

Marriage Preparation | Pastor Paul Gauche

SYMBIS: Saving Your Marriage Before It Starts

Preparing for marriage is more than planning a wedding—it's choosing to build a relationship that can grow stronger through real life: decisions, change, stress, family dynamics, conflict, and all the joys you can't yet predict. If you're looking for premarital counseling that is practical, thoughtful, and genuinely engaging, I'd be glad to work with you.

I'm Paul Gauche—a marriage and family specialist, writer, speaker, husband, dad, and grandfather with decades of experience guiding people through meaningful transitions. I served for many years as a pastor in the Evangelical Lutheran Church in America, and in this season of life I'm focused on helping couples build strong foundations and healthy rhythms that support long-term thriving.

What is SYMBIS?

SYMBIS (Saving Your Marriage Before It Starts) is a trusted premarital assessment and conversation framework developed by Les and Leslie Parrott. It helps couples understand what's working well, where differences may create stress, and which skills matter most when life gets complicated.

What You Can Expect

The SYMBIS process includes six 90-minute conversations, built around your assessment results and guided conversation. Together we will:

- Name your relationship strengths and the “best of what you already have”
- Explore personality differences and how they show up day-to-day
- Identify conflict patterns—and practice healthier ways to repair and reconnect
- Talk through expectations around communication, money, family history, intimacy, and shared goals
- Build a practical set of relationship tools and rhythms you can carry into marriage

My role is to provide a grounded, encouraging space where you can be honest, learn about yourselves, and turn insight into habits that support a healthy marriage.

Marriage License Discount Hours (Minnesota)

In Minnesota, the SYMBIS experience—along with additional in-person meetings with your officiant and wedding coordinator (when applicable)—can help fulfill the 12 hours required for the \$75 marriage license discount.

Costs

- Online SYMBIS Assessment: \$35 [paid online]
- Six 90-minute Sessions: \$375

Ready To Begin?

Premarital work is a gift you give to your future selves. If you'd like to begin, I'll help you take the next step and schedule your first session.

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