

Schedule:

9:00 – 9:10	Welcome/Business (<i>Greg</i>)
9:10 – 9:25	Praise & Worship
9:25 – 10:15	<i>Session #1 – It's Time for a Road Trip! (Checking out your Love Map)</i>
10:15 – 10:30	Break
10:30 – 11:45	<i>Session #2 – "It's NOT about the Nail!" (Effective Communication)</i>
11:45 – 12:30	Lunch
12:30 – 12:45	Fun & "Giveaways"
12:45 – 1:30	<i>Session #3 – Rock, Paper, Scissors (Better Ways to Make Decisions)</i>
1:30 – 1:45	Break
1:45 – 2:45	<i>Session #4 – Heating it up in the Bedroom (God's View on Intimacy)</i>
2:45 – 3:00	Wrap-up and Evaluation Time

Seminars:

1. *It's Time for a Road Trip! (Checking out your Love Map)*
Using Gottman's idea of Love Maps, couples will take their own journey to discover how well they are connected to one another. This fun and interactive session will assist couples getting a realistic view on their level of friendship and knowledge of one another.

2. *"It's NOT about the Nail!" (Effective Communication)*
Communication is known to be one of the greatest struggles within marriages. Through media, role-playing, and helpful suggestions, participants will identify effective ways (and *ineffective* ways) to lovingly communicate with his/her spouse.

3. *Rock, Paper, Scissors . . . (Better Ways to Make Decisions)*
Every couple is faced with blending two individual's ideas/desires into one decision. It is not always easy. Decision-making often brings stress and conflict into the arena of marriage. This seminar will look at what God's Word says about decision-making, along with offering tools to incorporate at home to make those tough decisions a little easier.

4. *Heating it up in the Bedroom (God's View on Intimacy)*
Sex was God's idea. In the midst of a sex-saturated society, often Christian couples can lose sight that this was originally God's idea, and it "was good". This seminar will confront some of the issues Christian couples often face in and out of the bedroom, encouraging couples to sexual purity and fulfillment within their marriage.