



Anna-Lisa:

At the time that Kevin and I signed up to host and attend our first MIC Seminar, we thought things were going fairly well in our marriage. We were working through the challenges that life brings with raising children, jobs or lack thereof, and a seemingly decreasing ability to spend quality time with each other. Then right away that first week of the seminar we started experiencing some good things – while we both have had individual prayer times, we weren't in the habit of praying together as a couple, and taking **10 minutes each day to pray together** using the format in the Seminar Manual has changed our comfort level in doing that. We tried some of the **suggestions for growing in friendship and intimacy** and we've gotten to know one another better – even after 20 years of knowing each other! Our friendship has grown, both with one another and with God. Our culture has convinced us that there are better ways to spend our time – we are bogged down with household chores, we have bills to pay, friends to socialize with and so many other things we're 'committed' to. We have found that **giving our marriage some specific time and attention** has proved to be incredibly rewarding.

Kevin:

What I have enjoyed about the Marriage in Christ Seminar is **how practical it is**. Having everything organized and presented in an easy-to-follow manual makes it effortless to incorporate into your daily married life. The 10 minutes of daily prayer together and exercises that lead to more communication with your spouse lead to some good times! Even more important, growing in my relationship with the Lord has made a huge difference in my relationship with Anna-Lisa and with our children. The Marriage in Christ seminar is not about emotions and feelings, it is about growing in our relationship with the Lord and with our spouse. The seminar gives you the tools to make this happen.