

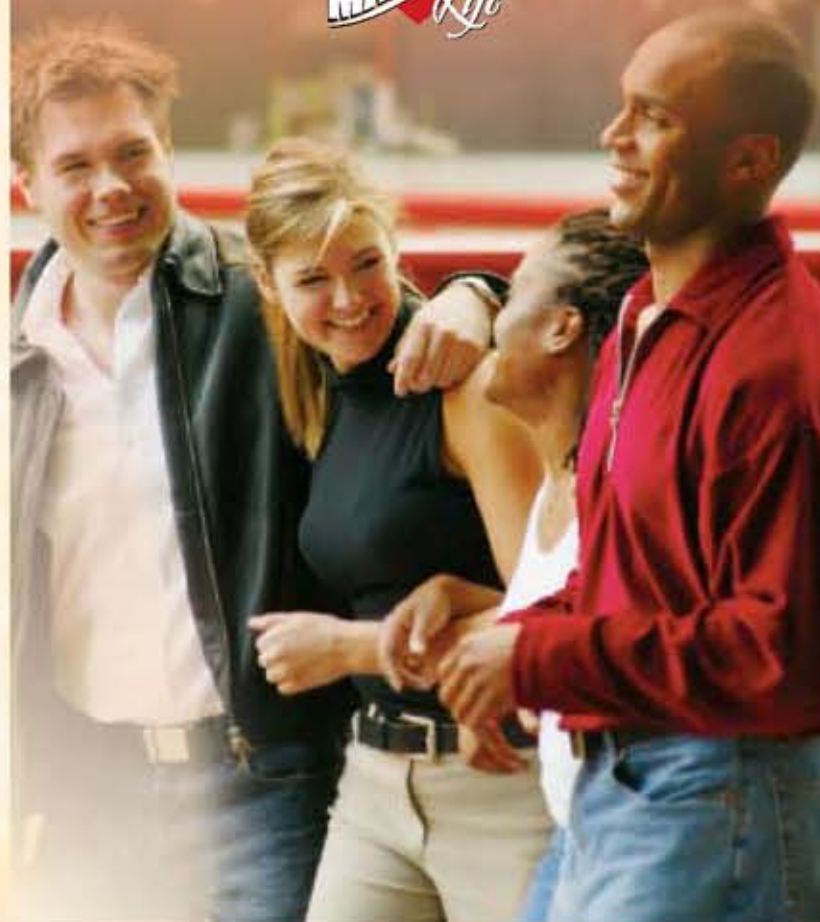
# A PLAN TO GROW YOUR MARRIAGE

Use the plan below to grow your marriage and track your progress on the chart below.

## JOIN OTHERS ON THE JOURNEY

### COUPLES, SMALL GROUPS

Saddleback has many wonderful opportunities for you to grow as an individual, but we know that life change and spiritual growth happen best in the context of a small group. Our groups seek to balance the need to grow together as a couple in community with the need to gather with men and women for accountability and support. In a couples' group, you can get not only a group of couples to do life together, but a men's and women's group built right into your couples' group. As a couple, one of the best things you can do for your marriage is get connected to a couples' small group with your wife.



## MAKE TIME TOGETHER



### NIGHT OUT

Making time for one another is part of growing a healthy marriage. To help you do this, we offer ongoing opportunities for couples including:

- DATE NIGHTS**  
We offer on and offsite date nights to help you get away from it all and spend time with your spouse.
- SEMINARS**  
We offer seminars and conferences that explore various aspects of the five purposes.

## GET THE BIG PICTURE



### ESSENTIALS

Marriage essentials are an opportunity for couples to learn God's design for marriage broken down into five stand alone classes that are fun and interactive, each covering one purpose.

- HONOR**  
Come learn the art of honoring your spouse and move beyond unhealthy patterns of relating.
- RELATIONAL INTIMACY**  
Come learn the secret of deeper level of connection in a busy world.
- SPIRITUAL INTIMACY**  
Come learn the art of connecting with God together and growing in faith as a couple.
- PARTNERSHIP**  
Come learn how our unique S.H.A.P.E. can create a unique partnership and ministry with our spouse.
- MESSAGE**  
Come learn how to dream together a marriage that communicates the harmony of the gospel to others.

## LEARN THE SKILLS



### SKILL RETREATS

Our marriage retreats consist of time away with your spouse with an emphasis on time outside the classroom. Each retreat covers practical skills you can use right away to help you and your spouse build your marriage on purpose.

- HONOR**  
This retreat covers the skills of setting a good pattern of honoring one another as an act of worship to God.
- RELATIONAL INTIMACY**  
This retreat covers the skills needed to build closer connection with your spouse.
- SPIRITUAL INTIMACY**  
This retreat covers the skills needed to begin to grow together spiritually.
- PARTNERSHIP**  
This retreat covers the skills needed to become a team together with your spouse.
- MESSAGE**  
This retreat covers the skills needed to dream and plan the future of your marriage.

## CONNECT IN TRANSITION



### TRANSITIONS

Transitions is an opportunity for couples to learn about the challenges we all face in the six marital transitions to connect with other couples in the same phase of life.

- NEWLY MARRIED (THE FIRST FIVE YEARS OF MARRIAGE)**  
Explore some of the challenges newly married couples face now that the honeymoon is over and real life is in full swing.
- NEW PARENT**  
You are about to have your first child or may have just welcomed your baby into the world. Come and explore some of the new-found challenges of being a parent and their effect on your marriage.
- PARENT OF ELEMENTARY AGE KIDS**  
Come explore some of the challenges of raising elementary-age children and balancing school and activities while helping your kids grow spiritually.
- PARENT OF TEENS**  
Just when you thought it would get easier, along comes the teen years! Come explore the unique challenges that come from raising a teen in a world of mixed messages.
- EMPTY NEST**  
Come explore a new set of challenges that comes from being alone again including getting to know one another again, dealing with kids who may move back home, issues of retirement, and aging parents.
- STEPFAMILIES**  
These classes will help you navigate the unique challenges every stepfamily faces as you learn principles of surrendering, embracing, training, preparing and sharing.