

Capstone Essay
LFCH 545: Premarital Coaching
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Throughout Premarital Coaching 545: a number of concepts were introduced including the importance of premarital and pre-engagement coaching. This allows the coach to facilitate the importance of transparency and any hidden secrets. Often, the lies that we believe about ourselves and our future together as a couple can become major life altering effects after the “I do’s” are said. The concepts that I chose to discuss in this capstone essay include the Biblical foundations of marriage, due diligence before “I Do”, understanding gender & sexual responses, understanding the financial personalities, and how couples can resolve conflict and make wise decisions, These concepts are important to me for a number of reasons which are set forth below. This is my attempt to integrate what I have learned during this course regarding advanced coaching skills which continues to add to my growth and knowledge in a significant manner.

Discussion of Concepts

Module 1 Concept

The Biblical foundations of a Sacred Marriage While all concepts introduced were of great value, I chose this concept because it seemed the most logical to follow. If we are Professional Christian Life Coaches, then the basis of all that we say and do, must be based on the Holy Word of God written in the Bible. God in his infinite wisdom was the one who created marriage and designed it to be a deep and meaningful reflection of His Holiness.

I would apply this as the foundation for why we are meeting, to discover the purpose as well as the potential of the sacred union that He established. I would initiate the meeting by opening up in prayer and inviting His Holy Spirit into the session and that I expect everyone

involved to know that He is with us, He is For us, and that if we are true to Him and His Holy Word, then according to Jeremiah 29:11 “ For I know the thoughts and the plans I have for you says the Lord, plans to prosper you and not to harm you. Plans to give you a hope and a future.” He has a plan (a perfect plan) for each and every one of us. I would then ask the couple their thoughts on whether God is more concerned about their happiness, or their holiness?

Module 2 Concept

The concept I chose from Module II is Expectations and Assumptions; Due Diligence Before “I Do”.

I chose this concept as my focus because if we were (for example) lawyers in a courtroom, we would have to do our due diligence on, and for our clients behalf, prior to proceeding to trial. Legally, this is called “the discovery period”. God’s court is much higher than any court man could ever imagine and His standards are greater-for good reason.

I would use this discovery period to encourage transparency within each potential mate to be honest and drag any secrets out of the dark and into the light of God. Where do they see themselves 5 years from now? Where do they see themselves living? Owning or renting? What about children? If so, how many? If both career oriented, whose career will take precedent? What if a wonderful career opportunity opens for one or the other that would require moving? Perhaps most importantly, I would ask if there is any family issues secrets such as addiction to alcohol or other substances? Is there any history of mental illness or sexual abuse. If these come to light, then I would insist that the pre-engagement or premarital coaching be put on hold. I would refer them to a licensed (hopefully Christian) counselor to help address those wounds before taking them into a relationship that has the potential to effect many more than just the one

life and soul. Recognize that while it is not possible to discover every little thing about a person prior to marriage, there are some major expectations that need to be addressed.

Module 3 Concept

The concept from this module III Male and Female: Understanding Gender and Sexual Responses. I chose this concept because as one of the presenters observed, the single greatest challenge facing the Christian Church today is that of gender and roles of male and female human sexuality. The Christian Church has done a terrific job of teaching what not to do sexually before marriage, but it has fallen woefully short of teaching what God designed to be a beautiful reflection of his character when "...the two shall become one flesh". Satan has made human sexuality and gender differences his favorite point of attack in marriage, outside of marriage, in society as a whole and it is a (fallen) worldwide challenge.

I chose this concept because as a premarital or pre-engagement Christian coach, it is my job to point out what the sacred scriptures have to say regarding this very complex issue.

In my role as the coach, I would begin by asking each (in the presence of the other) what their own expectations are in this area? Individually, I would ask what have they experienced before? Would they be honest and willing to discuss their experiences with their future mate? Are they willing and able to accept and embrace those differences through the changing seasons of their life together?

Module 4 Concept

The concept I chose to focus on in this module was the different money personalities. I found it fascinating that just as there are basic personality types, there are money personality types as well. I was fascinated by the fact that none are right or wrong; each bring to the

relationship differing strengths and weaknesses. Knowing that the number one cause of divorce and failed marriages both inside and outside the Church is money.

In my practice as a coach, it is my job to get the discussion started. I could reach into my toolbox as ask each what they expect of the other one in regard to money? I would ask if before marriage, they should each discover their own money personality? If one expresses openly and honestly their expectations and how they were raised and talk about money, it may open the eyes of the other with regards to money. This will open the door to further communication and questions of this financial peace.

Module 5 Concept

In this module I chose to focus on Decision-making, problem solving and conflict resolution. I know that as a premarital or pre-engagement coach, this entire subject may feel to them like “a bummer”. The attraction endorphins are off the chart and with the romance in the air, they may never believe that this is something they will ever need.

I would ask each to tell me what their parents are like? Are their parents still married? If so, do they have date nights? Do they ever have conflicts? What type of conflict resolution was modeled for them? Who was the primary decision maker? I would give them the “10 Commandments” and use that as the basis for establishing future together as a Christian Couple who wisely built their house on “The Rock.”

Conclusion

In this fourth installment of my training, I feel that all modules 1-5 have enriched my knowledge; strengthening me to be - and become a professional Christian life coach. I am excited to enter this field and be used by God in the ministry of helps.