

MARRIAGE  
**COURSE**

After “I Do”  
THE COMPLETE GUIDE TO NEWLYWED LIFE

MODULE 1  
CONNECTEDNESS



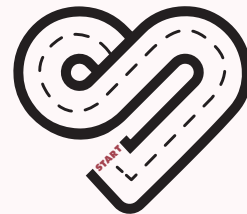
## MAIN IDEA

# CONNECTEDNESS IS THE FOUNDATION TO A GREAT MARRIAGE.

**CONNECTEDNESS** IS A \_\_\_\_\_ BUT ALSO AN \_\_\_\_\_.

It's kind of like accidentally plugging your phone in halfway overnight. Everything else in the phone can be in pristine condition, but if the connection is not right, nothing else can work. Plus, you may not realize it wasn't connected until it's too late and you're in a hurry or really need your phone to work! But if you're intentional about making that connection, you'll never be running on empty. You have to be connected before you can be fully charged and let your marriage work like you want it to!

**MARRIAGE**  
ISN'T THE  
DESTINATION,  
IT'S THE  
**START.**



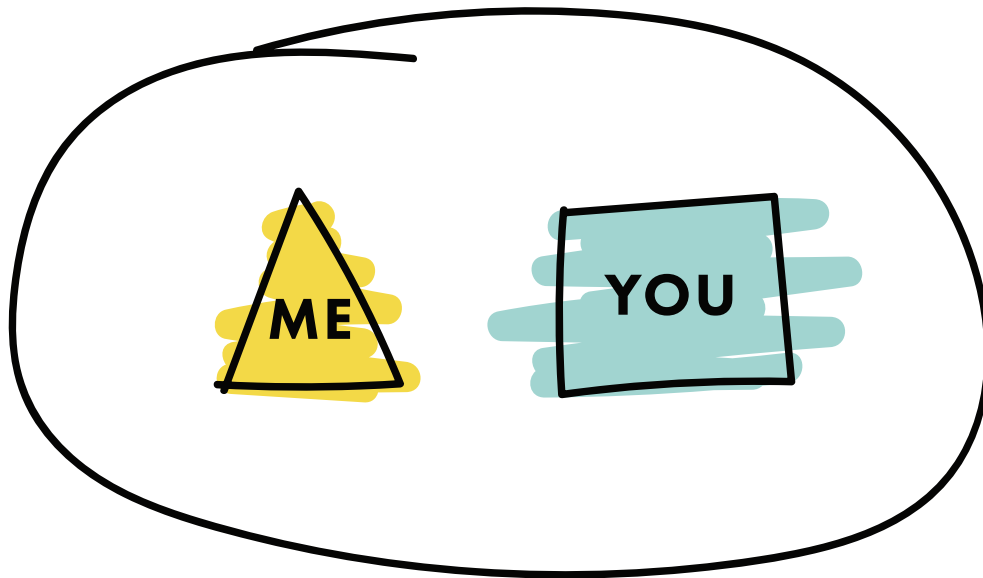
## CONNECTEDNESS CAN LOOK **DIFFERENT**

Signs of disconnection can look different from person to person. The key is to recognize it in yourself & your spouse and stop it before it gets too far. Talk through these questions to connect:

- **What are my signs of disconnection?**
- **Have you seen them in me?**
- **When I see them in you, how can I help us get back on track?**

# THE COST OF CONNECTION

Because connection is different depending on the person, it can seem like it comes with a price. It might feel like you're *sacrificing your individuality* in order to connect well with your spouse, but we beg to differ! Take this illustration for example:



## OUR MARRIAGE

It might seem simple, and that's because it is! **You and your spouse are different (hence the different shapes)**. When you get married, *you don't merge shapes, you just surround yourself with a circle of connectedness!* And actually, you now have *more room to grow together*. You're not losing yourself, but **becoming a better version of yourself**. The stronger that circle of connection is, the more you'll become each other's biggest cheerleader.

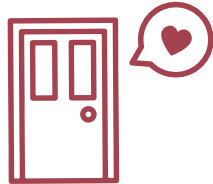
THE CORE OF **WHO YOU ARE** WON'T CHANGE,  
BUT THE CORE OF **WHAT YOU DO** MIGHT.

# HOW TO STAY CONNECTED

According to studies by Relationship Researcher, Dr. Linda Duncan, there are four powerful points of connectedness between couples. When done well on a regular basis, they can have a significant impact on the intimacy level in your marriage!



**HOW YOU  
WAKE UP**



**HOW YOU PART  
FOR THE DAY**



**HOW YOU GREET  
EACH OTHER**



**HOW YOU SAY  
GOODNIGHT**

WHAT'S ONE WAY YOU CAN MAKE  
THESE POINTS A HABIT **EVERY DAY**?



## REMEMBER

♥ Appreciation can be a great way to break barriers to connection. Even just saying “thank you” can make a difference. ***Make it more fun with this DIY date night!***

♥ Great connection leads to **stronger intimacy**, both emotional and physical! They feed into each other - when one grows, they both grow.

♥ Other ways to strengthen your connection include implementing a **regular date night**, cultivating **great communication and listening skills**, and learning how to have **healthy conflict** – luckily, all topics we will be covering! Hooray!



CONCLUSION

BE INTENTIONAL  
ABOUT CONNECTING.

Without a foundation of connection, your marriage will feel dull, off, and just plain not as fun as it could be! But when you intentionally take time to love on, connect with, and support your spouse, so many other things will come easier in your marriage. **For a more in-depth look at specific ways to connect, check out the Date Night, Communication, Conflict, and Intimacy lessons!**

LET'S NOT FORGET:

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