

At First Alliance Church we believe that the healthiest marriages are those where both husband and wife are putting time and energy into growing significantly in their personal relationship with Christ and in their marriage by putting Him at the center.

Every married couple also needs to invest in ongoing training and education to further understand and live the godly and abundant lives intended by God. Our vision is that marriages at FAC will be more resilient and thereby resistant to the whims of society, and that they will display cases of Christ's relationship with the church in their circles of influence.



The following GYM (Growing Your Marriage) small group studies cover a variety of subjects to build relational strength, promote communication, and enhance intimacy in marriage.

Sign up to pre-register for any one of these studies. When we have 4-6 couples pre-registered, we will let you know when we schedule a date and time for the next study to begin.

For more information, email [marriage@faccalgary.com](mailto:marriage@faccalgary.com) or call 403-258-8290.

## Grow Your Marriage Small Group Studies



all for  
**JESUS**

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First Alliance   
**marriage matters**  
Building Marriages that Honour God

## Love and Respect (DVD)

Taped at a two-day Love and Respect Seminar, this study teaches couples about the often-missed needs in a marriage—a husband's need for respect and a wife's need for love. The underlying scripture for the study is Ephesians 5:33 "Let each one of you love his wife as himself, and let the wife see that she respects her husband." Emerson and Sarah point out that women innately know how to love, and men innately know how to show respect. That's why God asks women and men to go outside their comfort zones—instructing men to love their wives and women to respect their husbands. This study will engage your heart and mind with truth, laughter and the opportunity to see each other in ways you may easily have missed.

## From Anger to Intimacy (DVD)

Join Gary Smalley and Ted Cunningham as they explore the roots of anger and the problems it brings into our relationships. Typical responses are to "stuff it" or "spew it", but in this 6-week DVD study you will learn a third and healthy option – "studying it".

They remind participants that, "anger is like drinking poison, expecting others to get sick." Gary & Ted help you discover the antidote – processing the anger, recognizing and conquering the roadblocks, and ultimately seeking forgiveness. Whether the anger is over something small or something with unimaginable roots like addiction and infidelity – this study has the power to help transform your marriage into one that gives Glory to God – as designed before Creation.

## The 5 Love Languages (DVD)

A 5 to 7 week DVD Study. Dr. Chapman discovered that there are five key categories, or five love languages, that we use to express love and receive it from one another. He believes we all identify primarily with one of them:

- Words of Affirmation
- Quality Time
- Receiving Gifts
- Acts of Service
- Physical Touch and Closeness

Since his book *The 5 Love Languages™* debuted in 1992, millions of marriages and relationships have discovered these truths and used them to find healthy change in the ways they express love to one another. Those couples who have brought these time-tested truths into their marriage have often seen a rebirth of the love they thought was gone, never to return.

## Grace Filled Marriage (Book)

What's Grace Got to Do with It? What determines the level of satisfaction in a marriage? Mutual interests? Personality? Trying harder? In fact, the number one way to find satisfaction in marriage is determined by our ability to give and receive grace. More than simply "nice," grace is that game-changing ingredient that enables us to treat each other the way God treats us. Tim and Darcy Kimmel know this from their own experience of four decades of marriage and parenting four children. In *Grace Filled Marriage* they explore questions such as:

- What does grace look like under pressure?

- How does grace carry you through the dark chapters of your love story?
- What does grace-filled sex look and act like?
- How can you practice grace even when your spouse doesn't?
- How can God's grace in your marriage lead to more excitement and passion in your marriage?
- How can God help you make grace the default mode in your marriage?

Whether your marriage is just beginning, seems healthy, or is struggling on life support, a deeper understanding of the power of grace will help it not just survive, but thrive. This study includes an extensive study guide for individuals or groups.

## Sacred Marriage (DVD)

What if God designed marriage to make us holy instead of happy? Your marriage is much more than a union between you and your spouse. It is a spiritual discipline ideally suited to help you know God more fully and intimately. *Sacred Marriage* is a six-week small group DVD study that guides you to the "how" and "why" of building a great history together as you travel the journey God designed to last your lifetime. Dr. Gary Thomas is both thought provoking and engaging in a lighthearted manner. Whether your marriage is delightful or difficult, this study has the potential to transform it into a doorway to a closer walk with God.

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