



CiNTA
ABADI
...Marriage of a Lifetime



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START IT RIGHT

Congratulations! You have made the right choice to invest the next two days as part of your preparation to embark on your next phase of life. Marriage is an exciting journey of discovery for yourself and your partner. Therefore, it is important to start it right.

Is it really possible to be in love forever? Or stay in a marriage throughout your life? While it may not be possible to be in the euphoria of being in love forever, it is certainly possible to stay married forever.

It is normal for a couple to have conflicts and clashes of interests. It happens even among the most understanding and loving of couples. What really matters is to resolve the conflicts in the spirit of mutual respect.

Cinta Abadi...Marriage of a Lifetime is an enhanced resource for couples preparing for marriage for the first time. By going through the resource either alone, or as a couple led by the marriage educators, participants will think through issues in a marriage before finalizing their decision to enter into one.

As your journey in life gathers strength, you'll discover that no one can guarantee happiness, but with sustained commitment and effort, endurance and understanding, one can definitely achieve it. Insha-Allah.

GOAL-SETTING

We would like to know what you hope to achieve by the end of this Marriage Preparation Course. It could be a gain in knowledge about a particular topic in marriage, a skill you'd like to learn, or a change you'd like to see in yourself. Please take some time to complete the following:

By the end of this course, I hope to achieve the following goals:

1. _____
2. _____
3. _____

I know that I would have achieved these goals when I am able to do the following:

1. _____
2. _____
3. _____



A SPIRE FOR A MARRIAGE THAT LASTS

CHAPTER **ONE**

In this chapter, you will:

- 1 Understand and acknowledge the changes and adjustments needed in your Values, Knowledge and Behaviour.
- 2 Be introduced to elements of self-mastery for a successful marriage.
- 3 Understand that a good marriage is a wonderful experience; bliss built on the pillars of love and blessings.
- 4 Identify your own Vision for the marriage.





BUILD A COLLABORATIVE MARRIAGE

CHAPTER TWO

In this chapter, you will:

- 1 Reflect on how your own/partner strengths and weaknesses affect the marital relationship.
- 2 Gain knowledge of skill needed to face the challenges.
- 3 Discuss the values of "Rahmah", "Ihsan" and "Redha" that are essential in building a collaborative marriage.





A CCEPT AND FULLFILL MARITAL RESPONSIBILITIES

CHAPTER **THREE**

In this chapter, you will:

- 1 Acquire knowledge of how to plan a budget based on needs and resources.
- 2 Understand the importance of clear roles and responsibilities.
- 3 Understand the impact of poor management of roles, responsibilities and finances.
- 4 Get to discuss and negotiate roles and responsibilities.





D

EMONSTRATE LOVE, PASSION & INTIMACY

CHAPTER **FOUR**

In this chapter, you will:

- 1 Understand the exclusivity and mutuality of sex and intimacy, given the guidelines that Islam provides.
- 2 Discuss important factors to consider in starting a family.
- 3 Discuss ways to strengthen emotional bond with partner.
- 4 Understand the role of sex and intimacy in the context of family life, across the different phases of marriage.





INVEST IN BUILDING SUPPORTIVE RELATIONSHIPS

CHAPTER FIVE

In this chapter, you will get to discover the following:

- 1 Fitting your in-laws in your marriage.
- 2 Ways to save your marriage if things get too hot to handle.
- 3 Tips on sustaining your marriage.