



Living Well

Wedding Season



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Check out these websites for more information:

For more detailed information about the ministry - www.livingwelloc.org
Photos and writings about the ministry - www.livingwelloc.blogspot.com
Encouragement/culture on marriage - www.livingwellinmarriage.blogspot.com
Marriage events in the state, resources for marriage - www.marriagenetworkok.net
Making Marriage Memorable blog - www.marriagenetworkok.blogspot.com

Before the Wedding

The royal wedding of William and Kate is center-stage.

Publicity is rampant.

Every bride's dream looks miniscule compared to the royal wedding. Estimates for the cost of the wedding start around \$30 million. The average U.S. wedding costs \$24,000 now.

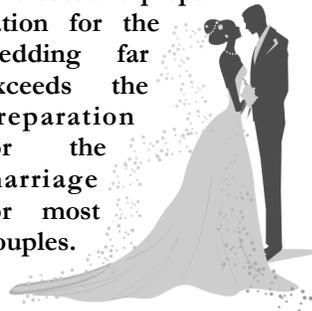
When looking at wedding websites, the recommendation is to **begin planning at least one year ahead**, with checklists that include at least 50 items.

Of those 50 items, somewhere in the list is **"decide on the officiant"** (who is going to perform the ceremony). Then, you find out the officiant's requirements.

That item is the only one that refers to preparing for the actual marriage.

We often tell couples **the wedding is a one-day event, the marriage lasts a lifetime** (we hope!).

The cost and preparation for the wedding far exceeds the preparation for the marriage for most couples.



Yet, **research shows** that couples who go through marital preparation are glad that they did and are more successful in their marriages.

In a research study for the Catholic Church (they have far exceeded other churches in requiring significant premarital preparation), they found: 1) The vast majority of individuals who have par-

ticipated in marriage preparation programs **view the experience as valuable early in their marriage.** 2) Marriage preparation is perceived as **most valuable when it is administered by a team.** 3) The correlation of the intensity of marriage preparation and its perceived value increases with the number of sessions up to 8-9 sessions and then falls off again, suggesting that an intensity of **8-9 sessions might be ideal.**

In Oklahoma, even though the state offers a **\$45 discount** on a marriage license if the couple has premarital preparation, the majority of couples still do nothing.

How can we be more effective at getting couples prepared?
Churches can require it. Parents can insist on it. We can provide it.

The Odds for the Couple

The Royal Couple chose a path before their marriage that greatly decreases their odds of making the marriage work—they have lived together for several years. **Cohabitation increases the risk for divorce.**

Other risk factors include:

- Having a **personality** tendency to react strongly or defensively to problems and disappointments
- Being **previously divorced**,

yourself or your partner

- Having **children** from a previous marriage/relationship
- Having **different religious backgrounds**
- Marrying at a **very young age** (example, at the ages of 18- 19).
- Knowing each other** only for a short time before marriage
- Having **financial hardship**

What else leads to success?

- Communicating well**, eliminating negative patterns

•**Working as a team**, even in disagreements.

•**Realistic beliefs** about marriage

•Having the **same values** for important things

•**Commitment, protecting your relationship, viewing your marriage as a long-term investment**

•Involvement in a **faith** group regularly

•**Having fun together**

On the reverse side:

Love and Money

Those Left Behind

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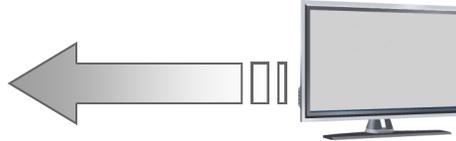
WE'RE ON THE WEB!

www.livingwellokc.org

www.livingwellokc.blogspot.com

www.livingwellinmarriage.blogspot.com

See a video message
and other details about
MISSION ZAMBIA
on our blog.



Love and Money

If a person gets his attitude toward money straight, it will help straighten out almost every other area in his life.
Billy Graham

Rare is the engaged couple who has truly discussed their individual financial status and agreed upon how to manage their finances together in marriage.

As we meet with premarital couples, we often see very unrealistic views of the financial part of their upcoming marriage.

Most couples have not fully disclosed their financial history. One loan officer told us that she sees couples who are trying to buy their first house and find out the other's complete financial

obligations for the first time.

Most couples have not made a budget of their present or future expenses. Often they do not know the other's income. And couples tend to marry people who are their financial opposites. Research shows that the more we dislike our own financial tendency, the more likely we are to marry our financial opposite.

Solvency is entirely a matter of temperament and not of income.
Logan P. Smith

If couples don't come to terms with their financial differences, they often end up keeping financial secrets from each other.

Research tells us that 44% of married people say it's okay to keep financial

secrets from their spouse. The most common secret is credit card or other debt.

Many people admit to lying to their spouse at one time or another about how much they spent on something—36% of men and 40% of women.

More than 20% of married people say that they don't discuss how much they make with anyone, including their spouse.

Most couples don't realize that men and women tend to have very different approaches to money. When asked which words best describe their feelings about money, men choose *confidence* more often than the women; women choose *anxiety*, *apprehension*, and

confusion more often than men. Husbands are typically the ones who take more financial risks than wives (66% to 31%).

Resolving money differences before marriage can be one of the greatest assets a couple can have. Money causes more fights than conflict about sex or household chores, and conflict over money predicts divorce better than other topics of dispute.

Fortunately, God gave us much direction through His word and will continue to guide us through His Spirit.

Everything you were taught can be put into a few words: Respect and obey God! This what life is all about. (Eccl.12:13 CEV)

Those Left Behind

For this reason, a man will leave his father and mother and be united to his wife.
Genesis 2:24

When we teach our class to prepare couples for marriage, some suggest that we teach a lesson for their parents from this verse.

God is teaching us to leave the family in which we grew up (our family of origin). Then, we form a new family unit when we marry.

The new family (the husband and a wife) is the new priority. The new spouse comes before the mother.

father, or siblings in their priorities and loyalty. For those left behind (family of origin), they are to release their child to a new family. They are to encourage their child in oneness in their new marriage, not coming between or interfering with the new husband and wife.