

## HOW TO WRITE THE PRESENTATION

The DIALOGUE QUESTIONS listed in each talk are for written reflection and dialogue by the presenting couple. Allow enough time to do a thorough job. Once this is done the OUTLINE FOR PRESENTATION will serve as a guideline for putting the feelings and thoughts expressed in answering the questions into an honest and open presentation. Twenty minutes is a good time length to work toward.

Make sure there are feeling words and concrete examples in the talk. If there is something you simply can't share at this time, work with the other questions or something that might occur to you because of the topic. These are only guidelines meant to help you look at your vivencia. Use personal pronouns, I, we, etc., and avoid lecturing or teaching. Again, it is the personal experience of what you learned or perceived that is valid in this type of talk.

We, the Image Training Team for Milwaukee Marriage Encounter, will go on record as saying the greatest personal growth takes place when we take on a topic that is somewhat "touchy". We promise growth in confidence and in other areas of your married life as you become a presenting couple.

HDIF - How do I feel?

HDIFAT - How do I feel about that?

HDTMMF - How does that make me feel?

WELLNESS - PART II: FINANCIAL AND SPIRITUAL

Wellness, as defined by the Image Training Team, is how together we are in every aspect of our lives - the total picture of ourselves as individuals and as a couple.

PURPOSE: To show how our wellness is affected by the financial and spiritual aspects of my/our life.

DIALOGUE QUESTIONS BEFORE WRITING PRESENTATION:

Before preparing your presentation, answer the following questions in writing and then dialogue on them.

1. How do I define my spiritual wellness?
2. Am I as spiritually healthy as I would like to be?
3. How does this affect us as a couple?
4. How do I define financial wellness?
5. Are we as financially well as I would like to be?
6. How does this affect us as a couple?
7. Is my spiritual life built on God, the loving Father, or on God, the Just (love or fear)?
8. How does this affect the way I live?
  - a. Am I able to do anything I want to because God, the loving Father, forgives all my sins?
  - b. Do I live according to the commandments because God, the Just, will punish me if I don't?
9. Does my financial wellness affect my spiritual wellness? If so, how?
10. What can I do to stay healthy spiritually?
11. What can I do to stay healthy financially?
12. Do I think it is important to take a personal inventory of my spiritual and financial wellness? Explain.
13. Have I grown in my spirituality? Why/why not?  
HDTMMF?

TELEPHONE QUESTIONS FOR COUPLES:

Do all aspects of my life lead me to God? Why/why not? HDTMMF?

OUTLINE FOR PRESENTATION:

Suggested time for your presentation is twenty minutes.

I Introduction

- A. State the purpose of the talk as given above.
- B. Give the definition of wellness.
- C. Define what spiritual and financial wellness means to you.
- D. Define what couple wellness means to you.

II Body

A. Spiritual Wellness

- 1. What can I do to stay spiritually healthy?
  - a. As an individual?
  - b. As a couple?
  - c. Other?
- 2. HDIF when I am/am not spiritually healthy? Give an example.
- 3. How is the church or Christian community a factor in my spiritual well-being?

B. Financial Wellness

- 1. What can I do to help us to be healthy financially?
- 2. HDIF when we are/are not in the state of financial wellness? Give an example.
- C. Does our financial wellness affect my spiritual wellness or vice versa?

III Conclusion

What insights or realizations have I gained by writing

this talk and dialoguing with my spouse? Will I be changing anything that I am doing? If so, what? If not, why not?

SHARING QUESTION FOR THE MEETING (BEFORE PRESENTATION):

What was the best thing that happened to me this week?

DIALOGUE QUESTIONS FOR THE MEETING (AFTER PRESENTATION):

How spiritually well are we as a couple? HDTMMF?

SCRIPTURE READING:

John 15:16,17