



## **SINGLE**

### **SESSION 1 FOLLOWING YOUR HEART WITHOUT LOSING YOUR MIND**

Building a healthy relationship while getting to know the crucial areas of a dating partner require the head and heart to work together. Learn about how the RAM provides a picture of the major bonds that comprise your relationships (know, trust, rely, commit and touch), and provides an understanding of how you can intentionally guard your heart while exploring the best predictors of what a partner will really be like in a long-term relationship.

### **SESSION 2 EXPLORING THE INFLUENCES OF FAMILY BACKGROUND**

There are five major areas, captured in the acronym FACES, to really get to *know* in a dating partner and that will reveal the character and relationship potential of that person. The first, Family Background (F), includes what they took from how the family expressed love and affection, shared power, and divided responsibilities in their family roles. The family background of the Old Testament life of Joseph provides insights into the ways to resolve unhealthy family experiences.

### **SESSION 3 EXPLORING THE HEALTH OF THE CONSCIENCE AND THE POTENTIAL FOR COMPATIBILITY**

The second area to get to *know* involves the attitudes and actions of the conscience (A). The Bible describes different types of consciences (overly sensitive, hardened, healthy), and warns that the ways that someone will act in a relationship is strongly related to the functioning of their conscience. Learn how to detect the health of a dating partner's conscience, while also exploring the third area, the potential for compatibility (C) in your personalities, values and lifestyles.

### **SESSION 4 EXPLORING THE EXAMPLES OF SCRIPTS AND SKILLS IN A RELATIONSHIP**

The fourth area to get to *know* in dating is the relationship scripts found in the examples (E) of how a dating partner acts in all their other relationships. The final area to explore is the development of relationship skills (S) like openness in communication and the ability to resolve differences in a graceful way.

### **SESSION 5 BUILDING A SAFE TRUST AND A MUTUAL RELIANCE IN A RELATIONSHIP**

This session builds on the five areas to get to know by providing a plan for how to safely build *trust* while developing a mutual *reliance*. These two Learn about the 90-day probation period, how to gauge the reliability of a dating partner, and the ways that you can use the RAM to build your relationship at a pace that guards your heart and keeps your eyes wide open.

### **SESSION 6 HONORING THE BONDING POWER OF COMMITMENT AND TOUCH**

God designed the sexual relationship to create a strong bond between partners, and to occur within the covenant of marriage. This session explains the biology behind this theology of the bonding power of sexual intimacy and explores the practical benefits of setting sexual boundaries during dating. And although living together outside of marriage has become a social norm, serious risks are described, along with the value of the institution of marriage.



# MARRIED

## SESSION 1 THE RAM: YOUR RELATIONSHIP GPS

Learn how the RAM explains the five relationship bonds in your marriage relationship. It will help define exactly where you are in your relationship, where you want your relationship to go, and what you need to do to get there. And when you understand the three laws of relationships, you will see how you can frequently use the RAM to keep your relationship moving in the right direction.

## SESSION 2 STAYING IN THE KNOW WITH OPEN COMMUNICATION AND GRACEFUL CONFLICT RESOLUTION

Your first relationship bond described in the RAM is the depth of how much you stay in the *know* in your relationship. With the busyness of life, it is easy to fall out of knowing what is happening with each other. And conflicts can pile up when not resolved. Learn the skills needed for open communication and what it takes to gracefully resolve misunderstandings and conflicts.

## SESSION 3 KEEPING A GOOD ATTITUDE OF TRUST

Your second relationship bond is the degree of *trust* you have in your relationship. Learn exactly what trust is in your relationship, and although major breakdowns of trust are addressed in session 5, the vital responsibility and skill of keeping a positive attitude of trust is thoroughly explained. Understand the difference between the spouse in your home, and the spouse in your head as you fulfill Philippians 4:8 in your marriage.

## SESSION 4 BECOMING THE CONNOISSEUR YOUR SPOUSE CAN RELY ON

The third relationship bond described in the RAM is the extent that you can mutually *rely* on each other. This requires that each of you become a connoisseur who knows the unique needs and wants of your spouse and has developed the art and skills of loving your partner in those ways. Learn a simple format based on the RAM to have regular huddles in which you can take inventory of what you have been doing well and what areas need to be strengthened, and what goals you can set to realign the bonds of your closeness.

## SESSION 5 MAKING YOUR COMMITMENT THE LEAD DOG

The ways that you *commit* yourselves to each other is the fourth relationship bond portrayed in the RAM. Commitment involves more than keeping your vows or promises to your spouse, it also means making your relationship a priority. This kind of strong commitment produces two outcomes in your relationship, a union that keeps your spouse present even when time and space separate; and a perseverance that pulls you through challenges, difficulties, forgiveness and the even rebuilding of trust.

## SESSION 6 CULTIVATING CLOSENESS WITH ROMANCE, AFFECTIONATE TOUCH AND SEXUAL INTIMACY

The fifth and final relationship bond is the extent and expression of your affectionate *touch* and sexual intimacy. Learn about the ways to keep an active and vital romance and sexual closeness throughout the different stages of life. Gain ways to talk through sexual differences while working on maintaining a fulfilling mutuality in your sexual relationship.