



A Weekend Marriage Workshop for  
Communication...Commitment...Connection

The ReConnect Weekend is designed to bring couples closer together by focusing their attention on their relationship spiritually, emotionally, and physically. Offered in two parts, it can be planned with either a Friday evening / Saturday morning format or combined for a Saturday-only event. **As an event open to the congregation and even the community**, this weekend can be used as a stand-alone or as a springboard for other events or classes your church offers. Emphasizing **transformative** principles, ReConnect uses a combination of lecture, short videos, small-group activity, individual couple activity, and humor. The information and interaction encourage couples with a new vision and give them tools to build a marriage that both makes them happy and honors God.

#### Topics Include:

- Bad Wedding Vows
- Affection and Emotional Intimacy
- Positive Changes in Your Marriage
- Spiritual Intimacy
- Balancing Time and Priorities
- Positive, Productive Conversations
- Praying Together in Your Marriage
- Enjoying Life Together
- Understanding the Stages of Marriage
- Putting the Past in the Past—Forgiveness
- Sexual Intimacy
- Addition and Subtraction in a Relationship

#### What Couples Had to Say

- ❖ **Group exercises** were fun and enjoyable
- ❖ We enjoyed hearing from **both the husband and wife**
- ❖ I thoroughly enjoyed it! I have my handouts on my night stand to **remind me** of what I committed to change, improve and focus on.
- ❖ The handouts, slides and activities really **reinforced** the things that were said
- ❖ Learning concepts of **praying together** was very powerful and intimate
- ❖ **Interacting with the other couple** at our table was really beneficial, realizing they struggle with similar things in their marriage and parenting. We're not the only ones!
- ❖ Engagement of the audience was great
- ❖ Loved the **one-to-one** spouse interaction
- ❖ I loved the event! **Having this locally** was a real blessing to a family with young children.

## Detailed Overview

ReConnect focuses on ways we as couples can increase our intimacy in each of 3 main areas, in this order -- spiritually through prayer (both for and with our spouse), emotionally through affection (expressed by and during conversation and time together), and physically through touch (both non-sexual and sexual). Approaching marriage from God's perspective, couples look at His purpose and how we can honor God in our marriages through these areas.

It begins with a "bad wedding vows" ceremony and looking at the current state of marriage in our country, which is then contrasted with what God says He intends marriage to be. Information plus action is what brings transformation – in this context mostly God's information plus the couples' action. We talk about the necessity of forgiveness and how to have difficult conversations as a way to protect our marriages. Throughout the weekend we lay out a few simple habit changes that they can incorporate, emphasizing intentionality in their daily habits of marriage, because feelings follow action.

Seating is two (2) couples per table, and each table becomes a small group for a few activities. There are also individual couple activities where couples can address things in a private way that they have written based on things we have discussed. On Friday we cover the spiritual component and lay a foundation for Saturday's topics and activities. There's more substance on Saturday by design, to get their interest and gain their trust on Friday without overwhelming them.

Lauren and I each speak about half the time. We use humor, personal stories, and short videos to reinforce and move things along. Several short breaks with music get people up and down, maintaining the energy. We use a lot of Scripture but we also let them focus on their own marriages, making personal application with written and/or talking activities.

One pastor told me that ReConnect was the first marriage event he had ever attended where he didn't leave feeling guilty for not measuring up. We make an effort to keep things positive, encouraging the couples to find the ways to make those small habit changes, to build a marriage that makes them happy and honors God.

**In conclusion, ReConnect is an event open to the congregation and even the community, and can be used as a stand-alone or as a springboard for other events or classes your church offers.** Many congregations have used this event to register couples for their next marriage offering, often overfilling their classes. Emphasizing transformative principles, we use a combination of lecture, short videos, small-group activity, and individual couple activity. The information and interaction are **positive** and **substantive, encouraging** couples with a new vision and giving them tools to make their relationships the best they can be.

