

# NATURAL FAMILY PLANNING

## WHAT IS NATURAL FAMILY PLANNING (NFP)?

- NFP IS DEMONSTRATIVE OF GOD'S WISDOM AND BEAUTY
- THE WOMAN'S MONTHLY CYCLE IS THE KEY TO HAVING CHILDREN
- THE SPACING OF CHILDREN AND NECESSARY MEANINGFUL COMMUNICATION BETWEEN HUSBAND AND WIFE

## WHY ARE NFP CLASSES ENCOURAGED?

- To encompass the full understanding of your journey together as a couple
- Understand the importance of life and the church's teaching of "Fruitful" and "Family"
- Fertility awareness is for EVERYONE
- To help choose a model that is right for you

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