

Pre-Cana Workshop  
Three Tuesdays, 6:30-9:00 PM

Workshop 1

Introduction

God's Dream for Marriage

- 1.1 Why are you here?
- 1.2 Better Together
- 1.3 How do you like being lied to?

What Are Your Dreams?

- 2.2 Your dream list
- 2.3 Love is not about compromise
- 2.4 A crucial habit

The Expectations Gap

- 3.2 Everybody has expectations
- 3.3 What do you think your spouse expects from you?

\*Homework: complete Inventory on p. 74 and read 3.4 (Building on your strengths), Couples can go over Session 4 (Seven Levels of Intimacy) on their own

Workshop 2

Conflict Is Inevitable

- 5.3 Three kinds of couples
  - 5.4 Keys to healthy conflict
  - 5.5 Laugh!
- Review: Additional Resources p. 146

Prayer and Spirituality

- 6.1 What best friends do
  - 6.2 World-class help
- \*(Homework: go over 6.3 Our lives change when our habits change)

Family

- 8.1 Know your stories
- 8.3 The greatest gift you can give

Money

- 9.1 What you bring
  - 9.3 Saving
- Along with saving, your heart follows your money so don't forget to give and be generous  
Couples can utilize pp. 264-265 which is a budget

Workshop 3

Marriage as a Sacrament

Difference Between Civil Marriage and Covenant Marriage

Prenuptial Agreements and Where the Church Stands on Them

Sexuality

- 7.1 How to have a great sex life
  - 7.2 How to have a bad sex life
  - 7.3 Protect your wife from all harm
  - 7.4 Great expectations
- NFP: What is it?

The Most Important Word in a Marriage

- 10.2 Imperfect and selfish

Better Every Day

- 11.5 Stuck in the Mud

Do's and Don't for the Wedding Day