

Scope and Sequence Chart

	MEETING 1	MEETING 2	MEETING 3
Opening prayer	Romans 15 (Welcome one another)	Romans 8 (Christ is always present)	1 John 4 (God is Love)
Video 1	Marriage Is...	Life is Who You're With	Always Us, Not Me
Chapter title	Welcoming and Accepting: The Grace and Call of Baptism	Being Fully Present: The Grace of Confirmation	Giving Oneself Completely: The Grace of the Eucharist
Topic 1: What Catholics believe about this sacrament, and the graces they receive.	Baptism Gives us Graces to Welcome and Accept Each Other What Catholics believe about Baptism What Baptism teaches us about Marriage How the sacramental graces of Baptism help married couples	Confirmation Strengthens Us to Be Fully Present What Catholics believe about Confirmation What Confirmation teaches us about Marriage How the sacramental graces of Confirmation help married couples	The Eucharist Teaches Us to Give Ourselves Completely What Catholics believe about the Eucharist What the Eucharist teaches us about Marriage How the sacramental graces of the Eucharist help married couples
Video 2	The Grace and Call of Baptism	The Power of God's Presence	The Gift of the Eucharist
Topic 2: What we learn about love from how Christ loves the Church in this sacrament.	Accepting Your Spouse as Precious Gift Accepting your spouse as a gift that is different and imperfect Accepting yourself Accepting God's plan for marriage	Being Present and Attentive to Each Other Your wedding ring An irrevocable promise The value of commitment and the power of Grace	Healthy Giving of Oneself The value of generosity Self-giving and intimacy Chastity in marriage
Video 3	Choosing to Believe	Distractions	NFP: Normalizing the Natural
Topic 3: The obstacles married couples are likely to encounter	Common Obstacles to Accepting Each Other Unrealistic expectations Other obstacles • Roles learned from family • Poor communication skills • Habits of independent life • Low self-esteem	Common Obstacles to Being Fully Present Special friends Social networks Use of pornography	Common Obstacles to Giving Oneself Completely Selfishness
Video 4	It's the Little Things	Money	Mass: The Training Ground
Topic 4: Tools for building a strong marriage	Communication Listening and accepting advice Skills in effective listening Prayer Praying for mutual acceptance Serenity Prayer	Communication Making a budget Managing your money Expressing yourself clearly Prayer Remembering that God is always present Developing prayer habits Praying the Glory Be	Communication A conflict resolution method Prayer Participate in the Eucharist regularly
Closing prayer	A Blessing for the engaged	Prayer to the Holy Spirit by St. Augustine	The Our Father
Lives of married saints (available online)	Mary and Joseph	Blessed Luigi and Maria Quattrocchi	St. Gianna Molla

MEETING 4	MEETING 5	MEETING 6
1 Corinthians 13 (If I do not have love, I gain nothing)	Psalms 145 (The Lord is compassionate)	Romans 12 (Serve the Lord)
Everyone Needs Forgiveness	Rooted in Prayer	Joined to Serve
Forgiving: The Grace of Reconciliation	Healing: the Grace of the Anointing of the Sick	Serving: The Grace of Marriage and Holy Orders
The Sacrament of Reconciliation Frees Us to Forgive What Catholics believe about the sacrament of Reconciliation What Reconciliation teaches us about Marriage How the sacramental graces of Reconciliation help married couples	The Sacrament of Anointing Brings Us Healing What Catholics believe about the Sacrament of Anointing of the Sick What Anointing of the Sick teaches us about Marriage How the sacramental graces of Anointing of the Sick help married couples	The Sacraments of Marriage and Holy Orders Call Us to Serve What Catholics believe about Marriage and Holy Orders What the sacraments of Service teach us about Marriage How sacramental grace of Marriage helps married couples
The Grace of Reconciliation	God's Healing Grace	Sacramental Calling
Learning to Forgive Unconditionally Forgiveness is a decision Admitting your faults Reconciliation	Learning to Bring Comfort and Healing Make your relationship your priority The need for compassion His needs, her needs	Serving Each Other and Together Serving God Listen to your call The call to serve as parents God is the creator of life Natural Family Planning
The Gift and the Challenge	When Sorrow Comes	Kids
Common Obstacles to Forgiving and Reconciling Anger and resentment Avoid the Four Horsemen	Common Obstacles to Comfort and Healing Denial	Common Obstacles to Serving with Love The influence of secular individualism How do we stay on course?
Beyond Conflict	Work and Marriage	Families, Friends, and Role Models
Communication The problem of venting your frustrations with friends How to ask forgiveness Prayer Examination of conscience Going to confession	Communication Attitudes make a difference Divorce is not the answer The value of suffering The power of physical touch Prayer Why Catholics pray to Mary Hail Mary / Rosary	Communication Manage the use of electronic tools Sharing meals together as a couple and as a family Prayer Prayer of gratitude Prayer before meals
The Act of Contrition	Prayer of St. Francis	Pray the Hail Mary
Sts. Louis and Zélie Martin	St. Rita of Cascia	St. Elizabeth Ann Seton