

Trinity Baptist Church values strong, growing marriages, and we invest in these relationships through a ministry specifically geared toward pro-active marriage health. We truly hope that you will choose to engage in one or more of these opportunities, choosing to intentionally strengthen your relationship to last a lifetime.

*Marriage Ministry*

*"One of the great illusions of our time is that love is self-sustaining. It is not. Love must be fed and nurtured, constantly renewed."*

— David Mace  
Founder of  
Better Marriages

  
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Give without sparing. (Proverbs 21:26)

## Pre-Marital Counseling

Couples getting married at TBC or involving one of our pastors at a different location are asked to do “pre-marital counseling” with that pastor. Content as well as the number of sessions will be different with each pastor, but can be very enlightening to nuances in your relationship that you may never have discussed, or uncovering “blind spots” that you are subconsciously avoiding. This time will also be used to help plan each aspect of your wedding ceremony.

Speak without accusing. (James 1:19)

## Marriage Enrichment

As couples of any age, we enter this sacred relationship with the highest of hopes and dreams. But the early “sky rocket/infatuation” type love only carries us so far. Then come the life issues that require a higher level of love and commitment to the relationship for those initial hopes and dreams to stay alive or become more realistic.

Listen without interrupting. (Proverbs 18)

Marriage Enrichment is TBC’s way of offering couples of all ages the opportunity to learn about / experience communication and intimacy skills that truly will be a huge asset as life goes on. Opportunities to be a part of M.E. at TBC are through Marriage Enrichment Groups and/or an Annual Marriage Weekend Retreat. We like to say that M.E. participation enables couples to turn “stumbling blocks” into “stepping stones”.

Share without pretending. (Ephesians 4:15)

## Marriage Enrichment Groups (MEGs)

These are small groups of 6-8 couples who meet once a month in homes to invest an evening in growing their marriage. A Leader Couple facilitates. An Annual “Starter MEG” begins each October and runs through May. This group uses a tool published by Better Marriages just for new MEGs. In each of the 8 sessions one “topic” of Marriage Enrichment is covered including information sharing and couple exercises. There is also time built in for dessert and fellowship of the group.

Answer without arguing. (Proverbs 17:1)

Those who complete the “Starter MEG” have become very close and usually choose to continue with their group and form an “Ongoing MEG” that meets monthly during the school year. Each group chooses their Facilitator Couple and Materials. Participation is voluntary and continues as long as you like.

Pray without ceasing. (Colossians 1:9)

## Marriage Weekend Retreat

This is offered annually during the winter usually at a resort at the Beach (very inexpensive rates for condos and meeting space at that time of year). Each weekend retreat runs from Friday evening through Sunday morning and is focused on going deep into one topic of marriage enrichment. Leader Couples are either TBC Members or guests invited to lead. Time is built in for eating meals out, fun, fellowship, and REST.

Forgive without punishing. (Colossians 3:13)

## Former themes for these retreats at Trinity:

- Speaking Your Spouse’s Love Language
- The Value of Humor & Laughter in Marriage
- What Does Marital Intimacy Look Like?
- Keeping Your Marriage Strong While Raising Children
- The Spiritual Dimension of Marriage
- Creative Resolution of Anger and Conflict
- So What Do We Do NOW? (specifically for Empty Nester couples)

Trust without wavering. (1 Corinthians 13:7)

## Pastoral Counseling

Sometimes life overwhelms us. The issue may or may not have anything to do directly with your marriage relationship. But it is affecting one or both of you. This is when your pastors are here for you. Simply begin the discussion with an email or appointment. Know that conversations are held in complete confidence. Many times we can provide a perspective that in the midst of a storm you cannot see. We also may offer ideas for alternative solutions. We will ALWAYS pray with you and continue to pray for you.

Enjoy without complaint. (Philippians 2:14)

In situations that we mutually agree need professional counseling, we have local Christian marriage and family therapists and doctors that we know and trust. We will be happy to share their contact information with you or refer you to their care.

Promise without forgetting. (Proverbs 13:12)