

## FFWPU USA: Six-week online program for couples called Love and Integrity

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"We have a really incredible group of people going through this program from all walks of life," said Benjy Uyama, a member of the national [BFM](#) team.

Uyama recently collaborated with Dr. Andrew Compton of TribeNet and David and Mitsue Wolfenberger of [High Noon](#) to launch a new six-week online program for couples called "Love and Integrity."

"It's a systematic program for learning about God's vision for sex and absolute sex," said Uyama, "especially focusing on the time right after the Marriage Blessing."

Forty men and women signed up for the [Love and Integrity](#) couples' program which is currently underway.

"Every day they are reading program content and having discussions around it," said Uyama. "On top of that, we have weekly group calls which has been a really interesting experiment."

Uyama and his wife are among the participants of the pilot course, where he says small groups of the same sex are able to openly share with each other about anything on their mind.

"We can share more honestly and vulnerably about our challenges or victories in marriage," he said. "We have some young couples who have been Blessed for just a year, or a few years, and some for 40 years so it's really fantastic hearing the testimonies from all of them."

Beyond daily and group readings, there are masterclass webinars and videos available to help couples discover greater love, sex and intimacy, and practice living a life of love and integrity. Topics include sexual ethics, immorality, fidelity in marriage, the sacred value of sex, and more.

"You always need to take time for your relationship," said David Wolfenberger. "Even in the process of everyday life, helping your partner with chores, work and children is really an investment in your marriage that will pay off."

The Wolfenbergers recommend date nights in the program's videos, as well as other ideas for creating heavenly intimacy within marriages and putting God at the center of each relationship. Masterclass webinars also feature BFM Director Yun-A Johnson, Dr. Compton, Rev. Crescentia DeGoede, and Dr. Tyler Hendricks.

"Many are really inspired by the idea of learning about sex in a heavenly way," said Uyama. "We've had interesting testimonies from the husbands and wives doing the program, and hopefully in the next round after the Blessing next year, we will do this program again."

You can learn more about the Love and Integrity program with videos and readings available [here](#).



# Love & Integrity

## 6-Week Course to Electrify Your Blessing

Daily Readings

Group Readings

Masterclasses

Videos

Announcements

Discover love, sex, and intimacy you never thought possible. This program will take you on a journey to learn about God's vision for love and intimacy, and practice living a life of love and integrity.



## Daily Readings

Read one chapter daily of *Core of the Universe* and do the discussion questions at the end of each chapter. The most important thing is to have *Give & Take* with someone about the content, so make sure you prioritize doing the discussion portion every day.

**If you fall behind, you can find your place using the information below.**

Note: On the day that you have your Small Group meeting, you can choose to take a break from the reading for that day. If you and your spouse have Small Groups on different days of the week, please decide which day to take a break on.

### Week 1

**01** Core of the Universe

**02** Original Palace of Love

- 03 Original Palace of Life
- 04 Original Palace of Lineage
- 05 God's Purpose for the Sexual Organs
- 06 Chemistry of Love
- 07 *On your Small Group day, you can take a break from reading.*

## Week 2

- 08 Chemistry of First Love
- 09 First Night
- 10 God's Wedding
- 11 Guardians of the Universe
- 12 Sexual Purity in Mind & Body
- 13 Why Do We Marry?
- 14 *On your Small Group day, you can take a break from reading.*

## Week 3

- 15 The Sacred Value of Sex
- 16 Heaven's Gift Exchange
- 17 Two Become One
- 18 Fidelity in Marriage
- 19 True Love is Blind
- 20 Make Love a Verb, Not a Noun
- 21 *On your Small Group day, you can take a break from reading.*

## Week 4

- 22 Spirit World & Conjugal Love
- 23 What Is Absolute Sex?

- 24** Absolute Sexual Purity
- 25** Absolute Sexual Ethics in the Family
- 26** Absolute Sexual Ethics in the World
- 27** The Root
- 28** *On your Small Group day, you can take a break from reading.*

#### **Week 5**

- 29** Crossroads of Heaven or Hell
- 30** The Odyssey
- 31** Immorality & Youth
- 32** Immorality in the Family and World
- 33** Learning About Sex From Our Parents
- 34** Why Does the Messiah Come?
- 35** *On your Small Group day, you can take a break from reading.*

#### **Week 6**

- 36** Midway Position
- 37** Ending Shame
- 38** Life Without Shadows
- 39** The Pure Love Movement
- 40** Celebration & Date
- 41** Conclusion
- 42** *On your Small Group day, you can take a break from reading.*

# Group Readings

The below content is to be read during your weekly Small Group meeting. These readings are meant to be helpful in facilitating a good discussion in your group.

*Note: The content is different from the daily Core of the Universe reading.*

<b>Week 1</b>	Core of the Universe ( <a href="#">click here</a> )
<b>Week 2</b>	Original Palace of Love ( <a href="#">click here</a> )
<b>Week 3</b>	Original Palace of Life ( <a href="#">click here</a> )
<b>Week 4</b>	Original Palace of Lineage ( <a href="#">click here</a> )
<b>Week 5</b>	God's Purpose for the Sexual Organs ( <a href="#">click here</a> )
<b>Week 6</b>	Chemistry of Love ( <a href="#">click here</a> )

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## Group Call Format

### 1. Personal Check-in (5 minutes each)

How was this week for you personally and in your marriage? What did you gain from the contents of the book?

### 2. Group Reading (5 minutes)

Each week has a reading that can be read during the call (this is different from the book). Below are the readings for the group call.

### 3. Open Discussion (25 minutes)

Discuss the prompts from the reading. The remainder of the time can be used to share anything else that comes up or ask questions to each other.



# Masterclass Webinars

Every other Friday @ 9:00 PM (EST)  
The Masterclasses will be an opportunity to hear a presentation  
and meet other couples in the program.



**Friday, Oct. 8 @ 9:00 PM (EST)**

*Mrs. Yun-A Johnson*



**Friday, Oct. 22 @ 9:00 PM (EST)**

*Dr. Andrew Compton - Watch Recording (ask Benjy for password)*



**Friday, Nov. 5 @ 9:00 PM (EST)**

*Rev. Crescentia DeGoede - Watch Recording (ask Benjy for password)*



**Friday, Nov. 19 @ 9:00 PM (EST)**

*Dr. Tyler Hendricks*

## Videos



**Pornography**

David & Mitsue Wolfenberger



**God & Sexuality**

David & Mitsue Wolfenberger



**Creating Heavenly Intimacy**

David & Mitsue Wolfenberger

## Course Announcements

Small Group Orientation



Here are a few important things to know about your small group. Please also watch the above video that explains everything about your group.

### Meeting Time

You will meet every week for about 1 hour at the time that was emailed to you.

This time and day was mentioned by all of you as a good time to meet. If the time does not work for anyone, please let me know.

If this time and day works for everyone for the next 6 weeks, then you're ready for your first meeting (details about the Zoom link down below).

### Call Format

We would like the groups to flow naturally according to the uniqueness of the group, but it's also important to maintain the intention of the overall program. Please use the below format for your calls as a guideline:

#### 1. Personal Check-in (5 minutes each)

How was this week for you personally and in your marriage? What did you gain from the contents of the book?

#### 2. Group Reading (5 minutes)

Each week has a reading that can be read during the call (this is different from the book). Click here to find all the group readings.

#### 3. Discussion (25 minutes)

Discuss the prompts from the reading. The remainder of the time can be used to share anything else that comes up or ask questions to each other.

### Meeting Zoom Link

One of you will need to create a Zoom link for the group to use. Please respond to this email with a Zoom link to use. Thanks!

### Picking a Facilitator

Since we have an overwhelming amount of participants in this program, we are short on group facilitators! Therefore, please identify the facilitator for your group during the first call. It's not a lot of work to be a facilitator. We will send a short training to anyone who decides to be the facilitator.

### Participation Agreement

Every member of your group is a valued participant. As a participant in the Love & Integrity program, you agree to have love for your group members and have integrity for yourself. You also agree to put your best effort forward to participate in your group, and communicate with the group in advance if you cannot make a group call. Confidentiality within all groups is required.

Thanks for reading!

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## Welcome to the Love & Integrity Course

Welcome to the course! The program officially starts this Saturday (Oct. 9) with the daily reading of the [Core of the Universe](#) book.

The below content has important info to know about the program.

You can find all of the latest communications on the course webpage, which is located [here](#).

You can find all of the latest communications on the course webpage, which is [loveandintegrity.com](http://loveandintegrity.com) (be sure to save this page).

### **Orientation Webinar this Friday @ 9PM (EST)**

We will have an orientation webinar for all participants this Friday, Oct. 8 at 9PM (EST). Yun-A Johnson and David Wolfenberger will give a short presentation and we will explain how to get the most out of this course.

### **Course Format**

This course has three aspects: Daily Reading, Weekly Small Group, and Live Masterclasses.

Here's an outline of each:

#### **1. Daily Reading**

The daily reading of the *Core of the Universe* book will begin this Saturday, Oct. 9. ([get the book here](#))

Just read one Chapter every day, and then do the discussion points at the end of each chapter. If you are doing the course without your spouse, then you can either do the discussion points by yourself with a journal *or* discuss with another participant of the same gender (recommended).

Please pick a time of day that works best for you and do your best to stick with it daily. You can think of it as a condition if that helps!

#### **2. Weekly Small Group**

The groups will meet weekly at a designated time. This is an opportunity to hear from others, build community, and share what you've gained so far.

We will make small groups based on gender and age range, so please look for our communications about your group.

Each group will have a facilitator. The format of the group calls will consist of a brief check-in about how your week has been (personally and marriage), followed by a discussion.

#### **3. Live Masterclasses**

There will be live webinar masterclasses every other week. The webinar will consist of a presentation and a breakout discussion. The speakers will be Dr. Andy Compton, Mrs. Yun-A Johnson, Dr. Tyler Hendricks, Mr. David Wolfenberger, and more.

### **How We Will Communicate**

We will have two main ways of communication:

**1. The App:** We will send important notifications about the course directly through the High Noon App.

[Click here for iPhone](#)

[Click here for Android](#)

**2. Email:** We will also use email to send important info about the course.

That's all, thanks for reading!

If you have any questions, you can reply to this email.

God Bless,  
**Love & Integrity Team**