The Pre-Marriage Course

Before Walking Down the Aisle

Building a Strong Foundation for Marriage

HOPE
NEXT STEPS ACADEMY

Hope Church Next Steps Academy Presents

Alpha The Pre-Marriage Course

Dates: 11th May, 18th May, 25th May, 1st June, 8th June 2026
5 weeks - Mondays | Sessions 1-4 online, session 5 in-person at Unidus Community Centre
Time: 7:30pm to 9:30pm
Cost: $30/person (each participant must have their own individual registration)
Facilitators: Eddie & May Burrell

About the course

The Pre-Marriage Course is a series of five sessions designed to help engaged couples or those exploring the possibility of marriage build strong foundations for their future together. Nicky and Sila Lee, authors of The Marriage Book, developed The Pre-Marriage Course to help couples invest in their relationship for a lasting marriage. Over five sessions, the course will help you learn to communicate well, understand and appreciate your differences, and prepare for potential challenges.

The Pre-Marriage Course is for couples who are exploring the idea of getting married and for those who are already engaged. It's designed for those who want to give their marriage the best possible start, whether they're exploring marriage for the first time or have been married before. The course is based on Christian principles but is designed for all couples, with or without a church background. You do not need to be getting married in a church to attend the course.

What can I expect?

You and your partner are hosted by a married couple. Each couple's discussions are completely private and unique. Every session includes a practical talk and a time for discussion between you and your partner. You won't be required to disclose details about your relationship, other than with your partner.

You're invited to join us for 5 sessions designed to help couples build a strong future toward marriage. This course helps couples to:

Session 1 | Communication

11th May 2026

Communicate more effectively and understand each other's needs

This session considers how communication is affected by personality, family background, and circumstances. Couples will explore what it means to talk about their feelings and practice listening to each other.

Session 2 | Conflict

18th May 2026

Resolve Conflict

Conflict can either destroy a relationship or, if handled well, strengthen it. In this session, couples will consider how to appreciate their differences, look for solutions together, and heal the ways they hurt each other.

Session 3 | Commitment

25th May 2026

Know the importance of spending time together

Commitment lies at the heart of the marriage covenant and is reflected in traditional marriage service vows. In this session, couples will consider the meaning of these vows and learn how to live out this commitment in everyday life.

Session 4 | Connection

1st June 2026

Develop a good sexual relationship

This session explores how love needs to be nurtured in a marriage. Couples do this through building their friendship, discovering how the other feels loved and developing their sexual relationship.

Session 5 | Adventure

8th June 2026

Share goals, values, and dreams

In this final session, couples will have the opportunity to discuss their priorities and goals for the future, the roles they expect to fulfill, and the building of spiritual togetherness.

The cost?

Registration for this course is **$30 per person**. Please note, unlike previous years where we allowed one registration per couple, this year we require each participant to have their own individual registration. Registration and payment must be completed via the Next Steps Academy Thinkific online course platform.

Cost of registration includes:

- Alpha The Pre-Marriage Course Journal (printed and/or digital copy)
- Cost for in-person session (dinner provided)

An optional hardcover Alpha The Pre-Marriage Course Journal is also available for purchase via the registration link.

About the course facilitators

Eddie and May Burrell

Eddie and May first met at a Hope Church working adults conference. And, as they say, the rest was history. They have been married for over eleven years. Eddie serves in the welcome team, children's ministry (Hope Kidz), and leads the intercessory prayer ministry. He is passionate about discipling men to be men of God. May oversees the service outreach and operations, as well as the missions department. She is passionate about seeing the Kingdom of God extended. Together, they enjoy watching action movies, eating yummy foods, and achieving running goals together.

Give your marriage the best possible start.

Scan our QR code on the right to register!

Registrations close Monday 4th May 2026