

The
Marriage
Course

Investing in Forever

Strengthening Marriage Relationships



HOPE
NEXT STEPS ACADEMY



Hope Church Next Steps Academy presents

Alpha Marriage Course

Dates: 15th July, 22nd July, 5th August, 12th August, 26th August, 2nd September, 9th September 2024

7 weeks - Mondays | Sessions 1-6 online, session 7 in-person.

Time: 7:30pm to 9:30pm

Cost: \$60/Couple

Main Facilitators: Chen Chee & Joan Foo

About this course

The Marriage Course is a series of seven sessions, designed to help couples invest in their relationship and build a strong marriage. Nicky and Sila Lee, authors of The Marriage Book, developed The Marriage Course for couples looking for practical support to strengthen their relationship.

It is designed to help couples build strong foundations, learn to communicate more effectively and resolve differences well. Some couples do the course to intentionally invest in their relationship, others are looking to address more specific challenges. Either way, the course offers essential tools and practical ideas to help you build a relationship that lasts a lifetime.

This Course is based on Christian principles but designed for all couples with or without a church background.



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What can we expect?

You and your spouse are to set an ambience to your liking. Each session is hosted by a married couple. Every session includes a practical talk, and a time for conversations between you and your spouse. You will never be asked to share anything about your relationship with anyone other than your partner.

You're invited to join us for this 7-part series designed to help married couples grow stronger and intimate in their relationship. This course helps couples to:

Session 1

15th July 2024

Strengthening Connection

This session helps couples to strengthen their connection by looking at what it takes to keep nurturing their relationship and by growing in their understanding of each other's emotional needs and desires.

Session 3

5th August 2024

Resolving Conflict

This session will look at how couples can increase their intimacy by expressing appreciation, recognising their differences, learning to negotiate disagreements and supporting each other.

Session 5

26th August 2024

The Impact of Family

This session helps couples to recognise how their family backgrounds affect the way they relate to each other. It also covers how to build a healthy relationship with parents and how to heal from childhood hurt.

Session 7

9th September 2024

Love in Action

This session looks at five main ways of expressing and receiving love. Couples discover which expression of love is most important for their partner and how they can put this into practice.

Session 2

22nd July 2024

The Art of Communication

Through talking and listening, this session helps couples to identify and overcome barriers to effective communication, particularly any hindrances to listening to their partner.

Session 4

12th August 2024

The Power of Forgiveness

This session addresses the ways couples will inevitably hurt each other and how to resolve these issues. The process of healing through talking about the hurt, saying sorry and forgiving will also be discussed.

Session 6

2nd September 2024

Good Sex

In this session, couples are encouraged to talk about their sexual relationship and to recognise where they could make changes for the sake of their partner and their whole relationship.



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The Cost?

Registration for this course will be **\$60/couple**. Please remember to enter the details for both members of the couple who will be attending. (Couples only need to complete one registration).

Cost of registration includes:

- Alpha Marriage Course Journal (Printed pdf &/or digital copy).
- Cost for in-person session.



About the Hosts (1)

Chen Chee & Joan Foo

Chen Chee and Joan first met in university during their orientation week. Chen Chee thought that Joan was friendly and warm, while Joan thought that Chen Chee was a good kid; innocent, studious and well-behaved, so unlike herself!

Now, Chen Chee and Joan have been married for more than 20 years! Chen Chee has grown to be someone with a heart for discipleship. He loves seeing a strong biblical local church

where people's lives are transformed by God. Joan has grown into someone who has a passion to see a glorious bride for Jesus. She desires to see God's people being disciplined and strengthened whilst they wait for His return and loves seeing God's church encounter Him through times of intimate and extravagant worship. Joan loves building up people. She is inspired by new opportunities to pioneer, new ventures to mobilise people, and new ways to do things in God's kingdom.

When it comes to spending time together, they both enjoy a good cup of coffee, admiring the growth and progress of their little garden, and doing a few home improvement projects here and there.





About the Hosts (2)

Ambrose and Geraldine Ng

Ambrose and Geraldine first met each other in their first year of high school in a tuition class. Geraldine thought "This guy can talk!". Ambrose was able to fill the silence in a room. He was sociable with everyone, from the youngest to the eldest. On the other hand, Ambrose thought that Geraldine was pretty and that she was also competitive!!

Fast forward to the present, they have now been married for 19 years! Geraldine has grown

to be someone who has a passion to serve the House of God and see families holistically grow in God. She has a heart to see an inter-generational church. Ambrose has grown to have a passion for finding ways to grow. To be better so he can help more people to find their place in the House of God, grow in God and serve His House.

When it comes to spending time together, both Ambrose and Geraldine enjoy having a good cup of coffee and having chats on their long walks together. They also enjoy tennis, sharing ideas and checking out property designs.

FAQs

Where can I access this course?

This course is run mostly via **Zoom**. You will need access to internet and Zoom on a computer/smartphone.

Who can access this course?

This event is accessible to registered participants only. We seek your understanding in refraining from circulating the contents of this course.

I want to know more about this course. Who do I contact?

Thinking to join us for the Alpha Pre-Marriage Course, but not 100% sure if it is for you? Email nsa@hope-church.com.au for more details!



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