

Commonly asked questions about Marriage Matters

What is Marriage Matters?

A 9-week workshop offered 3 times per year to equip couples who desire to make a significant investment in their relationship as well as promote healing for those who are experiencing marital difficulties.

Who should come to Marriage Matters?

- Those who desire to grow in their marriage and equip themselves with tools to strengthen their relationship.
- Couples who are hurting in their marriage and want to work through marital difficulties, such as affairs or unresolved anger and/or pain.
- Couples small groups who desire to come together for a workshop to experience the Marriage Matters workshop as a significant growth opportunity.
- Small groups who desire to support a hurting couple by coming with them and participating in the workshop.
- Married individuals who choose to come without their spouse and would like to be in a small group with others who attend without a spouse.

What topics are taught in Marriage Matters?

Each 9-week workshop varies, but combinations of the following topics are explored:

- God's design for marriage
- How our family of origin impacts who we are in our marriage
- Recognizing and dealing with our defensiveness
- Understanding our differences
- Love Languages
- Sexual Intimacy
- Choosing to forgive
- Understanding and managing emotions
- Healthy conflict resolution

Can I participate in more than one workshop?

Yes. Participants return from previous workshops, often choosing to attend three consecutive workshops. Each workshop has a different curriculum.

Can I join a workshop if I'm not attending with my spouse?

Yes, you are not required to attend with your spouse.

When can I join a workshop?

You can attend any of the workshops if space is available. Workshops are held on Thursday nights from 6:30 – 8:30 p.m. and the next session will begin January 17, 2008. Space is limited and pre-registration is required. The cost for each 9-week workshop is \$25 per person. You may go online at www.ridgelife.org or contact Cheryl Sidler at 965-1737 x12 (csidler@ridgelife.org) for additional information. If the workshop is full, you can be placed on a waiting list and will be notified if a space should open up as well as when the next workshop will begin.

Do I have to be a Christian to register for this workshop?

No. There is a path to healthy marriages that is common to all people, regardless of their beliefs. This is the path we help you explore. We do base our teaching on biblical principles that lead to insight and self-examination in the context of a safe, caring and non-judgmental community.

Who are the group leaders in Marriage Matters?

The small group leaders are trained in basic small group dynamics. Many have been through a healing and personal growth process and lead from their experiences in their own marriages.