

Discovering Our Deepest Desire

"Building a Eucharistic Marriage"

Participant Workbook



7 Session Program



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Overall Goal of D.O.D.D.

The goal of the DODD curriculum is threefold: 1) To help married couples start learning about the deeper meaning of why our marriage is so important to our kids, to us and to our connection with God; 2) To help couples find healing and grace through their marital covenant by giving them tools to communicate more effectively, to deal with conflict resolution more constructively and to seek forgiveness and healing; and 3) To start on the journey of shaping marriages and family life into a models which inspire imitation by others.

I have learned over my many years directing an organization called Marriage Works! Ohio that many couples are in desperate need of this type of marriage support and education but often need encouragement to come to a class. Often, one or the other spouse will come with skepticism and doubt, but more times than I can count, by the third to fourth session, they warm up to the material, and many even become leaders in the discussions. The key is inspiring people to at least give it a try. Many couples who receive help in falling back in love with their spouse don't want to go back to the mediocre or even horrible state their marriage was in and long to keep this new found renewal alive. There are many ways to keep growing in knowledge about relationship building, but the greatest I've found is having couples go on to teach what they've learned.

For this very reason, this curriculum is meant to encourage couples that go through the class to consider becoming marriage mentors, even if it is for a short time in their lives. As they teach the classes, it forces them to also continue working on their own relationship as they share with and teach others. Even if you are not called to "officially" teach marriage enrichment classes to others, you are called to be a light in this world to others around you. Our marriage should be a gift to our spouse, our children and to the world around us. Learn, grow, and shine your light to others!

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Making More Time for Each Other and Making More Time for God!

Session (Week) One



Discovering Our Deepest Desire - "Building a Eucharistic Marriage"

“The Big No-Know”

“Marriage should be a series of multiple marital commitments; we need to recommit our life to our spouse all over again and in a sense let them know that ‘we’re in this together, through thick and thin, until death do we part!’”

1. One of the main reasons we started having problems in our marital relationship is because we: _____

Couples Reflection: In what ways is your marriage different now than when you first got married? _____

Couples Reflection: In what ways do you feel like you have fallen out of “knowing” your spouse? _____

Couples Reflection: Think back to when you first met your spouse. What was it about them that made your relationship fresh and exciting? _____

Couples Reflection: What did you discover about yourself in the process? _____



Genesis 2:23 - The man said: “This one, at last, is bone of my bones and flesh of my flesh; This one shall be called ‘woman,’ for out of ‘her man’ this one has been taken.”

"The Big No-Know"

➤ Adam and Eve had God's love blown into them, unhindered by sin, and they were fully alive and in love with each other. The love of God within them was freely given to the other person, who freely received and gave their love and life back as this same free gift.

2. Original sin did what to our human relationships: _____

Q1: Why do opposites tend to attract each other: _____

3. Our sinful nature (as it did with Adam and Eve) creates: _____.

➤ Because of our sinful nature, we fall back to self-defense and look at the other person's fault rather than the mistakes we made together.



Genesis 3:12-13: - The man replied, "The woman whom you put here with me – she gave me fruit from the tree, and so I ate it." The Lord then asked the woman, "Why did you do such a thing?" The woman answered, "The serpent tricked me into it, so I ate it."

Couples Reflection: What are some of the stresses or distractions that we face

in our day and age that others may not have had to? _____

Couples Reflection: Which ones do you find to be the most dangerous? _____

"It is important that we stay connected with each other. Staying in the "know" of each other can be challenging in today's society because of the many stresses and distractions that we have."

“Different Make-Up”

Couples Reflection: What kinds of things cause division between spouses? _____

4. Understanding differences can help in understanding the _____
and to recognize that some differences are _____ and not
necessarily our attempt to _____.

Couples Reflection: What are some of the differences between men and women when it comes
to dealing with stress? _____

“Different Make-Up”

“As husband and wife, we are called to be connoisseurs or experts of our spouse.”

Dealing with Stress

5. Men Deal with Stress by: _____

6. Women Deal with Stress by: _____

➤ **Men’s brains tend to be more compartmental, and they are very task-oriented.**

➤ **Men do well when they focus on a particular task, one at a time.**

7. Women’s brains are eight times more active when they are stressed. When a woman is talking about her problems, she often does not want her husband to _____

_____ but rather just for him to _____.

Men, however, if stress is at a critical point, want to _____.

[Suggestion to men, unless your wife tells you differently, do the former and not the latter!]

➤ **We can either fight against God’s design and be frustrated, or learn to appreciate the differences and work together to benefit them.**

Couples Reflection: How have you seen these differences in dealing with stress in your own relationship? _____

“Different Make-Up”

How We Give & Receive Love

► Our expressions of affection are different ways that each of us have to give and receive love which in turn fills the emptiness in each one of us; it helps us in knowing that we are thought of and cared for.

8. When we withhold these actions of love towards each other, we feel a sense of:

- 1) _____
- 2) _____
- 3) _____
- 4) _____

** At this point, we encourage participants to consider reading more about Gary Chapman’s “The 5 Love Languages” on their own and to also go online at: www.5lovelanguages.com and take the online assessment to determine what their love language is. We also encourage participants to not only share their results with their spouse but to also plan to try to speak their spouse’s Love Language at least once a day, if possible.

*“Our deep desire is
to love and be loved.
We long to know that we
are on the right path towards
truly discovering the Creator
and being discovered. When
you have the love of God
in you, you long to share
it with others as well as
to experience it
through others.”*

“Different Make-Up”

Personality/Temperament

➤Within the different personalities, there are strengths and weaknesses to each type.

9. The goal in understanding our own personality profile is for us to: _____

_____.

10. In understanding your spouse’s personality, it is important that you don’t seek to _____,
_____ or _____, but rather to find ways to

_____.

11. Recognizing our personality differences should not lead us to a conclusion of “_____
_____” but should help us _____

_____.

Couples Reflection: What other historical figures used their personality strengths to do God’s
work? _____

Session (Week) One - Lessons Learned

Things we learned this lesson: _____

Homework:

A) _____

B) _____

Notes

