

One in Christ

Program Overview

This program provides couples with an all-inclusive and comprehensive appreciation and knowledge of the Sacrament of Matrimony. *One in Christ* presents both the sacramental theology and the practical “tools” of Christian Marriage so the couples reach an understanding of how marriage is a participation of the life of Heaven and what that means for their lives together here on Earth.

The course presents the truth, beauty, and goodness of marriage and family life. This approach is very appealing to today’s couples, assaulted as they are by much secular negativity about marriage. Our goal is not just to present information on marriage, but rather to begin with a basic catechesis on the Catholic Faith and interweave it throughout the seminar. As a result, it becomes a catechesis reinvigorating the couple’s faith life within the context of marriage preparation. The central goal of the course is to show how God and His grace are the remedies and the quintessential means to a happy, healthy, hold, and lasting marriage.

Each session includes a presentation (optionally followed by a short testimonial video), discussion questions for the couple, and prayer. There are also exercises throughout the presentations that help the couple identify at least two things they learned from each presentation. Optional DVD testimonies can help add to the element of witness during each session. Each session is designed to take 2 hours to complete.

Overview

Session 1

Part I. Introduction and “What do we hope to accomplish?”

Part II. Following Christ in the Vocation of Marriage

- Marriage Made in Heaven and What Went Wrong
- God’s Original Plan is Restored in Jesus Christ
- The Call to Serve One Another Out of Reverence for Christ
- The Vocation of Marriage

Session 2

Part I: Covenantal Theology and the Properties of Marriage

- Contract and Covenant, The New and Everlasting Covenant in Jesus Christ
- Bridegroom and Bride as the Primary Expression of the Covenant
- Marriage Vows and Properties of Christian Marriage

Part II. Espoused Forever: The Sacraments of Matrimony, the Eucharist, and Reconciliation

- We are Not Alone, The Visible Sign of an Invisible Reality
- The Sacrifice of Christ on the Cross and the Self-Giving that Takes Place in Marriage
- The Effects of Grace Given Through the Sacrament of Matrimony
- One in Body and Soul, What are Some of the Effects of Holy Communion?
- “Father, Forgive Them”: Conscience and Confession: Coming Back to God
- The Sacrament of Penance and Reconciliation, A Guide to Confession
- On Putting Up with Others’ Faults

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Session 3

Part I. Covenantal Communication and the Moral Virtues

Why Good Communication is Necessary
Ten Commandments of Communication
The Rules of Fair Fighting

Part II. Marriage and Money: Almsgiving and Tithing

Does Money Matter?
Finances and Budgets

Session 4

Part I. Covenantal Love: The Unitive End of Marriage

Marriage by God's Design
What is Christian Prayer?

Part II. Covenantal Life: The Procreative End of Marriage

A Few Wonderful Reasons to Have Children
Quotes on "Children's Effect on Marriage"

Session 5

Part I. Contraception in Question

Man Always Comes Forth Directly From the Hand of God
History of the Sexual Revolution, Planned Parenthood Unveiled
A Word on Sterilization
The Harms of Contraception Predicted by Pope Paul VI
Contraception and a Woman's "Self-Image"
Why My Life is Better Since Becoming Open to Life

Part II. Planning your Family God's Way: Natural Family Planning

What is Natural Family Planning?
Methods: How Do They Work? Are They Effective?
How is NFP Different from Contraception?

Part III. Facing Infertility: A Journey of Faith, Hope, and Love (This talk also includes the Church's teaching on reproductive technologies).

Problems Achieving Pregnancy? Why Not Use Reproductive Technologies?
Adoption
Technologies that Contradict the Meaning of Love and Life
Causes of Infertility
Basic Principle: To Assist the Marital Act, Not Replace It, Resources on Fertility

Costs for these materials

Couple's Workbook and additional packet of materials \$20 (per engaged couple)
Training for each Lead Couple \$40 (per couple, includes meal, Leader's manual and additional resources). This training is part two of the overall training process.

Contact the Office of Family Life to Order (816) 714-2373

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