***This outline may or may not change depending on what was agreed upon by the Sponsor and Trainer. In some circumstances, the schedule below is adapted to fit the needs that best serve their local community. Please verify with the Sponsor that the schedule below is correct.***

## Workshop Schedule: DAY ONE

**9 am – 9 pm**

### Intros

Facilitators set up the context for marriage: Sowing and reaping, 1 Cor. 13, and full participation.

### Guidelines

Suggestions for getting the most value out of the three days: Confidentiality, being on time, etc.

### Dynamic Continuum Discussion

Marriages change as do people. This is a way to consider where we are and where we need to re-align our vision.

### Connection Couples

Each couple is paired up with a support/processing couple to share with over the weekend.

### Nehemiah Conversation

You are building a Kingdom in your marriage. Vision is key to the building.

### Team Building on Strategy

What is the strategy you are using in your marriage?

Shared Vision + Shared Commitment + Shared Strategy + Shared Promises = FUSION

This is the formula for the weekend.

### Homework

Consider: What you are holding onto?

\*This is verbal homework given by the facilitator

## Workshop Schedule: DAY TWO

**9 am – 5 pm**

### Releasing Conversations and Exercise

Begin writing a release letter of past hurts and unresolved frustrations.

### Non-violent Communication

Help people understand their needs and feelings.

### Lunch & Homework

Refine letters in a way spouse can hear it.

### Closed Eyes

Imagine you never see your spouse again story (beginning of turning towards your spouse and forgiveness).

### Open Eyes

Write new thoughts. Take the next hour to share vulnerably with your spouse. What came up for you?

### Bonding Exercise

Sharing with sentence stems.

### Date & Homework

Leave for Date with HW

## Workshop Schedule: DAY Three

**11 am – 8 pm**

### Brunch

Brunch for couples in meeting room.

### Debrief

In gender groups, discuss ex and intimacy in your marriage

What’s wanted and needed?

### Gottman Conversation and Exercises

### Coffee Break (45 min.)

### Gift Making

Creation of a gift for your spouse to share your heart.

### Visioning

Make commitments for what’s next for you.

### Marriage Declarations and Encouragement

### Communion & Offering