

pre-marital counseling

SANTA
BARBARA
COMMUNITY
CHURCH



If you are part of the SBCC family and are engaged to be married, we strongly encourage your involvement in this very beneficial program. Our hope is that by investing a small amount of time and money, you will be assisted in exploring areas of strength and possible growth in your relationship. By discussing key categories all married couples encounter, we believe you will find yourselves better prepared to enter the marriage relationship. We trust these sessions will encourage mutual commitment to the time and energy required for a healthy marriage.

Our aim is to provide you with caring, candid and honest feedback from the online professional premarital inventory (Prepare-Enrich) as well as our own marriage experiences. In return, we ask that you bring to this experience honesty with both yourselves and each other and openness to the process of change that all successful marriages require. Together we will ask the Lord Jesus to hear the prayers of our hearts.

Newly married couples (2 years or less) that have never attended a premarital program before and attend SBCC are also encouraged to participate.

UPON ENGAGEMENT

Please contact Cari Stone, cariastone.stone@gmail.com. At that time Cari will ask for your contact information. Once this is all in place, she will provide you with an access code to take the Prepare-Enrich premarital inventory online. The cost of this assessment is thirty dollars and will be paid

online. Each couple will be provided with a report at their first counseling session which will highlight the findings of this inventory. Following the completion of the Prepare-Enrich you will be assigned to a counseling couple for each of the program's four marriage topics. These include:

- Family Background and Temperaments;
- Financial Management;
- Spiritual Life, Roles and Expectations;
- Sexual Intimacy

3-6 MONTHS BEFORE MARRIAGE

Please contact each of the four couples you have been assigned (you can find their contact information online at the church website below) in order to set up a time that works for both of you to meet. The hope is that you will be able to complete all four sessions prior to your wedding. However, if time and scheduling become too challenging, it is also possible to save a few sessions until after your wedding.

6-12 MONTHS POST-WEDDING FOLLOW-UP

Six to twelve months after the wedding, you will have the opportunity to reconnect for an evening with one of the four couples with whom you previously met. This is a great time to share and be encouraged as you travel the path of being newlyweds. Cari Stone will be in touch in order to get this process in motion.