



# Marriage Preparation

## Natural Family Planning

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## Theology of the Body

# Course for Engaged Couples

*“For this reason, a man shall leave his father and his mother, and be joined to his wife; and they shall become one flesh.”*

GENESIS 2:24

## Natural Family Planning

- A complete overview of the Creighton Model FertilityCare™ System founded by Dr. Thomas Hilgers, MD (couples are equipped to start charting cycles right away)
- Understand various biomarkers that indicate fertility or infertility without the need for contraception
- The history of NFP, Humane Vitae, and data demonstrating the effectiveness and benefits of NFP for marriage, health and the spiritual life of both spouses
- The shared responsibility of the spouses with regard to responsible parenthood and family planning

## St. Pope John Paul II's Theology of the Body

- God's design of the human person and the Language of the Body
- The nature and purpose of love and marriage along with the importance of living the marriage vows totally, fruitfully, faithfully, forever
- How contraception is contrary to the Theology of the Body and God's plan for married love

*“Husband and wife, through that mutual gift of themselves, which is specific and exclusive to them alone, develop that union of two persons in which they perfect one another, cooperating with God...”*

HUMANE VITAE, 8



**SESSIONS ARE HELD MONTHLY VIA ZOOM.  
SIGN UP USING THE QR CODE OR THE LINK BELOW :**  
**<https://wonderfullymade.as.me/Engaged>**

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