



GRACE
FELLOWSHIP

Biblical Counseling **Premarital Counseling Schedule** *Counselor Copy*

Materials

Pre-Engagement: 5 Questions to Ask Yourself by David Powlison

Tying the Knot by Rob Green

Selected Sermons available at graceky.org

Journal to answer questions from *Tying the Knot*

Before your first meeting you will receive an email from the Counseling Office to introduce you to the couple that you will be meeting with. In that email the couple will be asked to purchase the materials and complete the booklet *Pre-Engagement: 5 Questions to Ask Yourself* by David Powlison, highlighting the main points. You will also receive the couple's Application which will give you some helpful insight into their relationship and their walk with the Lord.

Sessions

I. Session One

Your prayer and purpose in this first session is to start to discern first of all where they are with the Lord, and then secondly whether they are being wise to pursue marriage at this time. While this can take several sessions in some cases, this first session is seeking to establish a firm foundation of what's to come. We must first be right with the Lord, or the laborers build in vain!

A. Getting Comfortable

1. Take some time to get to know the couple, asking about where they grew up, how they met, etc. If you're able to host them at home with a meal, it can be a good way to welcome them and open communication.
2. It is also good to share your own story as well, as you will be doing throughout your time together. Do your best to keep sharing about your own relationship and experiences to around 20% of the conversation, as it is important to draw the couple out and let them reveal their heart.

B. Clarify their Application

1. Was there anything that stood out to you?
2. Is there anything that needs clarified?

C. 5 Questions booklet – Ask what they highlighted...

1. Are you both Christians?
2. Do you have a track record of solving problems biblically?
3. Are you heading in the same direction in life?
4. What do others who know you well think of your relationship?
5. Do you want to marry this person?

If you need to take more time on this, it's ok to be patient and roll these questions into your next session. These questions are foundational, so if there are uncertainties it would be good to take some more time to work through them. The rest of the material will also be touching on some of the same themes (especially their walk with the Lord), so any potential red flags will only be raised more prominently. As we all can testify, we're not looking for perfection, but humble hearts that are growing in their walk with Jesus, their church and each other.

D. Homework

1. Read Chapter 1 of *Tying the Knot*: "Jesus Must Be the Center of Your Life"
2. Answer the questions on pg. 22-23 in a Journal (if they don't already do so, encourage them to start using this as a prayer journal).
3. Listen to sermon "What Happened to My Dream?"
4. Scripture Memory: Matthew 22:37-40

II. Session Two

For the remainder of your time together, the chapters of the book and the corresponding homework will give direction for you conversation together. It's good to start sessions asking about how plans are coming along and take time to get to know them personally. Again, if there are red flags, take some time to share your concerns, asking for any insight from the pastoral staff.

A. Review homework from chapter 1 of *Tying the Knot*

1. No need to go over every question, but choose a few that seem they would be helpful to discuss.
2. Review what they took away from the sermon and check scripture memory (each session, go over all the verses they've memorized to that point.)

B. Homework

1. Read and do the homework for Chapter 2, "Love with Jesus as the Center"
2. Listen to sermon "Can't You Fix Our Marriage Fast? (Learning to Love)"
3. Scripture Memory: 1 Corinthians 13:4-7 (3 weeks)

III. Session Three

A. Review homework from chapter 2 of *Tying the Knot* and their thoughts from the sermon.

B. Purity Questions: Question 6 in the homework is a good place to lovingly ask how the couple is doing with any physical temptations. It may be appropriate to split up between genders and share more specifically.

C. Homework

1. Read and do the homework for Chapter 3 of *Tying the Knot*, "Problem Solving with Jesus as the Center"

2. Listen to the Sermon "Why is there so much Conflict Between Us?"
3. Scripture Memory: 1 Corinthians 13:4-7 (3 weeks)

IV. Session Four

A. Review homework from chapter 3 of *Tying the Knot*. Be sure to spend adequate time in hearing their answers to #2 about any potential conflicts and how they have handled them.

B. Homework

1. Read and do the homework for Chapter 4 of *Tying the Knot*, "Roles and Expectations with Jesus as the Center"
2. Listen to the Sermons "How to Really Love your Wife/Husband"
3. Keep working on Scripture Memory: 1 Corinthians 13:4-7 (3 weeks)

V. Session Five

A. Review homework from chapter 4 of *Tying the Knot*

B. Homework:

1. Read and do the homework for Chapter 5 of *Tying the Knot*, "Communication with Jesus as the Center"
2. Listen to the Sermon "Speaking to the Heart of Your Mate" part 1 and 2
3. Scripture Memory: James 4:1-2

VI. Session Six

A. Review homework from chapter 5 of *Tying the Knot*

B. Homework

1. Read and do the homework for Chapter 6 and 7 of *Tying the Knot*, "Finances with Jesus as the Center" and "Community with Jesus as the Center"
2. Scripture Memory: Hebrews 10:23-25

VII. Session Seven

A. Review homework from chapter 6 and 7 of *Tying the Knot*

B. Homework:

1. Read and do the homework for Chapter 8 of *Tying the Knot*, "Intimacy with Jesus as the Center".
2. Listen to the Sermon "Sex: Great Gift or Great Grief?"

3. Scripture Memory: 1 Corinthians 7:3-5

VIII. Session Eight

This session should be scheduled to take place around 2 weeks before the wedding in order to help keep passions in check! Begin the session together to go over the homework. Depending on the couple, it may be helpful to split up the genders to share more specifically, share experiences and answer any questions.

B. Homework – enjoy the wedding and honeymoon!

1. *Intended for Pleasure* is a good recommendation for reading before and during the honeymoon.

2. Other helpful Resources

- a. *The Meaning of Marriage* by Tim Keller
- b. *What Did you Expect?* by Paul Tripp
- c. *When Sinners Say I Do* by Dave Harvey
- d. *Intimacy Ignited* by Dillow and Pintus
- e. *Sex, Romance and the Glory of God* by C. J. Mahaney
- f. *Biblical Principles of Sex* by Robert D. Smith