

About Me

Taking an honest and intimate look at yourself and your partner is fundamental to the development and maintenance of unity within your marriage relationship. This session will challenge you to explore and understand yourself more fully.

It is imperative that each of you is responding to the questions with your own book. Sharing a book, allowing one of you the opportunity to read the other's response, will only skew your responses. Total dedication to honesty throughout this workbook is extremely important. To not be totally honest will have a harmful effect upon your future together.

When you and your partner come together with your premarital counselors, you will be given the opportunity to share about yourself and listen to your partner. Understanding one another will be a continuing process during your marriage relationship. Some of the most important foundational material will be discussed in this session. Speak truthfully and listen intently.

We encourage you to be honest as you answer the following questions and complete the open-ended statements. Allow this first session to be a meaningful experience for each of you.

There is one other issue we would like to present to you as you prepare for your wedding day. Perhaps it may feel that it is too soon to think about this, but we hope you will consider our advice after years of marital preparation with engaged couples. The wedding day is a special day, but a long day, after months of preparation. We encourage couples to consider wedding ceremonies as early in the day as possible. Your first night together as a married couple is special, and you will need time and energy to enjoy these moments.

Secondly, we offer you input regarding the honeymoon. We feel it is imperative to plan time together, not just sight-seeing or traveling thousands of miles. Honeymoons are when the world stops, you get off and spend quality and quantity time enjoying one another's presence. Many couples reported back to us that if they could redo the honeymoon it would involve less doing and more being with the one they have made a life commitment to.

About Me

Complete the following open-ended statements with what first comes to mind. Do this exercise separately.

1. I see myself as _____

2. A word that would best describe me is _____

3. Success in life to me is _____

4. My strongest quality is _____

5. One of my weaknesses is _____

6. Others view me as _____

7. I become quiet when _____

8. When others have a different opinion than I do, my reaction is to _____

9. My feelings tend to be hurt when _____

10. I feel guilty when _____

11. I worry when _____

12. I feel accepted when _____

13. What makes me feel inadequate is _____

14. I feel depressed when _____

15. I receive pleasure from _____

16. I am disappointed when _____

17. Some of my gifts include _____

18. My self-confidence falters when _____

19. I get defensive when _____

20. Something that makes me laugh is _____

21. I get angry when _____

22. When angry with someone, I tend to _____

23. I receive great satisfaction from _____

24. I feel trapped when _____

25. I am afraid when _____

Spiritual Overview

Each of you should complete the following statements concerning your spiritual life by yourself.

1. My relationship with Jesus Christ is _____

2. My definition of *sin* is _____

3. Describe how you deal with sin. _____

4. Is Jesus Lord of your life? Please elaborate. _____

5. Have you been water baptized since accepting Christ?
Yes _____ No _____
If no, why not? Be prepared to share your experience. _____

6. As a believer, what is your experience with the Holy Spirit? _____

7. Describe your prayer life (where? when? why? etc.). _____

8. I read the Bible (when? for what reasons? etc.) _____

9. My personal commitment to attending a church (body of believers) is (how often? for what reasons? etc.) _____

10. My understanding of God is _____

11. In a spiritual sense, marriage will solve the following problems: _____

12. I would like to make the following change(s) in my own spiritual life:

