

PREMARITAL PASTORAL CARE

Simple Habits for Marital Happiness

2020 Three-time National Award-Winning Christian Marriage Book

Randy Schroeder, Ph.D., M.Div., M.Ed.

6 MONTHS BEFORE THE WEDDING

Chapter 1 – Forgiveness: The “Heart” of a Christian marriage

1. Complete and forever forgiveness through faith in Jesus Section 1 p. 6
2. Three necessary steps to apologize and forgive Section 8 p. 21
3. Understanding that forgiveness is a gift, a promise, and a process Section 9 p. 24

5 MONTHS BEFORE THE WEDDING

Chapter 2 – Stay in love after the honeymoon

1. Three daily tens Section 13-15 p. 32

Chapter 3 – Habits that promote spiritual, emotional, and physical closeness

1. Prayer is like breathing in and breathing out for a couple Section 17 p. 46
2. Four daily essentials Section 22 p. 59
3. Critical quick connects Section 20 p. 55
4. Give a daily appreciation vitamin Section 19 p. 52

4 MONTHS BEFORE THE WEDDING

Chapter 4 – Communication habits that build up a marriage

1. Regularly request expectations for consistent happiness Section 36 p. 92
2. Speak the truth in love – Ephesians 4 Section 38 p. 96

Chapter 5 – Habits that guard a marriage

1. Leave and cleave Section 41 p. 102
2. No secrets of any kind Section 46 p. 117
3. Be cooperative never controlling Section 44 p. 111
4. Best guards: Strive for spousal improvement and never compare..... Section 51 p. 129
5. Avoid constant criticism Section 52 p. 135

3 MONTHS BEFORE THE WEDDING

Chapter 6 – How to have respectful disagreement discussions and never argue

1. Stay inside the “9s” Section 65 p. 162
2. Always sit Section 66 p. 164
3. A soft start-up is essential Section 67 p. 166
4. Have a dialogue never a monologue Section 72 p. 175

6 MONTHS AFTER THE WEDDING – A POST-MARITAL CHECKUP

Chapter 7 – Budget, save, and spend together

1. Use the three “Ds” for making purchases Section 80 p. 190
2. Budget with a percent spending plan Section 85 p. 195
3. Offerings to God and charitable contributions..... Section 90 p. 200