

Pre-Marital Counseling Questionnaire

Oneness in Marriage

The Bible teaches that marriage is more than just a ceremony or a contract; it is two people becoming one. What did Jesus say happens when a man and woman get married? (*see Matthew 19:6*)

To “become one” as the Bible teaches, you must “become one” physically, emotionally, and spiritually. We all have basic inherent needs in each of these areas that must be recognized and met when a couple marries. The phrase “two become one” means that each marriage partner is complemented, fulfilled, and completed by the other.

Do you believe you and your future mate can “become one” physically, emotionally, and spiritually?

_____ Yes _____ No (If “No”, explain.)

Oneness Involves Understanding Your History

- 1.) Are your parents still living? _____ Yes _____ No
- 2.) Did your birth parents raise you? _____ Yes _____ No
- 3.) When you were growing up, what socio-economic financial class did your family fall into?
_____ lower _____ middle _____ upper

4.) How many brothers and sisters do you have? Are they older or younger?

5.) Where did you grow up?

6.) Did you experience any type of physical, emotional, or sexual abuse when you were growing up? _____ Yes _____ No

7.) Much of your emotional state (moods, habits, and temperament) can be influenced by your home life. Both good and bad traits can be picked up from your parents. Are there any tendencies in your family toward alcohol/drug dependencies, mental health issues (i.e. depression), or hot temper?

_____ Yes _____ No (If yes, please explain.)

8.) Describe your parents' relationship with one another.

9.) What do appreciate most about your dad?

10.) Are there any things that you wish were different about your dad?

11.) What do you like most about your mom?

12.) What do wish were different about your mom?

13.) In what ways are you like your dad?

14.) In what ways are you like your mom?

15.) What strengths do you have because of your upbringing that will help you in your marriage?

16.) What weaknesses might you have because of your upbringing that could present a problem in your marriage?

17.) What is the highest level of education that you have completed?

18.) What are your hobbies?

Oneness Involves Knowing Your Relationship

1.) How long have you known each other?

2.) How did you meet?

3.) What most attracted you to your future mate?

4.) How long have you been dating?

5.) How did the proposal take place?

6.) List two reasons why you want to get married at this point in your life.

a.

b.

7.) What do you want from your marriage?

8.) Do you know a couple that appears to have a really good marriage?

 Yes

 No (If yes, who?)

9.) Why do you think they have a good marriage?

Please realize, even before you are married, that your marriage will not be like that of any other couple. Your marriage is UNIQUE. Never try to make it fit the mold that seems to work for another couple. Marriage is a growing process and will take work and compromise from both partners to make it what you and God intend it to be.

10.) Why do you want to be married by a minister rather than a judge?

11.) Do you love your future mate enough to remain married for a lifetime?

_____ Yes _____ No

12.) Love that lasts for a lifetime is described in 1 Corinthians 13. How do the following verses describe that kind of love?

13:4 _____

13:5 _____

13:7 _____

Oneness in Communication

Communication isn't just talking. It is being able to share your heart with one another. Without good communication, your marriage doesn't have a chance to succeed. Communication is the way people exchange thoughts and feelings as they try to understand one another and see things from the other's point of view. It is essential in resolving the marital conflicts that inevitably arise. What important principle about good communication is found in James 1:19?

Communication must include listening. The way you listen and respond to another person determines whether you build a fulfilling relationship. You can listen and respond in ways that put distance between you, or you can listen and respond in ways that bring the two of you closer together. Always remember that you earn the right to be heard, but LISTENING is essential.

With that in mind, explain how you would respond in the following situations.

- 1.) You discover your spouse has charged more than \$1000 on your credit card without your knowledge.

- 2.) Within two years of your wedding, your spouse gains more than thirty pounds. A new wardrobe is required.

- 3.) Your birthday passes without any acknowledgment from your spouse.

4.) Without your knowledge, your spouse goes to his/her parents for help and advice about problems the two of you are having.

5.) You feel your spouse is becoming too friendly with a person of the opposite sex.

Read the following scriptures and write down what guidelines they give about effective communication.

Ephesians 4:15 _____

Ephesians 4:26 _____

Proverbs 15:1 _____

Oneness in Careers and Decision Making

- 1.) What will be the husband's immediate employment? _____
- 2.) Will the wife work outside the home? _____
- 3.) In what geographical area would you prefer to live? _____
- 4.) Where will you live immediately after the wedding? _____
- 5.) How will you decide what kind of vehicle you will purchase?

- 6.) How will you determine the names of your children?

- 7.) How many children would you like to have? _____
- 8.) Who will discipline the children? _____
- 9.) Will the children be spanked? _____ Yes _____ No
- 10.) At what age will you allow your children to date? _____
- 11.) Who will do the yard work? _____
- 12.) Who will do the housework? _____
- 13.) Who will do the cooking? _____
- 14.) Who will do the dishes? _____
- 15.) How often will you eat out? _____

16.) How often will you take a vacation? _____

Any time a decision is made in a marriage, there should be mutual agreement. If both of you do not agree on a decision, it may be a sign that God wants you to wait or reconsider. You should never make an important decision unless both of you agree in advance about the decision.

Oneness in Personal Finances and Possessions

From the time you receive your first wedding gift, you will have to deal with money and material possessions in relation to your marriage. One of the most common contributing factors to divorce in the United States is personal debt. It is one of the greatest detriments to relationships. One of the easiest ways to accrue that debt is through access to credit cards. If you must have a credit card, I advise having one. Use it for emergencies only, as much as is possible.

What credit cards do you have now? _____

How many will you both have after getting married? _____

There are two important rules to consider when incurring debt:

First, never borrow money for or charge depreciating items. (One common exception might be an automobile.)

Second, it is not a bargain if you don't need it.

List the things for which you might plan to borrow money for in the next two years?

List the things for which you think you should never borrow money.

A good, basic financial plan or budget involves a tithe (10 percent) to the Lord, a saving plan (10 percent), and living on the remaining eighty percent.

1.) After you are married, who will determine how your income is spent? Why?

2.) Who will pay the bills? _____

3.) Who will buy the groceries? _____

4.) Who will balance the checkbook? _____

5.) Are you planning to make a commitment to save each month? _____

6.) Do you plan to commit to regular tithing as part of your budget? _____

7.) Do you want personal spending money each week for which you are not
expected to give account? _____ Yes _____ No

If yes, how much? _____

8.) List at least two mistakes you've made in handling money?

9.) How can you prevent the same thing from happening again in the future?

Oneness Requires Leaving and Cleaving

When you get married, you will bring into your marriage different customs, traditions, cooking styles, lifestyles, etc. Your future mate may come from a home where things are done completely differently than yours. One family may have opened presents on Christmas Eve while the other family always opened them on Christmas morning. Such differences, while they seem trivial, can cause serious problems in your marriage. Be very careful about thinking your family's way is always right. When you get married, you become an in-law, and you will have in-laws. One of the contributing factors in divorce is often found in strained relationships with that new extended part of your family.

What does Genesis 2:24 and Matthew 19:5 say about what should take place when you get married?

- 1.) Do your parents approve of your marriage? _____ Yes _____ No

- 2.) How well do you know your future in-laws?
_____ Well _____ Somewhat _____ Not at All

- 3.) Will you live with (or near) either set of parents after you are married?
_____ Yes _____ No

- 4.) Could you live a great distance from your parents and still be happy?
_____ Yes _____ No

- 5.) How would you characterize your relationship with your future mate's family?
_____ Good _____ Fair _____ Strained _____ Poor

6.) What ties, if any, with your parents may interfere with your marital relationship?

7.) How would you plan to spend your first Thanksgiving and Christmas?

8.) What have you done to express your love and appreciation to your parents and to let them know they will always be important to you?

9.) How often do you plan to visit or call your parents after you are married?

10.) What have you done to help establish a good relationship with your future in-laws?

Oneness Means Controlling Your Anger

No couple has the intention of allowing anger to ruin their marriage, but nonetheless many marriages are destroyed by uncontrolled anger. After you get married, there will be times that you get angry. It is important now to determine how you will handle that anger. Anger is like one of the red lights on the dashboard of your car. It is a warning that there is something wrong. In order to control your anger, you must be able to ask yourself, "What is the cause of this anger?"

The secret to mastering anger is to get beyond the emotion and to the root cause. What is it that I am hurt, frustrated, or fearful about? Then decide the best response for a positive outcome. (Remember, you can be RIGHT in your argument, but WRONG because of how you express it)

Controlling your anger is the first step in the process. Resolving anger is the next step in the process. It comes in understanding the cause, choosing an appropriate expression, determining a profitable response/compromise, and forgiving your partner. Ninety-five percent of relationship problems are due to breakdown in communication and unresolved anger.

Summarize Proverbs 14:29 in your own words.

- 1.) Have you ever seen your future mate angry? _____ Yes _____ No
If you said "yes", how did it make you feel?

- 2.) What most often causes you to become angry?

3.) How can you control your anger when this happens again?

Oneness is Spending Time Together

People often think of money as their most valuable commodity. But, in reality, time is more valuable than money. In no area of your life is this more apparent than in your home. No matter how much money you may earn, if you and your mate fail to spend time together, you will not have a happy marriage that lasts a lifetime.

1.) In a typical week, how much time do you think you will spend together?

2.) What do you like to do together in your free time?

3.) What do you enjoy doing most with your future mate that you will want to keep doing after you are married?

Oneness Requires No Health Secrets

1.) Do you have any health problems? _____ Yes _____ No

2.) Does your future mate know about these health problems?
_____ Yes _____ No

Oneness in Your Spiritual Life

1.) Did you and your family go to church when you were growing up?
_____ Yes _____ No (If yes, where and how often?)

2.) Have you ever received Jesus Christ as your personal Savior and Lord?
_____ Yes _____ No _____ Not Sure
If yes, when and where did you receive Christ as your personal Savior?

3.) Have you been baptized? _____ Yes _____ No
If yes, when and where?

4.) Are you active in a church now? _____ Yes _____ No
If yes, where? _____

5.) Do you plan to be active in a church after you are married? If so, where?

Oneness in Sex and Morality

Like other aspects of marriage, the sexual relationship is one where you will learn, grow, fail, and learn some more. There is much you can discuss during your engagement to help set a healthy and satisfying pattern for sex in your marriage.

Engagement should be a time of growing intimacy. To a certain extent, this intimacy may even be physical. However, in contrast to society, the Bible clearly reserves sexual intimacy for the marital relationship. While the world may view love as the only prerequisite for sex, the Bible requires marriage.

1.) Do you believe a healthy sexual relationship should have a place of priority in your marriage? _____ Yes _____ No

2.) Do you feel sexual faithfulness is an essential element in marriage? _____ Yes _____ No

3.) Is there anything in your past that might negatively affect your attitude or feelings about sex? _____ Yes _____ No
If yes, please explain.

4.) Does anything about sex in marriage make you uncomfortable? _____ Yes _____ No (If yes, please explain.)

5.) Do you want children? _____ Yes _____ No
If yes, how many? _____

Place an “A” for AGREE or a “D” for DISAGREE before each of the following statements.

- _____ Couples should talk honestly about their sexual likes and dislikes
- _____ Sex should be a scheduled activity
- _____ Sex should not be used as a reward or punishment
- _____ It is OK to demand sex from my spouse
- _____ God wants both partners to find sex fulfilling
- _____ There should always be touching, kissing, etc. before sex
- _____ Sexual intercourse should take as little time as possible
- _____ The husband should always initiate sexual intercourse

Oneness is Expressing Your Feelings

Please complete the following statements with the first thing that comes to your mind.

1.) My future mate can make me happiest by:

2.) Nothing upsets me like:

3.) My feelings tend to be hurt when:

4.) My greatest weakness is:

5.) My greatest fear about getting married is:

6.) I would like to change the following about myself:

7.) I think my spouse should kiss me when:

Oneness Means Following the Divine Design

The most detailed passage on the divine design for marriage is Ephesians 5:21-33. Nothing reveals the spirituality of a man like the way he treats his wife.

In the Ten Commandments, God gives a command that is a part of His divine design for marriage. What is that command? (Exodus 20:14)

Following God's divine design means your marriage is to last a lifetime. It means that divorce is not an option. How did Jesus express this in Matthew 19:6?

Will you be the marriage partner the Bible teaches you should be your marriage can follow God's divine design? _____ Yes _____ No

Oneness Requires Understanding Your Partner's Needs

Knowing how to meet your partner's needs is essential for a lasting and happy marriage. Men and women tend to differ in their basic needs. Understanding those differences will be paramount in finding a more fulfilling relationship.

From the following list, choose your top five and rank them from 1 to 5 what you deem your most important needs.

- _____ Someone to talk to
- _____ Sexual fulfillment
- _____ Someone to share recreational activities
- _____ An attractive spouse
- _____ A comfortable and well-kept home
- _____ Regular and good meals at home
- _____ Physical affection (hugs, kisses, gifts, cards, etc.)
- _____ Honesty
- _____ Financial Security
- _____ Commitment to home and family
- _____ Respect

A man often comes into a marriage thinking he has married someone with the same needs as his. Therefore, he tries to meet his wife's needs as he would his own. Then, he becomes frustrated when she doesn't respond as he would. Most women make the same mistake. You must learn what your spouse's needs are and set out to meet them.

1.) What needs on your list are different from those of your future mate?

2.) Which ones are the same?

3.) How can you best meet the number one need of your future mate?

4.) Were there any items that were surprising in terms of their importance with your future spouse?

5.) Is there anything you are keeping secret from your future mate?

_____ Yes _____ No

Oneness in Planning Your Wedding

(Note- All members of the wedding party, as well as musicians, should be present and on time for the rehearsal. Make sure that everyone involved understands the location and time for rehearsal. Also, if there is to be a rehearsal dinner, it is customary to send personal invitations to everyone involved.)*

Place of Rehearsal: _____

Date of Rehearsal: _____ Time: _____

Instrumentalists: _____

What are your wedding colors? _____

Do you want music during the ceremony itself? _____ Yes _____ No

Do you want pictures to be taken during the ceremony? _____ Yes _____ No

Do you intend to have a unity candle or sand ceremony? _____ Yes _____ No

(Please understand that some churches/venues have restrictions in place as to whether certain things are allowable as part of a ceremony. For example, music may need to be screened by the officiant or pastor. There may be restrictions on the use of live flower petals on carpeted areas. Photographers may be required to stage pictures instead of photographing during the ceremony. Please assume responsibility for acquiring and understanding the rules and restrictions for your venue and officiant before the rehearsal.)

Typical Elements in an Order of Service

Please check those that you want to include in your wedding ceremony.

_____ Ushers seat guests.

_____ Prelude Music. (Live or Taped)

_____ Seating of Groom's Grandparents (on right side of auditorium facing front)

_____ Seating of Bride's Grandparents (on left side of auditorium facing front)

_____ Seating of Groom's Parents

_____ Seating of Bride's Parents

_____ Lighting of Candles

_____ Special Music (Vocal or Instrumental)

- _____ Entrance of Minister, Groom, Best Man, and Groomsmen
- _____ Entrance of Bridesmaids
- _____ Entrance of Maid/Matron of Honor
- _____ Entrance of Ring Bearer
- _____ Entrance of Flower Girl
- _____ Entrance of Bride on Right Arm of Her Father
- _____ Ceremony
- _____ Lighting of Unity Candle/Sand Ceremony
- _____ Announcement of New Couple
- _____ Bride and Groom Recessional
- _____ Bridesmaids and Groomsmen Recessional
- _____ Usher Out Bride's Parents
- _____ Usher Out Groom's Parents
- _____ Usher Out Bride's Grandparents
- _____ Usher Out Groom's Grandparents
- _____ Invitation to Reception

Other things not mentioned that you would like to consider in your plans for the wedding ceremony:
