



What is Your Focus? A Great Wedding or a Lifelong Marriage?

So you're preparing to get married. Let's get out your checklist of important items not to overlook. You have your wedding rings, invitations, flowers, photographer, cake, church, dresses, music, invitation list, honeymoon trip and everything needed for a great wedding. Did you forget the most important thing—to prepare for successful, lifelong marriage? Your wedding is a day; a marriage is a lifetime.

The Cost

A recent study found that the average cost of a wedding in America is just under \$27,000 and rising every year. The study also found that nearly half the couples spend more on the wedding than they originally budgeted. The high cost of today's weddings is no comparison to the high price couples are paying for not investing in premarital training or counseling. Do you really know your future spouse and ways to communicate effectively with each other? If you will spend just a portion of the time and resources on premarital training that most couples spend on their wedding, your marriage will start with a more solid and lasting foundation.

Looking for Mr./Mrs. Right

Effective marriage preparation challenges couples to look at hard issues like their family history, finances, religious practice, children, career goals and communication styles. Good marriage preparation also teaches skills that are necessary to address problems and disagreements when they arise and how to work together to produce a lifelong, healthy marriage. These tools can also help you decide if it is really a good time to get married or even if you should get married to Mr. or Mrs. Right.

PREP School

One marital educational program available in Colorado to teach couples the skills and principles they need to maintain a healthy and lasting relationship is called PREP (Prevention and Relationship Enhancement Program). PREP is a skills and principles-building curriculum designed to help partners say what they need to say, get to the heart of problems, and increase their connection with each other.

Never Too Early

Have you heard of mentor couples? Meeting with a trained, experienced married couple for mentoring will provide a safe environment to learn and grow together in marriage. Many churches and synagogues have marriage mentor programs. These mentor couples aren't perfect or marriage counselors, but they are there to listen, share their stories and let you know you're not alone.

NOTE: For more information on FREE Marriage Communication Workshops and other great marriage resources go to www.rmfc.org.