

MP3 Sessions and instructions

Note 1: times are approximate as the recordings were edited in Audacity, but play at a slightly different speed in Windows media player

Note 2: exercises are underlined and bold

Friday evening – Session 1 – He Made Them One (time required: approx 110 minutes)

- 1) 0:00 to 13:30 – Section 1 of comments
- 2) stop recording and complete **Exer #1 on pg 5 – The First Time You Met** (2 minutes to complete)
- 2a) Resume recording at 13:40 to 15:40
- 3) **Exer #3 on pg 8 – Taking Stock of Your Marriage** (20 minutes to complete)
 - note: pdf file is not needed if the Guest Manual book is in hand
 - don't rush through the exercises; it's not a race to finish but a journey to explore
- 4) resume recording at 15:50 to 46:20
- 5) complete next exercise (not in the book, see ppt file, slide 3) – **Strengthening Your Oneness**
- 6) resume recording at 46:30 to 57:20
- 7) complete 2 exercises: ① #4 on pg 11 – **Special Times Together**; ② 2nd exercise (not in the book): decide together **when would be the best time to schedule your weekly marriage time together** (5 mins)
- 8) resume recording at 57:25 to 59:35
- 9) complete Exer #5, pg 13 – **Knowing Me, Knowing You** (20 mins)
- 10) resume recording at 59:40 to end
- 11) complete homework and discuss prior to Session 2: Exer #1 on pg 15 – **Planning to Succeed** (do only part A, not B-D – 15 mins)

Saturday morning

Session 2 – Love and Respect: God's Wisdom in Roles and Needs (time required: approx 170 minutes)

- 0:00 to 7:15 – Presiding brother's opening comments, including opening prayer; reading: Eph 5:21-31, with the instruction to identify the roles and responsibilities of the husband and wife while reading
- 7:20 to 35:30 – ends with exercise (10 mins) to **identify 3 things** to strengthen the spiritual component of your marriage relationship and 3 things to strengthen the emotional aspect of your marriage relationship
- 35:45 to 110:25 – ends with exercise on pg 22 – Exer #1 – **Barriers to Talking** (5 mins)
- 110:42 to 112:06 – exercise 2 on pg 23, **The Power of Listening** (10 mins)
- 112:18 to 135:50 – ends with exercise on **Respect** (10 mins: not in the book – see ppt file : Respects hidden value)
- 1:35:55 to 139:08 – **exercise** 2 on pg 19-20, **Showing Love** (5 mins)
- 1:39:18 to 142:22 – concluding remarks to the morning session; presiding brother's closing comments and the prayer for lunch

Lunch

Session 3 – Communication (time required: approx 45 minutes)

- 0:00 to 10:00 – ends with exercise #3 – **Identifying Bad Habits** on pg 25 (speaker incorrectly says it's on pg 24)
- 10:10 to 11:30 – introduction to the video, "It's not about the nail" – only watch 1st minute of video
- 11:35 to 22:12 – ends with exercise #5 on pg 28 – **Effective Listening**
- 22:21 to 24:43 – comments at end of exercise #5 (don't end up frustrated if you didn't have time to finish your conversation); concluding comments by presider for Session 3

2 hour break for couples' time

Session 4 – Intimacy (time required: approx 60 minutes)

- 0:00 to 34:50 – remarks conclude with instructions Exer #3 – **Talking About Sex**, pg 96 (do parts A, B and D; not C)
- 35:00 to 35:35 – brief comments at end of Session 4

Sunday morning

Session 5 – Resolving Conflict and Forgiveness (time required: approx 90 minutes)

0:00 to 32:05 – concludes with completing Exer #1 – **Are you a rhino or a hedgehog?** (1 min)

32:15 to 34:00 – concludes with exercise: Exer #2 – **Handling Anger** on pg 61-62 (10 min)

34:15 to 41:15 – concludes with instructions for Exer #3 – **Identifying Unresolved Hurt** on pg 64 (45 min)

41:25 to 45:45 – concluding remarks at end of Session 6 (homework exercise on pg 69)

Exhortation at Memorial meeting

- reading was 1 Cor 13

Session 6 – The Seasons of Marriage (time required: approx 90 minutes)

0:00 to 33:00 – ends with exercise #3, Part B and C on pg 80-81, **Reflecting on Your Upbringing** (10 mins, do not do part A)

33:10 to 40:40 – intro comments regarding **5 Love (Affection) Languages** exercise (not in book – see separate handout); (15 mins)

40:50 to 1:07:20 – remainder of this session addresses the Summer Season of marriage, with brief concluding remarks