



ENJOY  
THE  
JOURNEY

The  
Marriage  
Course

Leaders' Guide



The  
Marriage  
Course

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# Building Strong Foundations

## 1. Overview

This session helps couples to look at their lifestyle and the effect it has on their marriage, and to discover more about each other's needs and desires – particularly on an emotional level.

## 2. Checklist

- materials from quick checklist on pages 12–13
- visual aids (for live talks only): sheets of colored paper (separate and stuck together)

## 3. Timetable

- 6:30 Be ready! (Guests often arrive early)
- 6:45 Welcome and drinks
- 7:00 Meal
- 7:25 5 minute warning
- 7:30 Welcome and announcements
  - 'If you get stuck at any point on the course, please tell us'
  - 'We or another couple would be very happy to see you privately. We also have details of a local marriage counselor we could put you in touch with if you feel this is necessary'
  - 'Let us know if you can't come for one of the evenings and we will loan you the DVD' (if available)
  - 'Relax! You will not be required to disclose anything private about your relationship'

Note: The following timings follow the exact timings of the length of the talks on the DVDs.

- 7:35 Start the DVD or your live talk
- 7:44 Exercise 1 (5 minutes)  
The First Time You Met: 'Tell of the first time you met and another'
- 7:49 Talk – What is marriage?  
Live talks: first part of dem separate pieces of paper
- 7:54 Talk – Seasons of marriage  
Live talks: second part of pieces of paper glued tog
- 8:12 Exercise 2 (5 minutes)  
Working Through Pressu you've worked through t pressures you're current each other'
- 8:17 Talk – Marriage wheel a Feature Couple: Doug i inserts – Session 1 Ins
- 8:28 Exercise 3 (30 minutes)  
Taking Stock of Your M
- 8:53 Give a 5 minute warni
- 8:58 Talk – Making time fo
- 9:08 Exercise 4 (5 minutes)  
Shared Times: 'Tell y special times you ha about when, where, were special to you
- 9:13 Talk – Nurturing on
- 9:18 Exercise 5 (10 min  
Knowing Me, Kno
- 9:28 Conclusion – End each week to bot
- 9:31 Live talks: End w 'Thank you, Lord created marriage grow in our und each other's ne ask this in Jesu

- 7:35 Start the DVD or your live talk – Introduction
- 7:44 Exercise 1 (5 minutes)  
The First Time You Met: 'Tell each other your strongest memory of the first time you met and what first attracted you to one another'
- 7:49 Talk – What is marriage?  
Live talks: first part of demonstration – hold together two separate pieces of paper
- 7:54 Talk – Seasons of marriage  
Live talks: second part of demonstration – try to separate two pieces of paper glued together
- 8:12 Exercise 2 (5 minutes)  
Working Through Pressures: 'Talk together about the pressures you've worked through until now in your relationship, and the pressures you're currently facing. Take it in turns to listen to each other'
- 8:17 Talk – Marriage wheel and overview of sessions  
Feature Couple: Doug and Angela (from Leaders' Toolkit filmed inserts – Session 1 Insert 23) or your own feature couple
- 8:28 Exercise 3 (30 minutes)  
Taking Stock of Your Marriage
- 8:53 Give a 5 minute warning
- 8:58 Talk – Making time for each other
- 9:08 Exercise 4 (5 minutes)  
Shared Times: 'Tell your partner what have been the most special times you have shared together as a couple. Be specific about when, where and what you were doing. Explain why they were special to you'
- 9:13 Talk – Nurturing one another
- 9:18 Exercise 5 (10 minutes)  
Knowing Me, Knowing You
- 9:28 Conclusion – Encourage couples to bring diaries or calendars each week to book in marriage time
- 9:31 Live talks: End with a short prayer. For example:  
*'Thank you, Lord, that you are the God of love, the God who created marriage for us. We ask that you would help us to grow in our understanding of each other and to recognize each other's needs so that our love would deepen. We ask this in Jesus' name. Amen'*



# The Art of Communication

## 1. Overview

Listening is a vital skill for a strong marriage. In this session couples practice communicating their feelings and listening effectively to one another.

## 2. Checklist

- materials from quick checklist on pages 12-13
- for leaders' demonstration of Effective Listening (for live talks only): an issue to discuss, two chairs, a table napkin or handkerchief (to be held by the speaker)

## 3. Timetable

- 6:45 Welcome guests with a drink
- 7:00 Meal
- 7:25 5 minute warning
- 7:30 Announcements and review
- Remind couples of the importance of 'marriage time' and understanding each other's emotional needs and desires
  - 'Without looking in your manual, tell your husband or wife their top three desires from the exercise in Session 1 - Knowing Me, Knowing You - to see if you have remembered them correctly'
  - 'Find out from your husband or wife what was most important for them from Session 1'
- 7:40 Start the DVD or your live talk - Introduction - Effective communication
- 7:53 Exercise 1 (5 minutes) - Barriers to Talking

- 7:58 Talk – Importance of listening
- 8:00 Exercise 2 (5 minutes) – The Power of Listening
- 8:05 Talk – Hindrances to listening: filters and bad habits
- 8:20 Exercise 3 (4 minutes) – Identifying Bad Habits
- 8:24 Talk – Hindrances to listening (continued)
- 8:26 Exercise 4 (6 minutes) – A Significant Memory
- 8:32 Talk – Five steps for effective listening
- 8:37 Live talks: Leaders' demonstration of effective listening:
- One of you needs to have thought of an issue that you would like to discuss. (Do not choose an issue that would be hurtful or embarrassing to discuss in front of others)
  - The speaker holds the handkerchief or table napkin to remind both of you whose issue it is
  - Using the five principles for effective listening, demonstrate what effective listening looks like (as on DVD)
- 8:43 Exercise 5 (30 minutes) – Effective Listening
- 9:08 Give 5 minute warning
- 9:13 Feature Couple: Richard and Zoe (from Leaders' Toolkit filmed inserts – Session 2 Insert 23) or your own feature couple
- 9:18 Conclusion – Give 3 minutes to organize marriage time for the coming week
- 9:21 Live talks: End with a short prayer. For example:  
*'Lord, thank you that you are a God who communicates with us. Thank you that we can pour out our hearts to you and you always listen to us. Please help us to be good at expressing our feelings and listening to each other so that we may grow in our understanding and support of one another. We ask this in Jesus' name. Amen'*



# 3

# Resolving Conflict

## 1. Overview

In this session we look at how couples can increase their intimacy by expressing appreciation to each other, recognizing their differences, learning to negotiate disagreements and praying for each other (if they feel comfortable doing so).

## 2. Checklist

- materials from quick checklist on pages 12-13

## 3. Timetable

- 6:45 Welcome guests with a drink
- 7:00 Meal
- 7:25 5 minute warning
- 7:30 Announcements and review
- 'Tell your husband or wife one occasion over this last week when they met one of your requests from Knowing Me, Knowing You (Session 1, Exercise 2)'
  - 'Tell your husband or wife what it felt like to be listened to during the Effective Listening exercise in Session 2'
- 7:40 Talk - Introduction - Expressing our appreciation of each other
- 7:53 Exercise 1 (10 minutes) - Showing Appreciation
- 8:03 Talk - Identify and accept our differences
- 8:14 Exercise 2 (10 minutes) - Recognizing Your Differences
- 8:24 Talk - Learn to negotiate  
Feature couple: Henrik and Inger (from Leaders' Toolkit filmed inserts - Session 3 Insert 23) or your own feature couple
- 8:49 Exercise 3 (30 minutes) - Matching Our Strides

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Encourage couple

9:14 Give a 5 minute warning

9:19 Talk – Learning to pray together

9:30 Conclusion – Supporting each other

The couples ask their partner to tell them one thing they are concerned about. Then, give them the option:

- either to pray for each other (aloud or silently) if they feel comfortable doing so
- or to express their support in some other way

9:34 Live talks: End with a short prayer. For example:

*'And so we know and rely on the love God has for us' (1 John 4:16). 'Thank you Lord that you know each one of us intimately and that you love us as we are. Thank you for the uniqueness of each person here tonight and for the partnerships that have come into being in each marriage. We pray you would help us to grow together and to support each other effectively.*

*And please fill us with your love that we might be strengthened in our love for each other. We ask this in Jesus' name. Amen'*

Encourage couples to organize marriage time for the coming week.



## The Power of Forgiveness

### 1. Overview

This session addresses the ways we will inevitably hurt each other and how to resolve these issues in order to ensure we don't create a backlog of anger and resentment. We look at the process of healing through identifying the hurt, saying sorry and forgiving.

### 2. Checklist

- materials from quick checklist on pages 12-13
- visual aids (for live talks only): spiral-bound notebook to tear off pages symbolizing forgiveness

### 3. Timetable

- 6:45 Welcome guests with a drink
- 7:00 Meal
- 7:25 5 minute warning
- 7:30 Announcements and review
- Review of Sessions 1-3 - 'Tell your husband or wife which point from the reminder section in the manual you consider the most important for your marriage at the moment'
  - 'Discuss whether over the past two weeks you have managed to work through problems together rather than attacking and criticizing each other'
- 7:40 Talk - Dealing with hurt and anger (rhinos and hedgehogs)
- 7:56 Exercise 1 (NB: 1 minute) - Rhinos and Hedgehogs - identify yourself and your partner as a rhino or a hedgehog
- 7:57 Talk - Effects of hurt and anger
- 7:59 Exercise 2 (10 minutes) - Handling Anger

- 8:00 Talk - Process for healing hurt (part 1)
1. Identify the hurt
  2. Say sorry
- 8:31 Exercise 3 (35 minutes) - Identifying Unresolved Hurt
- 8:51 Give a 5 minute warning
- 9:06 Talk - Process for healing hurt (part 2)
3. Forgive

Feature couple: Andy and Vanessa (from Leaders' Toolkit filmed inserts - Session 4 Insert 19) or your own feature couple

Live talks: demonstration with spiral notebook

4. Start again together

- 9:24 Conclusion (4 minutes) - Give couples the opportunity to pray for their husband or wife or to express support in some other way

- 9:28 Live talks: End with a short prayer. For example:  
*Lord, thank you for your willingness to forgive us. Thank you for your example and for bearing the cost of our forgiveness on the cross. We ask you to help us to forgive each other and to keep no record of each other's wrongs. We pray that you would heal our marriage of the ways we've hurt one another. We ask this in Jesus' name. Amen'*

Encourage couples to organize marriage time for the coming week.

# ENJOY

## 5

# The Impact of Family - Past and Present

### 1. Overview

This session focuses on helping couples to recognise how their family background affects the way they relate to each other. They also consider how to build a good, healthy relationship with their parents, in-laws and wider family, and how hurt from childhood can be healed.

### 2. Checklist

- materials from quick checklist on pages 12-13
- visual aids: small bag of spare coins (for the exercise Reflect on Your Upbringing)

### 3. Timetable

- 6:45 Welcome guests with a drink
- 7:00 Meal
- 7:25 5 minute warning
- 7:30 Announcements and review
- Encourage couples to ask for help if they get stuck over an issue that the course has raised
  - Review of sessions 1-4 - 'Looking at this week's reminder section in the manual, tell your partner either, "You're good at..." or, "I need to..." but not, "You need to..."'
- 7:40 Talk - Introduction - Impact of upbringing  
Stages of growing up
- 8:01 Exercise 1 (6 minutes) - Current Relationships: Each couple discusses wider family relationships and identifies tensions

- 8:07 Talk - Building healthy family relationships  
Feature couple: David and Joy (from Leaders' Toolkit filmed inserts - Session 5 Insert 19) or your own feature couple
- 8:25 Exercise 2 (10 minutes) - Building Healthy Family Relationships: 'Discuss which are the most relevant points for you from this exercise'
- 8:35 Talk - Looking at our past
- 8:42 Exercise 3 (30 minutes) - Reflect on Your Upbringing - supply coins (if needed) to arrange and draw around
- 9:07 Give a 5 minute warning
- 9:12 Talk - Healing childhood pain
1. Recognize unmet childhood needs
  2. Grieve with each other
  3. Forgive
  4. Look to God and move on
- 9:24 Conclusion (4 minutes) - Give couples the opportunity to pray for their husband or wife or to express support in some other way
- 9:28 Live talks: End with a short prayer. For example:  
*'Lord, thank you for your plans for family life. We pray that where a family background has affected a marriage, you would bring your love and understanding between them as a couple. Please give them new courage and new hope. Teach all of us to be gentle with one another. And we ask you to help those who have been hurt to trust you for your healing love. We ask this in Jesus' name. Amen'*

Encourage couples to organize marriage time for the coming week.

# 6 Good Sex

## 1. Overview

Sexual intimacy needs to be worked at and developed. It isn't just the icing on the cake; it's a vital ingredient of the cake itself. In this session couples are encouraged to talk about their sexual relationship and to recognise where they need to make changes.

Leaders who give their own talks need to be able to talk about this subject without embarrassment and with some gentle humor.

## 2. Checklist

- materials from quick checklist on pages 12-13
- Marriage Course Party invitation

## 3. Timetable

- 6:45 Welcome guests with a drink
- 7:00 Meal
- 7:25 5 minute warning
- 7:30 Announcements and review
  - Encourage guests to invite other couples to the party (Session 8) at the end of the course. Explain what will happen on the evening
  - 'Talk as a couple about what was most important for you from the last session on the impact of family - past and present'
- 7:40 Talk - Introduction
- 7:44 Talk - Six qualities for great lovers 1. Communication
- 8:03 Feature couple: Richard & Katharine (from Leaders' Toolkit filmed inserts - Session 6, Insert 12) or your own feature couple

- 8:07 Exercise 1 (5 minutes) - have been most re
- 8:12 Talk - Six qualities
  - 2. Responsiveness
  - 4. Romance
- 8:26 Exercise 2 (6 minutes) - times you have
- 8:32 Talk - Six qualities
  - 5. Anticipation
  - 6. Variety
- 8:42 Exercise 3 (5 minutes) - Give a 5 min
- 9:12 Talk - Pro
- 9:17 Conclusion
- 9:25 pray for th other way
- 9:28 Live talk: 'Lord, w all the c respon each c as we desire throu

Encourage cou

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- 8:07 Exercise 1 (5 minutes): 'Discuss what elements of this talk have been most relevant to you and your partner'
- 8:12 Talk – Six qualities (continued)  
2. Tenderness  
3. Responsiveness  
4. Romance
- 8:26 Exercise 2 (6 minutes): 'Tell each other the most romantic times you have had together'
- 8:32 Talk – Six qualities (continued)  
5. Anticipation  
6. Variety
- 8:42 Exercise 3 (35 minutes) – Talking About Sex
- 9:12 Give a 5 minute warning
- 9:17 Talk – Protecting our marriage
- 9:25 Conclusion (4 minutes) – Give couples the opportunity to pray for their husband or wife or to express support in some other way
- 9:28 Live talks: End with a short prayer. For example:  
*'Lord, we thank you for the way you have made us with all the complexity and subtlety of our sexual desires and responses. Thank you that we are able to express love to each other through being joined together sexually. Help us as we learn to arouse each other and then to satisfy those desires. Help us to give ourselves to each other in love throughout our marriage. We ask this in Jesus' name. Amen'*

Encourage couples to organize marriage time for the coming week.

### 1. Overview

This session looks at five ways of expressing love – through words, time, touch, presents and actions. Couples discover which expression of love is most important for their partner and how to put this into practice.

### 2. Checklist

- materials from quick checklist on pages 12–13
- end of course questionnaire – see sample on the Leaders' Toolkit CD-Rom
- Marriage Course Party invitations
- invitations to the next Marriage Course
- presents for your volunteer 'taskforce'

### 3. Timetable

6:45 Welcome guests with a drink

7:00 Meal

7:25 5 minute warning

7:30 Announcements and review

- Remind the guests of the opportunity to invite other married couples to The Marriage Course Party
- Encourage the guests to take invitations to the next Marriage Course to give to others
- 'We have spoken about the difference that it makes to us to have God at the center of our marriage. If you would like to explore the Christian faith further, there is a course called Alpha. You would be very welcome to try Alpha.' Put Alpha invitations out at the back if you are offering one.
- 'Please would each of you fill in the questionnaire. This acts as a review of the course for you and is very helpful for us'

- 7:45 Talk – Introduction – Five ways to express love  
1. Loving words  
2. Thoughtful presents
- 8:11 Exercise 1 (6 minutes) – Favorite Presents: 'Tell each other what have been the best presents you have received from each other'
- 8:17 Talk – Five ways to express love (continued)  
3. Physical affection  
4. Quality time
- 8:29 Exercise 2 (10 minutes) – Time Together: 'Make a list of the things you and your partner most enjoy doing together or would like to do together'
- 8:39 Talk – Five ways to express love (continued)  
5. Kind actions  
Feature couple: Paul and Sonja (from Leaders' Toolkit filmed inserts – Session 7 Insert 26) or your own feature couple
- 8:50 Exercise 3 (30 minutes) – Discovering Your Own and Your Partner's Love Languages
- 9:15 Give a 5 minute warning
- 9:20 Talk – The importance of commitment
- 9:29 Conclusion (4 minutes) – Give couples the opportunity to express their commitment to their future together and then either to pray for each other or to express their support in some other way
- 9:33 Live talks: Read the prayer of St Francis of Assisi and then end with another short prayer. For example:  
*'Lord, we thank you for the power of love. Thank you that your love never fails. We pray that you would bless each marriage and use each couple to be a source of love and encouragement to many others. And we ask that in our marriages love and faithfulness would meet together. We ask this in Jesus' name. Amen'*

Ask the guests to complete the questionnaire and hand it in before they leave.





## The Marriage Course Party

### 1. Overview

The aim is for the guests on the course to invite other couples to hear about The Marriage Course and to learn something that will benefit their relationship. The meal is longer, the talk is shorter than for the other sessions and there are no exercises. The party is a very effective way of introducing couples to The Marriage Course, as many people are initially more likely to come to one evening with a talk about marriage than to join a course. Many of the party guests subsequently do The Marriage Course.

Note: You will need more volunteers to help with this session due to the additional guests and serving the meal.

### 2. Checklist

- materials from quick checklist on pages 12-13
- larger tables (for about 8-10 people each)
- invitations to the next Marriage Course
- centerpieces for each table
- decorations

### 3. Timetable

- 7.00 Welcome guests with a drink
- 7.30 Meal
- 8.10 Give a 5 minute warning
- 8.15 Welcome and introduction
- 8.20 Talk - What makes a marriage grow?

- 8.50 Testimonies by 3 or 4 couples who are on the current course\*\*  
(if not using Leaders' Toolkit filmed inserts - Session 8 Insert 12)
- 8.00 Conclusion - Guests are served coffee or tea and given an invitation to the next Marriage Course

\*\* The end of course questionnaires can help you select the testimony couples. Have a balance of couples who have been married for a shorter/longer length of time, who have/do not have children/whose children have left home, who have a strong marriage/who were experiencing difficulties in their marriage, so that each guest can relate to at least one of the testimony couples.



# Coping with Times of Separation

Extra session for those in the Armed Forces  
(and other couples required to spend time apart)

## 1. Overview

This session is designed particularly for those in the armed forces to help them cope with times of separation and the added challenges and pressures they face, especially when a partner goes into a combat zone. It will also be helpful to other couples who spend extended time apart as a result of illness or some other reason.

## 2. Checklist

- materials from quick checklist on pages 12–13

## 3. Timetable

- 6.45 Welcome guests with a drink
- 7.00 Meal
- 7.25 5 minute warning
- 7.30 Talk – Introduction
- 7.38 Exercise 1 (5 minutes): 'How has separation affected your relationship or how do you think it will affect you?'
- 7.43 Talk – The emotional cycle of deployment  
Stage 1: Anticipation of loss
- 7.55 Exercise 2 (5 minutes) – 'How will you protect your relationship from temptation while apart?'
- 8.00 Talk – Stage 1: Anticipation of loss (continued)  
Stage 2: Detachment and withdrawal
- 8.10 Exercise 3 (15 minutes) – Separation Evaluation
- 8.25 Talk – Stage 3: Immediate effects of separation  
Stage 4: Establishing a new routine  
Stage 5: Anticipation of homecoming

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- 8.38 Exercise 4 (5 minutes)  
"What do you look forward to most about your reunion?"
- 8.43 Talk - Stage 6: Renegotiating roles and responsibilities

8.56 Exercise 5 (25 minutes)  
Identifying roles and how separation affects these

9.16 Give a 5 minute warning

9.21 Talk - Establishing normal life together

9.27 Live talks: End with a short prayer. For example:  
*"A verse in the Old Testament says, "A cord of three strands is not quickly broken," and describes the strength of a marriage with God at the centre. So we'd like to pray for you now:  
"Lord we thank you for your promise to be with us wherever we are. We pray for each couple who is facing times of separation, that they would know they are not alone when they are apart from each other and that with your strength they would cope with the difficulties and temptations that they face.*

*"Please guide them and help them to grow in their understanding of each other so that their marriage would not only survive these times, but would become closer and stronger through them. We ask this in Jesus' name. Amen"*

Encourage couples to organize marriage time for the coming week.



**The  
Marriage  
Course**

**The Marriage Course is a series of seven sessions designed to help any married couple strengthen their relationship.**

**The course covers:**

- ▶ Building Strong Foundations
- ▶ The Art of Communication
- ▶ Resolving Conflict
- ▶ The Power of Forgiveness
- ▶ The Impact of Family - Past and Present
- ▶ Good Sex
- ▶ Love in Action
- ▶ Coping With Times of Separation - *an optional session mainly for those in the Armed Forces*



**Nicky & Sila Lee** have been married for over thirty-five years and have four children. They are on the staff at HTB, London, UK. They have spoken to thousands on the subject of marriage and family life, authored *The Marriage Book* and *The Parenting Book*, and created *The Marriage Course*, *The Marriage Preparation Course*, *The Parenting Children Course* and *The Parenting Teenagers Course*.

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