

Premarital Care Plan Homework

Session 1: Intake, Expectations & God's Design for Marriage

Get to know the couple, clarify expectations for counseling, and establish a biblical foundation for marriage.

Pre-session Homework

1. Purchase [Tying the Knot](#) by Rob Green and Chapter 1, "Jesus Must Be the Center of Your Life"
2. Complete the [Premarital Inventory](#)
3. Read –Powlison: [Five Pre-Engagement Questions](#) (individually, then discuss).
4. Answer each question honestly and individually. Consider especially:
 - Does this relationship help me love and follow Christ?
 - Do we share a sufficiently clear direction for marriage?
 - Is our friendship becoming stable and trustworthy?
 - Do I have any serious reservations or matters of conscience?
 - Do our present patterns show readiness for a lifelong covenant?

The purpose is honest discernment, not persuading yourself or the other person toward engagement.

Session 2: Assessment Review & Direction for Growth

Use the relationship assessment to identify strengths, concerns, patterns, and wise directions for growth.

Pre-session Homework

1. **Complete** – Red / Yellow / Green [Relationship Assessment Worksheet](#) (separately first, then compare).
2. **Discuss** – Where are we aligned? Where are we unsure?
3. **Complete** the [Four Hearts Exercise](#). Using one significant incident, identify a recurring heart struggle: what happened, what you thought and felt, what you wanted or feared, and how you responded. Describe how trust, meekness, hope, or contentment should replace that response. Include one relevant Scripture passage and one practical step of repentance and obedience.

Session 3: Expectations, Love & Commitment

Bring expectations into the light and develop a biblical understanding of love and covenant commitment.

Pre-session Homework

1. **Read** Chapter 2, “Love with Jesus as the Center” from [Tying the Knot](#)
2. **Complete** the “[Get to Know You](#)” questions. Try to do at least 4 out of the 7 sections. Feel free to do them all! If you can’t do 4 sections, that’s ok. Do what you can.
3. **Read** the “[Expectations in Marriage](#)” PDF article and complete the questions.

Session 4: Communication & Conflict

Understand conflict, practice healthy communication, and pursue biblical resolution and forgiveness.

Pre-session Homework

1. **Read** Chapter 3, “Problem Solving with Jesus as the Center” and Chapter 5, “Communication with Jesus as the Center” from [Tying the Knot](#)

2. **Read** “[Communication and Conflict](#)” PDF article (a summary of our coming session) and talk about the article point by point together.
3. **Read** “[How to Avoid Marital Strife](#)”
4. **Read** “[Circuit Jammers in Communication](#)”
5. **Read and Listen to** “[5 Rules of Biblical Communication](#)”
6. **Read** Ephesians 4:25–32 together 4 out of seven days. The homework builds directly from it. Remember the five rules of communication. Post them.
 - 1) **Speak Truth in Love...** address issues with accuracy and gentleness— “Therefore, having put away falsehood, let each one of you speak the truth with his neighbor...” — Ephesians 4:25, “Speaking the truth in love...” — Ephesians 4:15
 - 2) **Keep Current...** *Address issues quickly* — “Be angry and do not sin; do not let the sun go down on your anger...” — Ephesians 4:26
 - 3) **Attack Problems, Not People...** *Remember that words build or destroy* — “Let no corrupting talk come out of your mouths, but only such as is good for building up...” — Ephesians 4:29
 - 4) **Act, Don’t React...** *Respond like Christ* — “Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.” — Ephesians 4:32
 - 5) **Listen Attentively...** *Listen before you speak!* — “Let every person be quick to hear, slow to speak, slow to anger...” — James 1:19

Session 5: Roles and Responsibilities

Explore one-flesh partnership, the husband’s loving leadership, the wife’s willing support, and shared responsibilities.

Pre-session Homework

1. **Read** Chapter 4, “Roles and Expectations with Jesus as the Center” from [*Tying the Knot*](#)
2. **Read** “[Roles in Marriage](#).” Write down 2 takeaways and at least 1 question you have after reading the article. Discuss. Where do you agree? Where do you differ?
3. **Complete** the “[Questionnaire on Expectations](#)” PDF worksheet. Share with each other.
4. **After the session:** Put together a combined and agreed upon list of expectations and household responsibilities. Remember this is not written in concrete, but just a guide that will change over time.

Session 6: Financial Unity & Stewardship

Build a shared biblical approach to money through transparency, stewardship, planning, generosity, and contentment.

Pre-session Homework

1. **Read** Chapter 6, “Finances with Jesus as the Center” from [*Tying the Knot*](#)
2. **Complete** the “[Financial Snapshot and Budget Starter](#)”

Session 7: Sexual Unity

Develop a biblical understanding of sexual intimacy, whole-person unity, mutual care, purity, and faithfulness.

Pre-session Homework

1. **Read** Chapter 8, “Intimacy with Jesus as the Center” from [*Tying the Knot*](#)
2. **Read** the “[Ice Cream Sundae Relationship Diagram](#)”
3. **Read and Listen to** “[Biblical Principles of Sex](#)”

Session 8: Directional Unity

Review readiness and establish shared priorities, spiritual rhythms, and direction for marriage.

Pre-session Homework

1. **Read** Chapter 7, “Community with Jesus as the Center” from [Tying the Knot](#)
2. **Complete** the “[Shared Vision Statement](#)”