

THE "I-DEAL" YEAR

*Our Promise to Seek Help with Challenges in Our Blessing
Blessing & Family Ministry, FFWPU - USA*

The Introduction to the "I-Deal" Year

Any relationship between a man and woman, no matter how loving, committed and deep it may be, will face challenges and difficulties. God designed men and women as complementary opposites; we love differently, and experience love differently. Of course, the best way to maintain a strong marriage is to live a healthy spiritual life as part of a supportive community. But it is normal and natural for any relationship to face times of crisis.

When such painful times arise, the strength of your eternal commitment is of course important. However when you feel overwhelmed, it is smart and healthy to get help. If you cannot find the way to resolve your struggle, it is not acceptable to simply withdraw and avoid, drift into non-communication or seek comfort in unhealthy ways. It is important to report your situation honestly, not only to a friend, but also to a trusted mentor, counselor, or your local pastor. The Blessing & Family Ministry is committed to providing your local pastor and ministry team the support and guidance that can help them assist you, confidentially and professionally.

The "I-deal Year" is a commitment to invest at least one year in a guided and supported process to heal and renew. This is a minimum requirement for any Blessed Couple, before concluding that your marriage has no future.

By signing this form, your couple is making the following promises:

- We promise to maintain an eternal commitment to our Blessing.
- We promise to report to our local pastor, or local BFM Coordinator, if troubles arise.
- We promise to invest in our "I-deal Year" before making any final decision about ending our Blessing.

Groom's Name [Print]

Groom's Signature

Bride's Name [Print]

Bride's Signature

Date

Ver: May 20, 2015. *Keep original at your local church, provide a copy to the couple and email a copy to the National BFM at bfdadmin@unification.org. To fax: 212-997-0054 To mail: HSA-UWC, Attn: Blessing & Family Ministry, 481 Eighth Ave, #1205, NY, NY 10001*

I-DEAL YEAR PLAN
Blessing & Family Ministry, FFWPU - USA

Date _____

Local Pastor's Name _____

Church Location _____

Interviewer's Name _____

Position _____

Email _____

Phone _____

Couple's Blessing Date _____

Location _____

Husband			Wife		
(print) Name (Last, First, MI): _____			(print) Name (Last, First, MI): _____		
Phone (H): _____ (C): _____			Phone (H): _____ (C): _____		
Email: _____			Email: _____		
Address: _____ _____			Address: _____ _____		
Is this your first Blessing?		Yes No	Is this your first Blessing?		Yes No
If "No" Explain: _____			If "No" Explain: _____		

Children	#	Name	Age	Gender
	1.			
	2.			
	3.			
	4.			
	5.			
	6.			

I-DEAL YEAR PLAN
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Our Plan for Healing and Renewing Our Relationship	
Spiritual Conditions	Date(s): Mentor: Reflection:
Marriage Counseling (pastoral or professional)	Date(s): Mentor: Reflection:
Addressing critical issues or problems (infidelity, abuse, mental health, addiction, etc.) (support groups, 12-step groups, online support, professional, medical or psychological counseling etc.)	Date(s): Mentor: Reflection:
Marriage Education and Enrichment (seminars, retreats, online education, assign study materials, etc.)	Date(s): Mentor: Reflection:
Spiritual Education (DP, Cheong-Pyeong)	Date(s): Mentor: Reflection:
Family Counseling (if needed)	Date(s): Mentor: Reflection:
Other	Date(s): Mentor: Reflection:

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Building a “Marriage Culture”			
(To protect your marriage, you can identify a “mentor” couple, and surround yourself with supportive couples at work, school, church, etc.)			
Mentor Couple	Name:		
Supportive Couples’ Names	Couple #1	Couple #2	Couple #3
Date Night Schedule	Babysitter:		
Personal Interest Groups			
Supportive Friendships			

Make Small Goals for Improvement:		
Examples: If one spouse spends 4 hours a day on the internet, they can make a commitment to 1 hour a day instead. If the wife sleeps early while the husband spends 3 hours in front of the TV, they can make a goal to end each night communicating		
	[Activities]	[Relationships]
Personal/Spiritual Life		
Home (include daily & weekly schedule)		
Family Time (include meals and vacations)		
Sunday Service/Church Activities		
Workplace		
School		
Internet		
Serving Others (volunteering, tithing)		

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Monthly Meeting with your Pastor or Interviewer	
Date:	Month #_____
1. What we did this month	
2. What we didn't do this month	
3. What we learned this month	
4. Improvements to our plan	
5. When will we meet next month?	Date: