



 BUILDING A
SAFE + STRONG
Marriage

Building a Safe and Strong Marriage is a course created to help couples in nurturing and building their marriage, across five easy sessions.

The online course gives couples a chance to stop and focus on their marriage and how to make it better. They are given 10 weeks to complete the course and can work through it at their own pace and at a time convenient to them.

Sessions:

1. God's design for marriage.
2. What damages our connectedness in marriage?
3. Building the positives – friendship and communication.
4. Building the positives – sex and spirituality.
5. Managing conflict gently.



www.buildingmarriage.com.au