

# ALLIANCE UNIVERSITY

**Course:** MFT709: Marriage and Family Enrichment

## **Assignment**

### ***REFLECTION PAPER I***

*Students will write a 3-page reflection paper highlighting 7 key take-aways from the readings and/or class teachings on either Sacred Marriage or Boundaries with Kids textbook. List the 7 “take-aways” with one sentence. Underneath each listing, write 1-2 paragraphs answering at least one of these questions. (All 3 questions do NOT need to be answered for each take-away listed.)*

- 1. What did you most like or learn about this take-away point?*
- 2. How does this point apply to your personal life?*
- 3. How does this point apply to your professional life?*

Prepared by: Esaïeson Junior LADOUCEUR

Submitted to Professor: DOMINIQUE SAMPSON

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## **Introduction**

Living a married life in perfect harmony requires a lot of tolerance and patience. Une vie à deux is the union of two people brought up in two different families and who do not receive the same family education. Therefore, it is important to be tolerant to prioritize the good sides of spouses and minimize bad attitudes. The Book of Sacred Marriage shows the way to having the dream wedding. From this book I learned the following things:

### **1. The first thing I learned from the book is that the difficulties of marriage do not come to destroy it, but to make spouses stronger and bring them closer to God.**

The way we understand and interpret the difficulties of life determines the impact of these difficulties on our lives.

In general, difficulties teach us resilience, which is the ability to bounce back from difficult situations and avoid giving in to helplessness. Our lives are filled with unexpected changes, disturbing and even traumatic moments. In any case, a resilient state of mind will help us to better manage these situations but also our stress, to reduce the probability of developing depression or even to live longer. This will allow you to learn from our experiences and cultivate realistic optimism in taking care of yourself after failure, continuing to move forward in your daily life.

In marriage, God often uses our challenges to draw us closer to Him because we have often let life distract us. Challenges can serve as our wake-up call. God wants us to grow closer to him and spend more time with him and challenges help put that into perspective. Difficult times in marriage stimulate cognitive growth in a way that good times do not for marriage. Taking on challenges and finding our way through them strengthens the capacity for resilience and allows us to be able to give advice to other couples going through these same types of difficulties, because we have already experienced them. Knowing that one can overcome obstacles, learn from struggles, and learn from mistakes lays a solid foundation for marriage success.

In my personal life, I will use the difficulties that may arise on my path in my life as a couple to grow and become stronger. I believe that every difficulty in life teaches us something new and this new knowledge equips us more to deal with the difficulties that may arise later.

- 2. Although marriage is a sacred thing where we share love and intimacy on a common interest; however, any marriage is not based on love but on personal interests. Therefore, it is necessary to think carefully before choosing your spouse**

Knowing how to choose a husband or wife well is the thing everyone should know before even starting a romantic relationship. I don't mean that you have to know how to choose the perfect woman or the perfect man, because there isn't one, but knowing what the love that the other has in your heart is based on. Choosing the right life partner is arguably one of life's most important decisions. The romantic relationship being at the heart of our well-being and our life projects, it is essential to take the time to make the right romantic choice and to find the person with whom we wish to embark on this wonderful journey that is life together.

Take the case of a relationship based on petty interests, once the difficulties in life start to surface, that person will not help you find a solution to the problem, on the contrary, they will leave to find another person who can continue to support it. In this case, there would be neither help nor compromise to overcome the difficulties, but there would be a breakup or a divorce.

In my professional life premarital counseling

In my professional life, because premarital counseling is an opportunity to stop and think about who we are, what we need and what matters most to us, I put a lot of focus on premarital counseling. . As a counselor, I would advise the couple to take the time to reflect on the union they would like to create and to clarify their life goals.

- 3. Our hopes or expectations are sometimes the cause of our marital problems, because we hope for perfect things without thinking about the problems that can arise.**

About this point, I learn the most that many are blinded by an idyllic vision of marriage, they forget the responsibilities and efforts involved in a happy marriage. They prepare for a painful awakening, which risks leaving them disappointed and perplexed. And in general, the more unrealistic the expectations, the greater the disenchantment.

Therefore, thinking about the possible difficulties of marriage is more than important so as not to be surprised when these difficulties start to surface.

- 4. You have to focus more on holiness than on happiness in marriage, because it will allow you to have a healthy marriage.**

Having a heart free from all kinds of guilt, a heart free from anger, rage and malice, free from resentment or envy brings much happiness. It is therefore necessary to seek holiness more than happiness, because holiness gives way to happiness. Seeking happiness with a heart full of hate is in vain, because we will never get it.

**5. Promoting equality and unity, often boys tend to dominate women based on what the Bible says in 1 Corinthians 11:3 that the man is the head of the woman.**

Command seems effective but often causes resentment and opposition, especially among family members. If the husband or wife tends to be bossy, they can change this tendency and learn to control themselves by controlling their thoughts, actions, and words. Leading does not mean to be authoritarian. Any attempt at authoritarianism creates problems that will take far more effort to solve than it takes to create good relationships in the first place.

To achieve equality in marriage, I prioritize joy and unity, as these things far outweigh the difficulties of letting go of old habits. By living the gospel of Jesus Christ, husband and wife can have a happy and loving relationship.

**6. Do not try to change the behavior or the way of being of your spouse, but learn to live with him to have a better life.**

I used to think that a person would change out of love by changing their behavior and attitudes, but the book Sacred Marriage taught me not to try to change your spouse, because only God can change a person. It is important to seek adaptation to the lifestyle of the person in order to have a peaceful life.

In general, readings and class teachings on sacred marriage teach me how to have a successful marriage and how to build a good relationship in order to be a model couple.

**7. The impacts of a good couple model on the future of children.**

When parents have developed a very tight intimacy, good habits towards each other and the practice of family values are good examples for children, because these children in the future can reproduce them towards their spouse. However, if these parents have bad habits, there is a good chance that the children will replicate these bad habits with their spouses in the future.