Mentoring Process

- A person who calls the church about a wedding will typically be referred to Donna Keller, part of the ministry services team. She will send people the *Crossroad's Wedding Policies & Procedures* and put them in contact with the appropriate pastor.
- Engaged Couple contacts a Pastor to perform their wedding. Once the pastor determines that he is available to perform the wedding, he will send the couple a *Wedding Questionnaire* and a *Wedding Information & Process Handout* (which helps you plan your wedding). The pastor also determines that the couple is appropriate for marriage according to the wedding policies of Crossroads Fellowship, which are described in *Crossroad's Wedding Policies & Procedures*.
- The Pastor will then contact the Pre-Marriage Mentoring Coordinator, Jon & Angela Mills, to request a Mentor. Jon & Angela will contact you to briefly meet with you and give you your *Pre-Marriage Mentoring Couples Guide*. This meeting usually takes about ten minutes and happens on a Sunday just prior or just after a service.
- The Engaged Couple will soon be contacted by their Pre-Marriage Mentor to schedule *Meeting One*. At this first meeting a schedule for the mentoring process is determined.
- The Mentoring Couple typically will have a second meeting prior to the wedding, attend the wedding, and then will continue to meet with the Engaged Couple through the first year of their marriage. This typically means a *Three Month Meeting* (three months after the wedding), a *Seven Month Meeting*, and a *One Year Meeting*.

Pre-Marriage Mentoring Agenda

Meeting One (prior to marriage):

- “Getting Acquainted / Expectations”
- “Review Goals of Mentoring”
- “Review 10 Communication Skills”
- “Review Strength & Growth Areas”

Meeting Two (prior to marriage):

- “Time Plan”
- “Roles and Responsibilities”

Meeting Three (prior to marriage):

- “Financial Snapshot / Quickie Budget”
- “Spending/Savings/Investing”
- “Sexual Relationship”

Meeting Four – Approx. 6 Months after the Marriage:

- Saving Your Marriage Before It Starts Chapters 1, 2, 3, & 4
 1. Marriage myths
 2. Identifying you love style
 3. Happiness
 4. Communication
- Getting Your Sex Life Off To A Great Start

Meeting Five – Approximately One Year After the Wedding:

- Saving Your Marriage Before It Starts Chapters 5, 6, & 7
 1. Gender Issues
 2. Learning to fight well
 3. Becoming soul mates
- Celebration

Homework Assignments

Complete The Following For Meeting One:

- Be prepared to share how you met and to get to know your pre-marriage mentors
- Complete *Remarriage Worksheets* (if applicable)

Complete The Following For Meeting Two:

- Complete the *Time Worksheet*
- Complete the *Roles & Responsibilities Worksheet*
- Find the two books: “Saving Your Marriage Before It Starts”
“Getting Your Sex Life Off To A Great Start”

Complete The Following For Meeting Three:

- Complete *Financial Snapshot / Quickie Budget*
- Complete the *Savings / Investing / Spending Worksheet*
- Complete the *Sexual Expectation Worksheets*

Complete The Following For Meeting Four:

- Read: Saving Your Marriage Before It Starts (Chapters 1, 2, 3, & 4)
- Suggested: Getting Your Sex Life Off To A Great Start

Complete The Following For Meeting Five:

- Read: Saving Your Marriage Before It Starts (Chapters 5, 6, & 7)

Key Biblical Passages

Philippians 2:1-11

1 If you have any encouragement from being united with Christ, if any comfort from his love, if any fellowship with the Spirit, if any tenderness and compassion, 2 then make my joy complete by being like-minded, having the same love, being one in spirit and purpose. 3 Do nothing out of selfish ambition or vain conceit, but in humility consider others better than yourselves. 4 Each of you should look not only to your own interests, but also to the interests of others. 5 Your attitude should be the same as that of Christ Jesus: 6 Who, being in very nature God, did not consider equality with God something to be grasped, 7 but made himself nothing, taking the very nature of a servant, being made in human likeness. 8 And being found in appearance as a man, he humbled himself and became obedient to death-- even death on a cross! 9 Therefore God exalted him to the highest place and gave him the name that is above every name, 10 that at the name of Jesus every knee should bow, in heaven and on earth and under the earth, 11 and every tongue confess that Jesus Christ is Lord, to the glory of God the Father.

Mark 10:7-9

7 For this reason a man will leave his father and mother and be united to his wife, 8 and the two will become one flesh.' So they are no longer two, but one. 9 Therefore what God has joined together, let man not separate.

Ephesians 5:22-33

22 Wives, submit to your husbands as to the Lord. 23 For the husband is the head of the wife as Christ is the head of the church, his body, of which he is the Savior. 24 Now as the church submits to Christ, so also wives should submit to their husbands in everything. 25 Husbands, love your wives, just as Christ loved the church and gave himself up for her 26 to make her holy, cleansing her by the washing with water through the word, 27 and to present her to himself as a radiant church, without stain or wrinkle or any other blemish, but holy and blameless. 28 In this same way, husbands ought to love their wives as their own bodies. He who loves his wife loves himself. 29 After all, no one ever hated his own body, but he feeds and cares for it, just as Christ does the church-- 30 for we are members of his body. 31 "For this reason a man will leave his father and mother and be united to his wife, and the two will become one flesh. 32 This is a profound mystery--but I am talking about Christ and the church. 33 However, each one of you also must love his wife as he loves himself, and the wife must respect her husband.

1 Corinthians 13:4-8a

4 Love is patient, love is kind. It does not envy, it does not boast, it is not proud. 5 It is not rude, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. 6 Love does not delight in evil but rejoices with the truth. 7 It always protects, always trusts, always hopes, always perseveres. 8 Love never fails.

Key Biblical Passages (Cont.)

1 John 1:9

If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.

Genesis 2:18-25

18 The LORD God said, "It is not good for the man to be alone. I will make a helper suitable for him." 19 Now the LORD God had formed out of the ground all the beasts of the field and all the birds of the air. He brought them to the man to see what he would name them; and whatever the man called each living creature, that was its name. 20 So the man gave names to all the livestock, the birds of the air and all the beasts of the field. But for Adam no suitable helper was found. 21 So the LORD God caused the man to fall into a deep sleep; and while he was sleeping, he took one of the man's ribs and closed up the place with flesh. 22 Then the LORD God made a woman from the rib he had taken out of the man, and he brought her to the man. 23 The man said, " This is now bone of my bones and flesh of my flesh; she shall be called `woman,' for she was taken out of man." 24 For this reason a man will leave his father and mother and be united to his wife, and they will become one flesh. 25 The man and his wife were both naked, and they felt no shame.

Matthew 7:24-27

24 Therefore everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock. 25 The rain came down, the streams rose, and the winds blew and beat against that house; yet it did not fall, because it had its foundation on the rock. 26 But everyone who hears these words of mine and does not put them into practice is like a foolish man who built his house on sand. 27 The rain came down, the streams rose, and the winds blew and beat against that house, and it fell with a great crash.

Strength & Growth Areas

Select three categories in which you feel you have considerable agreement with your fiancé. Put an “S” in the strength column across from this area. Select three categories in which you feel you have some disagreements or areas that you might need to improve. Put a “G” in the growth column from this area.

<u>Issue</u>	<u>Strength Areas</u>	<u>Growth Areas</u>
Marital Satisfaction I am satisfied with most aspects of our couple relationship.	_____	_____
Personality Issues I like my partner’s personality and habits	_____	_____
Communication We share feelings with and understand each other.	_____	_____
Conflict Resolution We are able to discuss and resolve differences.	_____	_____
Financial Management We agree on budget and financial matters	_____	_____
Leisure Activities We share some similar interests and spend time together and apart	_____	_____
Sexual Relationship We are comfortable discussing sexual issues and preferences	_____	_____
Children and Parenting We agree on issues related to having and raising children	_____	_____
Family and Friends We feel good about our relationships with relatives and friends	_____	_____
Role Relationship We agree on how to share decision-making and responsibilities	_____	_____
Spiritual Life We hold similar values & beliefs spiritually	_____	_____

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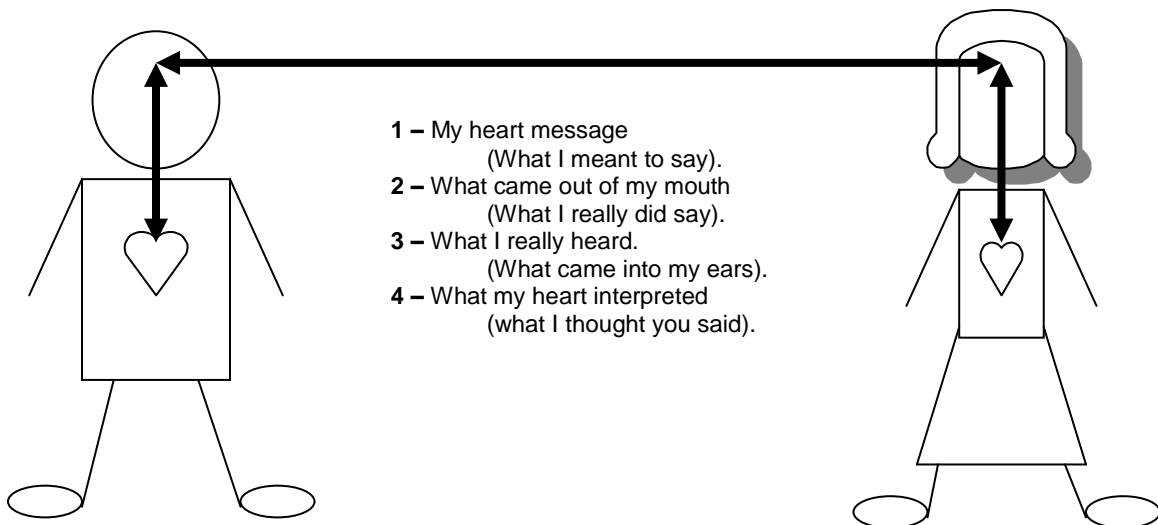
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Spiritual Life We hold similar values & beliefs spiritually	_____	_____

10 Communication Skills

Good communication in marriage is foundational. It is also a learned behavior. We learn how to communicate with one another from the modeling we receive from our parents and other places along the way. Discuss, “Describe the communication that you witnessed as you grew up?” And discuss, “Where have you learned your communication skills?” Look at the communication skills listed below that are designed to increase your intimacy.

1. Communication is complicated, but the goal is to understand each other’s hearts. (See the Four Parts of Communication Below)
2. Take time to listen to each other.
3. Listen to understand – Not to judge.
4. Look for the good in your fiancé and give him / her a compliment.
5. Praise your fiancé as much as possible (9 praises to one criticism).
6. Use active listening, which involves summarizing your fiancé’s comments before you share your reactions or feelings (Discuss the specifics of Active Listening).
7. Be assertive. Share your feelings by using “I” statements (i.e. “I feel…” or, “I think…”).
8. When issues arise, avoid blaming each other and seek heart to heart communication.
9. Focus on prayer, ask God for help and strength. Begin daily praying with and for your fiancé.
10. Give your relationship key priority in your lives.

Four Parts of Communication



Time Worksheet

Use the following 'Weekly Schedule' to record your 'vision' of what you hope MOST weeks would look like after you are married. This is not intended to be your ACTUAL calendar but simply a TEMPLATE you would use to make sure life is balanced.

'Block-off' time on this TEMPLATE for each of the following:

Time Alone individually, Time Alone Together (dates, etc.), Time with Family, Time with Friends, Time at Work, Time for Exercise, Time for Chores/Tasks, Time for Spiritual Activities (Church, small group, serving, etc.), Time for any other issue or need in your life.

Hour	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 am							
6:30							
7:00							
7:30							
8:00							
8:30							
9:00							
9:30							
10:00							
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10:30							
11:00							

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6:00 am							
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8:00							
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10:00							
10:30							
11:00							

Budget Worksheet - Monthly Budget Financial Snapshot

Name: _____ D.O.B: _____

Address: _____

City: _____ State: _____ Zip: _____

Home Ph: _____ Work Ph: _____ Mobile Ph: _____

Email: _____ Email: _____

Budgeting/Cash Flow

Do you feel you have a budget that is working?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Are you behind on any bills?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Are you currently making enough income to meet your expense?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Is your income stable each month?	<input type="checkbox"/> Yes	<input type="checkbox"/> No

ASSETS (Please list the value of the following assets, if any)

(Non Retirement Assets)

Cash Account:	\$ _____	Life Ins. Cash Values \$	_____
Stocks:	\$ _____	Primary Home:	\$ _____
C.D.'s/Bonds:	\$ _____	Other Real Estate:	\$ _____
Mutual Funds:	\$ _____		

(Retirement/College Assets)

401(k) Assets: \$ _____ IRA Assets: \$ _____ College Assets: \$ _____

DEBT/LIABILITIES (Please list the current balances of the following debts, if any)

1 st Mortgage:	\$ _____	Dept. Store Cards:	\$ _____
Other Mortgages:	\$ _____	Major Credit Cards:	\$ _____
Car Loans:	\$ _____	Installment Loans:	\$ _____
Student Loans:	\$ _____	Other Loans:	\$ _____

The Basic Quickie Budget (Instructions)

This form will help you get your feet wet in the area of budgeting. It is only one page and should not be intimidating as you get started. The purpose of this form is to show you exactly how much money you need every month in order to survive. We won't get into the details of your credit card bills, student loans, and other consumer debts here. *This is just to give you a starting point as you begin to take control of your money.* You will also learn how to create a full monthly cash flow plan that is much more detailed.

There are four columns on this form:

1. Monthly Total

- This column shows you how much you are spending on necessities each month.
- If you do not know the amount, write down your best estimate.
- If an estimate is grossly inaccurate, then you may have never even noticed how much you were spending in that area before now. Don't beat yourself up about this!

2. Payoff Total

- Write down how much money is required to completely pay off that item.
- This line only appears in the relevant categories (mortgage, car debt, etc.)

3. How Far Behind?

- If your account is past due in any category, write down how many days you are behind.
- If you are up-to-date, simply write a zero or "N/A" (not applicable) here.

4. Type of Account

- Write in how this area is paid—by check, automatic bank draft, cash, etc.
- There are benefits of using cash for certain items. Challenge yourself by identifying categories for which you can use cash only.
- The asterisks (*) on the form indicate areas in which a cash-based approach could be helpful.

Extra copies of this form can be found online: www.daveramsey.com/fpumember.

Budget Worksheet – Basic Quickie Budget

Item	Monthly Total	Payoff Total	How Far Behind	Type of Account
GIVING	_____		_____	
SAVING	_____			
HOUSING				
First Mortgage	_____	_____	_____	_____
Second Mortgage	_____	_____	_____	_____
Repairs/Mn. Fee	_____		_____	_____
UTILITIES				
Electricity	_____		_____	_____
Water	_____		_____	_____
Gas	_____		_____	_____
Phone	_____		_____	_____
Trash	_____		_____	_____
Cable	_____		_____	_____
*Food	_____		_____	_____
TRANSPORTATION				
Car Payment	_____	_____	_____	_____
Car Payment	_____	_____	_____	_____
*Gas & Oil	_____		_____	_____
*Repairs & Tires	_____		_____	_____
Car Insurance	_____		_____	_____
*CLOTHING	_____		_____	_____
PERSONAL				
Disability Ins.	_____		_____	_____
Health Insurance	_____		_____	_____
Life Insurance	_____		_____	_____
Child Care	_____		_____	_____
*Entertainment	_____		_____	_____
OTHER MISC.	_____		_____	_____
TOTAL MONTHLY NECESSITIES	_____		_____	

Lump Sum Payment Planning Worksheet

Payments you make on a non-monthly basis, such as insurance premiums and taxes, can be budget busters if you do not plan for them every month. Therefore, you must annualize the cost and convert these to monthly budget items. That way, you can save the money each month and will not be caught off-guard when your bi-monthly, semi-annual or annual bills come due. Simply divide the annual cost by 12 to determine the monthly amount you should save for each item.

Item Needed	Annual Amount	Monthly Amount
Real Estate Taxes		/ 12 =
Homeowner's Insurance		/ 12 =
Home Repairs		/ 12 =
Replace Furniture		/ 12 =
Medical Bills		/ 12 =
Health Insurance		/ 12 =
Life Insurance		/ 12 =
Disability Insurance		/ 12 =
Car Insurance		/ 12 =
Car Repair / Tags		/ 12 =
Replace Car		/ 12 =
Clothing		/ 12 =
Tuition		/ 12 =
Bank Note		/ 12 =
IRS (Self-Employed)		/ 12 =
Vacation		/ 12 =
Gifts (including Christmas)		/ 12 =
Other _____		/ 12 =

Savings/Investing/Spending Worksheet

Savings Strategy: (This money needs to be easily accessed for emergencies.)

1. How much money do you want to put into Savings each month?
2. Is there a “maximum” you want to keep in a savings account?
3. How much money do you want to set aside each month for vacations? Will you keep it in savings or in some other type of account?
4. Do you want to set aside money for emergency medical expenses? If yes, how much and where will you keep it?
5. If an emergency takes a chunk of money from Savings, do you plan to ‘replenish’ it with left over money in future months?

Investing Strategy: (This is money put into longer term and higher yield accounts such as stocks, bonds, CD’s, etc.)

1. How much money do you want to put into a retirement account each month?
What type of investment tool will you use for this?
2. Do you plan to set aside additional money in an educational fund for yourself or future children? If yes, how much each month and in what type of tool?

Spending Plan: (This is a annual plan to purchase things you need or want)

1. Make a list of all the things you NEED to purchase this year and estimate its cost.
2. Make a list of all the things you WANT to purchase this year and estimate its cost.
3. Combine these lists into the top 20 and prioritize them 1 to 20.

Priority	Item to Purchase	Cost
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		
13		
14		
15		
16		
17		
18		
19		
20		

Sexual Expectations Worksheet (for Her)

Please complete this worksheet individually and discuss your answers together. You will not turn this sheet in to anyone and you only have to share what you feel like is appropriate to your mentor. It is primarily for you and your fiancé to discuss.

1. *Do either of you have “failures” and/or “regrets” to be dealt with in terms of forgiveness from God and/or forgiving each other?*

Circle One: No Yes

2. *Have you discussed and agreed upon your “wedding night” expectations? Will you consummate the marriage that night?*

3. *How often do you “expect” to have sexual intercourse after the honeymoon?*

Circle One:

1x/month 2x/month 1x/week 2x/week 3x/week 4x/week daily

4. *Will your sexual relationship be “scheduled”, “spontaneous”, or both?*

Circle One:

Scheduled Spontaneous Both

5. *Do you have any “fears” regarding your sex life that you would like to discuss?*

6. *In general, how long do you expect a sexual encounter last?*

Circle One:

10-15 min 15-30 min 30-45 min 45-60 min Longer than an hour

7. **Question for Her:** *If you had to choose one or the other, would you rather have... cuddling, feeling love, and intimacy OR always having an orgasm, and no intimacy?*

Circle one:

Cuddling, feeling intimacy Orgasm, no intimacy

8. *How will you communicate sexual interest/desire or lack of to your spouse?*

Sexual Expectations Worksheet (for Him)

Please complete this worksheet individually and discuss your answers together. You will not turn this sheet in to anyone and you only have to share what you feel like is appropriate to your mentor. It is primarily for you and your fiancé to discuss.

1. *Do either of you have “failures” and/or “regrets” to be dealt with in terms of forgiveness from God and/or forgiving each other?*

Circle One: No Yes

2. *Have you discussed and agreed upon your “wedding night” expectations? Will you consummate the marriage that night?*

3. *How often do you “expect” to have sexual intercourse after the honeymoon?*

Circle One:

1x/month 2x/month 1x/week 2x/week 3x/week 4x/week daily

4. *Will your sexual relationship be “scheduled”, “spontaneous”, or both?*

Circle One:

Scheduled Spontaneous Both

5. *Do you have any “fears” regarding your sex life that you would like to discuss?*

6. *In general, how long do you expect a sexual encounter last?*

Circle One:

10-15 min 15-30 min 30-45 min 45-60 min Longer than an hour

7. **Question for Him:** *On a scale of 1-10 how would you feel is she did not have an orgasm on your wedding night?, two weeks after the wedding? 6 months after wedding?*

Place an X on the Line:

1-----5-----10

8. *How will you communicate sexual interest/desire or lack of to your spouse?*

Remarriage – Dealing With Feelings

1. Fear can paralyze any person. You may fear that the past will repeat itself. Indicate on the following scale the amount of fear you have. Then describe in detail the reasons for this fear.

0 -----5----- 10
 Little or no Fear Extensive Fear

2. Another feeling is guilt – the feeling that says, “I did something wrong.” Guilt can occur because of unfulfilled expectations from the past, from disrupting your children’s lives, or from breaking commitments. Do you experience guilt over your previous marriage? Identify the amount on the following scale and then describe the reasons for the guilt.

0 -----5----- 10
 Little or no Guilt Extensive Guilt

3. Another frequent emotional companion is anger. You could be angry about the past or the present. Sometimes anger takes the form of resentment and bitterness. Let’s identify the residue of anger that may be present in your life. Indicate on the scale the amount of anger in your life over your former relationship. Then clarify the reasons for the anger and what you are doing about relinquishing this anger.

0 -----5----- 10
 Little or no Anger Extensive Anger

4. On the scale below describe the level of health that currently exists in your relationship with your former spouse. In the space below, describe the steps you have taken toward forgiving your spouse and yourself. What steps have you taken to restore your former married relationship to a healthy unmarried relationship? Remember: The unresolved clutter from your previous marriage will affect the amount of clutter in your new relationship.

0 -----5----- 10
 Little or no Health Extensive Health