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PREMARITAL COUNSELING: AN EFFECTIVE TOOL FOR MARITAL
SUCCESS

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ABSTRACT

Marriages as with most issues of life do not work on good intention. In view of this pre-marital counselling as a tool in preparing couples for marriage becomes extremely important in ensuring the permanence, stability and the success of Christian marriage as well as the happiness of married couples. The emotional factor in preparing for marriage needs to be stabilized by the pastor and thus he serves as an examiner of the emotional readiness and maturity of the intending couples for marriage.

The essence of this research work is to identify and evaluate the impact of premarital counselling as a Tool for marital success in Christian home. The pre-marital pastoral counseling seeks to help the intending couple to understand their needs, values and communicate thoughts and feelings in ways that inspire mutual trust and acceptance. It further helps to recognize potential areas of conflicts in the relationship and also encourages growth which explores insights into life, love, living and sharing activities that both enjoy.

Finally, the need for an adequate premarital pastoral counseling programme which is turn can help strengthen and stabilize marriage is a motivator towards this writing. This would be done by reviewing past works on premarital counselling. Questionnaire will be administered among Christian couples. This questionnaire would be administer using statistical method and recommendation would be made in this regard

CONCLUSION

Marriage is a great commitment; therefore it should not be taken lightly as it is intended to be a permanent union between a man and his wife. Usually, a marriage relationship involves major investment emotionally, psychologically, socially and economically. Marriage goes beyond the wedding day. Successful marriage needs skills. This skill can only be acquired through learning. This is achievable through premarital counseling cannot be over emphasis. It is the role of the church through the pastor to prepare intending couple for the challenges of the married life. Premarital counseling is a useful tool in preparing intending couples for success in their marriages even before it starts.

Learning is requiring in marriage. It is, therefore, wisdom for an intending couple to take the time to assess their relationship and learn all that they can before the big day, when they exchange their vows. If the church will devote more time and

resource to premarital counseling, this will help the church to prevent spending lots of time and energy in resolving marital conflict among members.

RECOMMENDATION

1. Premarital Counseling should start at least three months before the proposed wedding date. It should not be a rush over programme.
2. Where a church cannot afford to engage a minister on counseling, church within an association should team up to do this.
3. The church should do more teaching on God's purpose and idea for marriage
4. The church is the ideal place to talk about sex. The church should create such atmosphere.
5. Intending couples should approach premarital counseling with a teachable spirit.
6. Conflict resolution should be core issue for discussion in premarital counseling.
7. Parent and senior friends should be engaged in mentoring intending couple.
8. The church should have a policy as regards duration and time of premarital counseling.