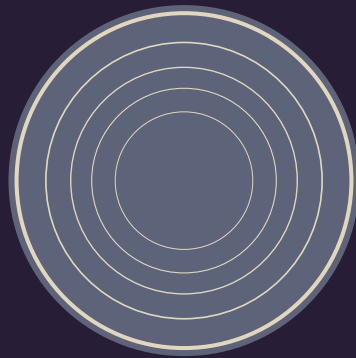


THE  
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Session Notes



# PART ONE: LOVE IS A CHOICE

## TOP TIP

Make choices that show you are willing to put your partner first – be prepared, they may require you to make sacrifices!

“Sometimes our actions speak loudest of all.”

SIM DENDY



**Q1.** Are there any 'red flags' in your relationship?

What boundaries do you need?

**Q2.** When have you chosen to make sacrifices for each other? Why did you make those choices?



“A greater tragedy than a broken dream is to have our lives forever defined by it.”

SHERIDAN VOYSEY



## PART TWO: WHEN THE GOING GETS TOUGH

### TOP TIP

Agree together on any boundaries which will help you protect your relationship.

“Commitment is just a word until it's tested!”

JACKIE AND HEATHER  
DAVISON



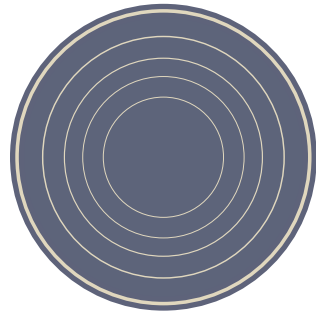
- Q1.** What tough times have you experienced together? What helped you to come through them?
- Q2.** Can you remember the vows you said to each other on your wedding day? Which of those vows means the most to you at the moment? Share your answers with each other.



“When tough times come we need to love not just with the heart, but with the will.”

ROB PARSONS





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### Care for the Family resources

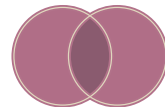
If you enjoyed this session, check out the others:



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COLLABORATE

Care for the Family has a wide range of resources for couples including podcasts, books, events and articles.

[cff.org.uk/themarriagesessions](https://cff.org.uk/themarriagesessions)



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