Pre-Cana Content Checklist

Thank you for taking the time to ensure you ministry is supplying engaged couples with the tools they will need for a healthy and joy-filled marriage.

The components for any Catholic marriage preparation should include presentations on:

- Church teaching on the nature and purpose of marriage (Theology)
  - Is found in the God’s Plan for a Joy-Filled Marriage course

- Spirituality of marriage and family life (Theology)
  - Is found in the God’s Plan for a Joy-Filled Marriage course

- Communication/interpersonal skills and values in marriage, family of origin issues, finances, career, early marriage adjustments, time management, in-laws (Life-Skills)
  - Is found in the Living a Joy-Filled Marriage course

- Impediments to marriage (Theology)
  - Is found in the God’s Plan for a Joy-Filled Marriage course

- Sexual Intimacy as interpersonal communion which is unitive and procreative (Theology)
  - Is found in the God’s Plan for a Joy-Filled Marriage course

- Natural Family Planning, a witness component should be included if possible (Theology or Life Skills)
  - Is found in the God’s Plan for a Joy-Filled Marriage course
  - Is found in the Living a Joy-Filled Marriage course

- A premarital inventory, such as FOCCUS, should be administered to and reviewed with the couple to assist them with their communication and mutual understanding

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