

MARRIAGE
COURSE

After “I Do”
THE COMPLETE GUIDE TO NEWLYWED LIFE

MODULE 3

MONEY



MAIN IDEA

MANAGING FINANCES AND SETTING FINANCIAL BOUNDARIES AS A TEAM IS IMPORTANT TO THE HEALTH OF YOUR MARRIAGE.

WHY IS **MONEY** SUCH A BIG PART OF MARRIAGE?

MONEY IS ONLY A _____. IT WILL TAKE YOU WHEREVER YOU WISH, BUT IT WILL NOT REPLACE YOU AS THE DRIVER.



HOW YOU VIEW MONEY
CAN DISRUPT YOUR CONNECTION

MONEY AND LOW LIBIDO

- When you're **stressed about finances**, sex is often the **last thing** on your mind.
- Stress is a chemical reaction in your brain. When you're stressed, your body will produce high amounts of the hormone cortisol. When high amounts of cortisol are produced for a long period of time, other hormones will be suppressed. **The sex hormones are the first to be attacked.**

MONEY AND STRESS

- Being **stressed creates a division** between spouses.
- The longer money stress builds up in your relationship, **the less sex and intimacy will be present** between the two of you. In this season, it becomes easier to distance yourself from each other *without even realizing it*.

MONEY AND SEX

- Sex has been proven to **alleviate stress-induced tension**. If stress reduces the desire for sex, how do you set the mood?
- It starts with **communication** and **commitment**.
- **Designate a time to talk about finances and make a plan to walk the financial road together**. And regardless of how much money is in the bank, *make a commitment to keep sex and intimacy a priority in your marriage.*

MONEY AND LIFE

- Keep financial stress at a minimum by developing a **plan to manage your money**.
- The two of you can be on the **same page**, even when buying an item that's not in your spending plan.

HOW DO EACH OF YOU VIEW MONEY?

The Newlywed Money Game

Sit back-to-back with a piece of paper and a pen, answer these questions, then compare and discuss your answers with your spouse.

1. WHICH ONE OF YOU IS MORE LIKELY TO...

- Spend \$100+ on new shoes?
- Save up for a splurge purchase rather than spontaneously buying it?
- Give money to someone in need?
- Want to go out to eat every night of the week?
- Put together a spending plan for us to follow?
- Feel limited/trapped by a spending plan?
- Splurge on home goods? Groceries? Clothes?



2. WHAT ROLE DID MONEY PLAY IN YOUR HOME GROWING UP?

IMPORTANT QUESTIONS TO TALK ABOUT

- ♥ How did your parents handle money? Were they open with you about it?
- ♥ Did your parents teach you finance basics? If not, where did you learn/did you?
- ♥ What are things your parents did financially that you liked? That you didn't like?



HOW TO KEEP THE CONVO GOING

SET A **WEEKLY OR BIWEEKLY MEETING** TO DISCUSS YOUR _____ . REVISIT YOUR GOALS AS NEEDED. (DIFFERENT SEASONS OF LIFE BRING DIFFERENT NEEDS.)



OUR FINANCIAL GOALS ARE:

- ★ _____
- ★ _____
- ★ _____
- ★ _____

- ♥ Are we prepared if one of us loses a job? How can we be more prepared?
- ♥ How would you feel if I got a raise?
- ♥ Would you be comfortable making a major purchase now/soon? (Car, house, etc.)
- ♥ If one of us desires a career change, do you feel good about talking through the financial implications together?
- ♥ What do you think should be our goal with paying off debt?

WHAT IS A **SPENDING PLAN**?

It's a way to allocate your funds monthly. Look at what you regularly spend on. Rather than minimizing your money by looking at where it goes each month, create a spending plan that allows you to allocate your funds to the maximum!

Our Spending Plan

MONTHLY INCOME	
INCOME #1	\$
INCOME #2	\$
TOTAL	\$

HOUSE EXPENSES	BUDGET	ACTUAL	DIFFERENCE	NOTES
RENT/MORTGAGE	\$	\$	\$	
HOME INSURANCE	\$	\$	\$	
ELECTRICITY/GAS	\$	\$	\$	
WATER/SEWAGE	\$	\$	\$	
TELEPHONE	\$	\$	\$	
INTERNET	\$	\$	\$	
CABLE/SATELLITE TV	\$	\$	\$	
GARBAGE/RECYCLING	\$	\$	\$	
AUTO EXPENSES	BUDGET	ACTUAL	DIFFERENCE	NOTES
CAR PAYMENT	\$	\$	\$	
GAS	\$	\$	\$	
MAINTENANCE	\$	\$	\$	
REPAIRS	\$	\$	\$	
AUTO INSURANCE	\$	\$	\$	
LIVING EXPENSES	BUDGET	ACTUAL	DIFFERENCE	NOTES
GROCERIES	\$	\$	\$	
CELL PHONE	\$	\$	\$	
CLOTHING	\$	\$	\$	
PET CARE	\$	\$	\$	
ENTERTAINMENT	\$	\$	\$	
DINING OUT	\$	\$	\$	
PERSONAL CARE	\$	\$	\$	
SUBSCRIPTIONS	\$	\$	\$	
TRAVEL	\$	\$	\$	
CHARITY/GIFTS	\$	\$	\$	
DECOR	\$	\$	\$	
DEBT	BUDGET	ACTUAL	DIFFERENCE	NOTES
STUDENT LOANS	\$	\$	\$	
CREDIT CARDS	\$	\$	\$	
MEDICAL BILLS	\$	\$	\$	
OTHER	\$	\$	\$	
TOTAL EXPENSES	\$			

UNDERSTANDING GOALS FOR YOUR FINANCES

Create your own money mission statement!

Your money mission statement should encompass your family's view on spending, saving and the purpose of money. How important is it to save? To buy/have nice things? To share with the less fortunate? This statement could set the tone for generations to come. Write it down here:

OUR MONEY MISSION STATEMENT

LIVE. GIVE. OWE. GROW.

You have to have money to live, you'll want to have money to give, you're gonna have money to owe (even if you're debt-free, everyone pays taxes), and you'll need money as you grow older. **Make sure your money is set up to handle these 4 things and everything else will fall into place.**

CONCLUSION

MONEY DOESN'T HAVE TO BE A MASSIVE STRESSOR IN MARRIAGE.

Use the tools we've provided to help you communicate about money. If you have specific financial questions, seek out the counsel of a financial advisor.