Dedicated to the Building of Strong Marriages™

“That is why a man leaves his father and mother and clings to his wife, and the two of them become one body.” Genesis 2:24
# TABLE OF CONTENTS

### Session One:

1. God's Plan for Humanity .................................. 12
2. The Break of Sin .................................. 17
**Love letters** .................................. 24-28
**Documents:** .................................. 29
  1. Mary’s Greatness .................................. 31
  2. Woman as Guardian of Purity .................. 34
  3. The Role of Father ................................. 38
  4. The Devil .......................................... 42

### Session Two:

1. The Sacrament of matrimony ........................... 46
2. The catechism of the Catholic Church .............. 49
3. Letter of St. Paul to the Ephesians .................. 56
4. Forgiveness .......................................... 58
5. Your Body is a Temple ................................. 60
**Love Letters** .................................. 62-66
**Documents:** .................................. 67
  1. The submission of the woman ..................... 69
  2. Forgiveness Documents ............................ 72
  3. Escape the bondage of pornography ............. 80
  4. Letter of God to a teenager ....................... 85

About the authors ................................. 6
What to expect ................................. 8
Presentation ................................. 9
Session Three:

The Rite of Marriage ........ 90
1) Freely and without reservations ............................................. 91
2) To give yourselves to each other ........................................... 92
3) For the rest of your lives ....................................................... 97
4) Will you accept children ......................................................... 98
5) I take you ............................................................................. 102
Quizzes .......................................................... 104
Documents: .......................................................... 117
1) Righting the Wrongs in Modern Sex and Marriage ...................... 119
2) Parenthood in the footsteps of the Holy Family ......................... 123
3) The Harms of Contraception ................................................. 135
4) The Root of the Problem Poster ............................................. 137

Session Four:

1) Relationship tools ............................................. 140
2) Money .................................................. 153
3) Adultery .................................................. 155
4) Communication ............................................. 156
5) Daily Prayer .................................................. 159
Love letters .......................................................... 162-166
Documents: .......................................................... 167
1) Just because you’re hearing .................................................. 169
2) Working together with I messages ........................................ 172
3) Letting Go of Anger .................................................. 175
4) How to shift gear when you stalled ........................................ 178
5) The family under Siege .................................................. 180
6) Consumerism: a subtle corroder of virtue ................................ 183
7) Listening in prayer .................................................. 186

Supplement:

1) Feedback sheet ............................................. 190
2) Cash Flow Sheet ............................................. 193
3) Entrusting our couple to God ............................................... 195
4) List of useful books .................................................. 197
5) Works cited .................................................. 199
6) Humanae Vitae Questionnaire ............................................. 201
7) Contraception Why Not Questionnaire ................................ 203
Christian and Christine Meert were married July 2, 1977. They are French and moved to Colorado in July 1999. They have five daughters and several grandchildren.

During their first year of marriage, Christian and Christine lived in Nebraska, where Christian worked for an international irrigation company. They moved back to France after one year but kept working for the same company for fourteen years.

They experienced a deep conversion and made a drastic change in their life in 1990 when they decided to join, with their children, a Catholic community in France, leaving everything behind: job, family, friends, and house.

In 1999, Archbishop Chaput invited their Community to start a house of prayer in Denver. Christine and Christian ran this new mission until the summer of 2003. During this time, they started teaching Marriage Preparation classes for the Archdiocese of Denver.

In the fall of 2003, they took a sabbatical from their community to focus more on their call to help couples to prepare for marriage. In February 2004, a couple from the Western Slope asked for their help. Matt and Molly, living so far away, were unable to attend marriage preparation classes in Denver. Christine suggested that they do it via email, and this is how the website idea came up! Christian and Christine have now left their community to fully devote their time and strength to marriage preparation.

CATHOLIC MARRIAGE PREPARATION, LLC
www.CatholicMarriagePrep.com
1-(866) 425-7193
November 4, 2004

TO WHOM IT MAY CONCERN:

Catholic Marriage Preparation, Inc.'s, program is a valuable resource to prepare couples for marriage and orient them toward a shared, Christ-centered life.

I invited Christine and Christian Meert to teach marriage preparation in the Archdiocese of Denver in 1999. Since then, hundreds of couples have successfully completed their classes as part of the archdiocesan marriage preparation program.

I have found the Meerts to be excellent leaders in building strong Catholic families. They now offer their classes online. This allows couples with difficult schedules or living in different states to have quality marriage preparation as well. Their classes – both online and in person -- are deeply rooted in the guidance of the Church and John Paul II's teachings on sexuality, marriage and family life.

I'm pleased to offer the Meerts and their apostolate my blessing and support.

Sincerely yours in Christ,

Most Reverend Charles J. Chaput, O.F.M. Cap.
Archbishop of Denver
WHAT YOU CAN EXPECT FROM THIS COURSE

Our Philosophy:
We want you to remember what you’re going to learn, and the best way for you to do so is to search for the answers yourselves. This way, you will come to own your knowledge. This means that we will put you to work! Of course, we will also give you the teachings of the Catholic Church rooted in Scriptures, and we will talk a lot about God!

You are working on one of the most important steps of your life, and you are investing in a lifelong commitment. Do you want to be successful? We think it is worth the time and effort.

The Course:
Each evening includes a series of questions that you will need to answer either as a class, in groups, or as a couple.

At the end of each evening, you will find some homework.

1) Love letters. We suggest that you write them individually and keep them secret until the end of the course. Then, when we are finished, you may exchange them right away, or save them for your honeymoon. We will not check if you write the letters or not. This is your responsibility.

2) At the end of each chapter we will give you a set of Documents concerning the subject which we covered in the chapter. They are the second part of your homework.

Starting on the second evening, we will give you an oral quiz about the preceding evening. We want you to remember what you learned! After the quiz, you will receive a summary of the preceding evening.

Our Goal:
This course is meant to help you dig deep foundations for a life-long happy and holy marriage. Good luck and God bless you in this time of preparation!

Christine and Christian
Your names

Where are you from?

What is your occupation?

How did you meet?

Fun stories about your beginnings

Why do you want to get married in the Catholic Church?
SESSION ONE

GOD’S PLAN FOR HUMANITY

Understanding God’s original plan of love for man and woman, how sin distorted it and affected marriage, and how God’s original plan is restored.

1) God’s Plan for Humanity ............................................. 12
2) The Break of Sin .......................................................... 17
Love letters ................................................................. 24-28
Documents: ................................................................. 29
1) Mary’s Greatness ....................................................... 31
2) Woman as Guardian of Purity .................................... 34
3) The Role of Father ..................................................... 38
4) The Devil ................................................................. 42
In this text, what is the vocation of Humanity as a whole?

What would be your own definition of God? (In a few words)
MAN

Genesis Chapter 2: Second Creation Account (verses 4, 7-9, 15-20)

4. At the time when the LORD God made the earth and the heavens...

5. the LORD God formed man out of the clay of the ground and blew into his nostrils the breath of life, and so man became a living being.

6. Then the LORD God planted a garden in Eden, in the east, and he placed there the man whom he had formed.

7. Out of the ground the LORD God made various trees grow that were delightful to look at and good for food, with the tree of life in the middle of the garden and the tree of the knowledge of good and bad.

8. The LORD God then took the man and settled him in the garden of Eden, to cultivate and care for it.

9. The LORD God gave man this order: “You are free to eat from any of the trees of the garden except the tree of knowledge of good and bad. From that tree you shall not eat; the moment you eat from it you are surely doomed to die.”

10. The LORD God said: “It is not good for the man to be alone. I will make a suitable partner for him.”

11. So the LORD God formed out of the ground various wild animals and various birds of the air, and he brought them to the man to see what he would call them; whatever the man called each of them would be its name.

12. The man gave names to all the cattle, all the birds of the air, and all the wild animals; but none proved to be the suitable partner for the man.

What is man made of?

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

How does being made of clay affect man’s personality?
Tendency to be more practical and active, or more unrealistic, fanciful and passive?

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________
Her Love Letter

This page should deal with:
- Your dreams about your marriage.
- The place you want to give to God in your relationship and why.
- Your feelings and reflections about what you learned on the vocations of man and woman.
- Your reflections on your relationship in the light of what you learned about sin: do you feel that you want to possess him sometimes? How could you solve this?