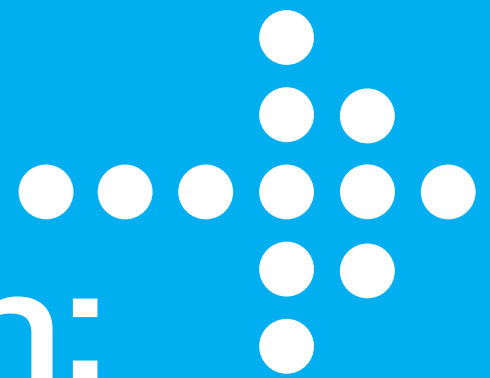




Preventing Marital Breakdown:



Creating Proactive Support Systems in Your Church

2025 unPredictions Team Playbook

Marriages Will Be Struggling: With nearly half of American marriages facing challenges, churches must bolster their support for couples. This might mean enhancing premarital counselling, hosting marriage enrichment retreats, or using resources like the [Alpha Marriage Course](#) to provide practical, relatable guidance.

This playbook equips church leadership teams to reflect on and apply insights from the podcast episode featuring Nicky and Sila Lee. It focuses on creating proactive support systems to strengthen marriages, reduce crises, and build a marriage-positive culture in your church.

Opening Reflection

Discussion Starter Questions:

1. "What does our church currently do to support and strengthen marriages?"
2. "Are we more reactive or proactive when it comes to addressing marital issues?"
3. "What would a church-wide culture of marriage support look like in our context?"

Nicky and Sila Lee emphasize that prevention is better than cure. Churches need to proactively invest in marriages by normalizing ongoing support and creating environments where couples can thrive..

Learning from the Expert

Key Takeaways from Nicky and Sila Lee:

- **Proactive Investment:** Don't wait for crises—provide consistent opportunities for couples to grow and strengthen their relationships.
- **Safe, Private Environments:** Create spaces where couples can engage without fear of judgment, like the privacy of one-on-one discussions during marriage courses.
- **Hospitality as Ministry:** A welcoming, date-night atmosphere communicates care and value to couples.

Discussion Questions:

1. "How can we make marriage support a consistent and integral part of our ministry?"
2. "What role does hospitality play in creating an inviting environment for couples?"
3. "How can we ensure that all couples—regardless of their marital health—feel comfortable attending?"

Analyzing Your Church's Strategy

Exercise 1: Assess Your Current Marriage Ministry

- **Task:** List all current programs, events, or support structures aimed at helping couples in your church.
- **Discussion:**
 - Are these programs accessible to all couples?
 - Do they focus on prevention or crisis management?
 - What gaps exist in our approach?

Exercise 2: Create a Marriage Support Pathway

- **Task:** Map out a pathway that includes pre-marriage preparation, early years support, and ongoing enrichment.
- **Prompts:**
 - How can we integrate tools like the pre-marriage and marriage courses into our pathway?
 - What role can small groups or mentorship play?

Action Steps

Quick Wins:

1. Begin promoting marriage enrichment courses using testimonials and endorsements from trusted leaders in your church.
2. Host a one-time "Marriage Date Night" event to spark interest and awareness.
3. Provide a starter guide for couples that includes practical tools for communication, conflict resolution, and goal-setting.

Long-Term Goals:

1. Launch a regular marriage course, such as Nicky and Sila Lee's pre-marriage and marriage courses, as a foundational part of your church's ministry.
2. Train a team of marriage mentors who can walk alongside couples at various stages of their relationships.
3. Shift your church culture to normalize marriage enrichment as an essential and ongoing investment, not just a reaction to crises.

Team Challenge

Challenge Question:

"What is one immediate step we can take to proactively invest in the marriages in our church?"

Each team member identifies one practical idea—whether it's hosting an event, creating a resource, or initiating a conversation with a couple—that they can implement within the next month.

Closing Reflection

Prayer Prompt:

- Pray for wisdom and creativity as your church seeks to strengthen marriages in your community.
- Pray for couples in your church who are struggling, that they may find healing and hope through the support your church provides.

Team Challenge:

This week, I will reach out to one couple in our church to offer encouragement and invite them to engage with our marriage ministry.

