

LEADER NOTES

A GROWING MARRIAGE

A Biblical Conference on Marriage

Video presentation by

Dr. Gary Chapman

If used in a group setting:

It is ideal if each couple obtain a copy of *The Marriage You've Always Wanted*, available at your local bookstore or through www.GaryChapman.org. This will be referred to in the video and these Leader Notes as the step toward digging deeper.

Each couple will need two "DVD Notebooks". We hereby grant you permission to photocopy the "DVD Notebooks," or you may order copies from www.GaryChapman.org.

Purpose of Video Series:

This video series is designed for use with married couples, but engaged couples, and single adults who wish exposure to a biblical view of marriage will find the series quite helpful.

The purpose of the conference is to stimulate marital growth in the following areas: communication, conflict resolution, love, handling failure, sexual fulfillment, and how to give constructive criticism.

Learning Formats:

The video series may be used in various learning formats, including:

- (1) Retreat setting - Choose from the five sessions those you feel most fitting for your group and work them into the time framework available.
- (2) Classroom setting - Used over a period of five weeks. The classroom session would consist of showing the video, while couples take notes in the "Listening Guide", followed by discussion. Sessions should be approximately one hour and thirty minutes. Homework would include reading the appropriate chapter from *The Marriage You've Always Wanted* book and doing the "Your Turn" assignments at the end of the chapter.
- (3) Seminar setting - Friday evening and Saturday morning, or Saturday only (requires 6 hours). In this setting, couples would view the video series while taking notes in the "DVD Notebook". Homework would be assigned to be completed by the couple after the conference is completed. The homework may or may not be accompanied with weekly meetings with other couples to discuss the homework assignments.

A Word to Leaders:

Dr. Chapman has compiled the following "Recommended Assignments" to be used with the *A Growing Marriage Video Series*. We hereby grant you permission to photocopy these assignment sheets and distribute to couples in your group. (Both the video series and the book: *The Marriage You've Always Wanted* are copyrighted materials and may not be duplicated.)

Recommended Assignments:

Session 1 *Communication 101* (Video is 56 minutes)

After viewing the video and taking notes in the “DVD Notebook”, complete the following assignments:

1. Read pages 57-67a of Chapter 4 “Listen to Me!” in *The Marriage You’ve Always Wanted*.
2. Complete the “Your Turn” Assignments on page 72.
3. Try the 0 - 10 rating technique - three times this week.
4. Try “Are you saying...” - three times this week.
5. Try “Tell me three things that happened in your life today and how you feel about them.” - three times this week.
6. Try praying together silently - three times this week.

Session 2 *Understanding and Expressing Love* (Video is 54 minutes)

After viewing the video and taking notes in the “DVD Notebook”, complete the following assignments:

1. Read Chapter 3 “What Love Really Means”, pages 42-53, in *The Marriage You’ve Always Wanted*.
2. Complete the “Your Turn” Assignments on page 54.
3. Pray together - three times this week.
4. Share “three things that happened... and how you feel...” - three times this week.
5. List the “five love languages” in order of importance to *you*, with number one being the most important and number 5 being least important. (Number one is your primary love language, number two your secondary love language, etc.)
6. List the “five love languages” in order of importance to *your spouse*, 1-5. (You may not be certain, so you are allowed to guess.)
7. Arrange a time to share your list with your spouse and discuss your perceptions of each other’s “love languages”. Remember, your spouse is the expert on himself/herself! Now, make a note of your spouses’ *primary* and *secondary* love languages and try to speak each of them at least once a week for the next three months.

Session 3 *Initiating Positive Change* (Video is 48 minutes)

After viewing the video and taking notes in the “DVD Notebook”, complete the following assignments:

1. Read Chapter 2 “Why Won’t They Change?”, pages 23-38, in *The Marriage You’ve Always Wanted*.
2. Complete the “Your Turn” Assignments on page 39.
3. Pray together silently or aloud - three times this week.
4. Share “three things that happened... and how you feel...” - three times this week.
5. Use the 0 - 10 rating technique - three times this week.

Session 4 *Making Sex a Mutual Joy* (Video is 47 minutes)

After viewing the video and taking notes in the “DVD Notebook”, complete the following assignments:

1. Read Chapter 7 “You Mean You Have To Work At Sex?”, pages 103-114, in *The Marriage You’ve Always Wanted*.
2. Complete the “Your Turn” Assignments on page 115.
3. Pray together - three times this week.
4. Share “three things that happened... and how you feel...” - three times this week.
5. Remember to speak your spouses’ *primary* and *secondary* love languages at least once this week.

Session 5 *How to Share the Things That Bug You* (Video is 43 minutes)

After viewing the video and taking notes in the “DVD Notebook”, complete the following assignments:

1. Read pages 67b-71 in Chapter 4 “Listen to Me!” in *The Marriage You’ve Always Wanted*.
2. Make a list of five or six things about your spouse that “bug” you, things you wish he/she would change.
3. Pray together - three times this week.
4. Speak your spouses’ *primary* and *secondary* love languages at least once this week.
5. Tell your spouse that you have decided that you would like to receive one “constructive criticism” each week for the next month. Tell them that if they will tell you three things they “like about you,” then they may tell you one thing they would “like for you to change”. Promise them, that to the best of your ability, you will try to improve.
6. Pray that God will give you the power to make constructive changes in your life. Pray that God will empower your spouse to do the same.

Optional Homework

The following chapters are not included in the video presentation, but you may wish to complete these assignments on your own.

Chapter 5 “Who Takes Care of What?”

1. Read chapter 5, pages 75-85, in *The Marriage You’ve Always Wanted*.
2. Complete the “Your Turn” assignments on page 86.
3. Pray together - three times this week.
4. Share “three things that happened... and how you feel...” - three times this week.
5. Speak your spouses’ *primary* and *secondary* love languages at least once this week.
6. Use the 0 - 10 rating technique - three times this week.
7. Receive one “constructive criticism” from your spouse and to the best of your ability seek to improve in that area.

Chapter 6 “Decisions, Decisions”

1. Read chapter 6, pages 89-100, in *The Marriage You’ve Always Wanted*.
2. Complete the “Your Turn” assignments on page 101.
3. Pray together silently - three times this week.
4. Share with each other “three things that happened in my life today and how I feel about them.” - three times this week.
5. Practice “active listening” by asking: “Are you saying...?” - three times this week.

Chapter 8 “Leaving and Honoring Parents”

1. Read chapter 8, pages 121-130, in *The Marriage You’ve Always Wanted*.
2. Complete the “Your Turn” assignments on page 131.
3. Pray together - three times this week.
4. Share “three things that happened... and how you feel...” - three times this week.
5. Speak your spouses’ *primary* and *secondary* love languages at least once this week.
6. Receive one “constructive criticism” from your spouse and to the best of your ability seek to improve in that area.
7. Pray that God will continue to give you wisdom and power to be the spouse He wants you to be. Pray that God will motivate and empower your spouse to be the person God wants him/her to be.

Chapter 9 “Love and Money”

1. Read chapter 9, pages 133-146, in *The Marriage You’ve Always Wanted*.
2. Complete the “Your Turn” assignments on page 147.
3. Pray together - three times this week.
4. Share “three things that happened... and how you feel...” - three times this week.
5. Speak your spouses’ *primary* and *secondary* love languages at least once this week.