



Frequently Asked Questions

Who are Foundation groups for?

Foundation groups are for couples married three years or less who want to build a Christ-centered marriage alongside other couples in the same season.

Do we have to attend North Metro Church to participate?

We do ask that the couples attend one of the North Metro Church campuses and call NMC their church home. This encourages accountability, trust and builds an authentic community for all couples participating.

Where do we meet and for how long?

Foundation groups meet at North Metro Church. Couples will walk through a 15-month curriculum, bi-weekly on a semester basis. This helps them build their lives and marriage on a solid foundation, with the hope that they become more like Jesus, experience a healthy community, and grow in oneness.

Who are the mentor couples?

Our mentors are trained tablesetters that have been married at least ten years and demonstrate maturity in their relationship with God and wisdom in their marriage.

What curriculum do you use?

We use a curriculum written by Watermark Community Church. The curriculum is put in place as a guide, but it is not meant to restrict your group from discussing day to day issues that often come up as newly married couples. General topics covered are: Biblical view of marriage, Communication & Conflict, Finances & Stewardship and Physical Intimacy.

How much does Foundation cost?

The \$50 registration fee includes two workbooks or study guides.

How many sessions are there, and how long are they?

There are eight to ten sessions per semester, and the class can last at least 2 hours and maybe a bit longer, depending on the needs of the couples participating, while sharing a light meal together.