



MARRIAGE EDUCATION AND RESOURCE CENTER

January, 2021

The Marriage Education and Resource Center (MERCY's) Newsletter



Our friend, Deryl Sweeney who is a Life and Business Coach, recently shared a video about goals for 2021. While he commended people for making goals for things they want to accomplish, he challenged his audience to consider their goals from a different perspective. He asked, "What are your goals for who you want to be?" Rather than just focusing on "to do" goals, why not move toward "to be" goals?

Who do you want to be to the most important people in your life? Then, once you define who you want to be, Sweeney suggests you ask yourself, "What steps do you need to take to get there?" Seems like a worthwhile way to start the new year.

Grace and peace,
Penny and David

Marriage Events

Dealing with Stress: Building a Stronger Marital Relationship - Friday, January 22 (6:30 - 8:30 p.m.) or Tuesday, January 26 (6:30 - 8:30 p.m.)



With the Bible as a foundation, couples will examine what causes stress in their marriage and will learn valuable skills to navigate stressful situations within their relationship.

MERCI Indiana
8510 Highway 111
Memphis, IN 47143

For more information and/or to register, [click here](#) or call: (502) 387-0645 or (502) 767-3918
The workshop is free.

Date Night Ideas

Choices for a Successful Marriage
January 29-January 31



Dates to Remember

Family Life has taken some of the best pieces from the Weekend to Remember getaway and turned them into a make-it-your-own, connect-for-real date box. This Dates to Remember includes three unique "moments" that help your relationship get somewhere. Each box includes a unique activity to get things started, a short video, and discussion questions to kick-start deeper conversations.

For more information, [click here](#)

LOOKING TO STEP UP DATE NIGHT? Try Dating Divas Dollar Date Night



For \$1 per month, The Dating Divas will send you your digital Dollar Date straight to your inbox - complete with its own innovative and interactive app.

If your curious what these date night apps are: [click here](#)

Resent Your Spouse? 5 Ways to Reset - Excerpt from Drs. Les

CHOICES



FOR A SUCCESSFUL MARRIAGE

At this retreat, you learn how daily choices for love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control will give you a partnership that will lead you to a truly successful marriage where two become one flesh.

Cost: \$300 per couple. This fee includes overnight accommodations, five delicious meals and a beautiful peaceful setting and your workbook.

Limited to 10 couples. Call (502) 255-7677, email: susan@agapewilderness.com to register or [visit here for more information](#) Registration ends January 25.

Next Online Couplettime Meeting - January 29 - 8:30 p.m.



We hope you will join us as we discuss "Comfort and Compassion in Marriage." More details coming soon.

Love Like You Mean It Virtual Marriage Cruise - February 11-



If you feel that you resent your spouse, here are a few highlights from an article the Parrotts wrote on this subject.

- 1) Check in with your hard feelings
- 2) Do something kind for your spouse
- 3) Revisit good memories
- 4) Laugh with your spouse
- 5) Remember why you fell in love

To read the entire article [click here](#)

How to Be a Better Friend to Your Spouse



The Lord God said, "It is not good for the man to be alone.



Family Life is bringing a virtual cruise to you. You will experience great teaching, entertainment, fun couple interaction experiences and special sessions in this online experience. For more information, [click on this link](#)

XO at Home Conference -
February 12 - 13



Xo Home brings the XO Conference to your home. This two-day live-stream provides expert marriage advice and practical teachings to help couples navigate their marriage journey. You will hear from the following speakers:

- Jimmy Evans - Founder and President of XO Marriage
- Dave and Ashley Willis - Speakers and Authors
- Tim Ross - Lead Pastor, Embassy City Church
- Dan Lian - Teaching Pastor, Newspring Church

I will make a helper suitable for him."

God recognizes the need for companionship and a deep meaningful relationship.

I think most of us would like our spouse to be our best friend. Mitchell Qualls, First Things First Operations Director, suggests these five ways you can be a better friend to your spouse.

- Build playfulness into your daily routine.
- Explore each other's interests.
- Have a regular date night. . .and don't talk about the kids.
- Show your spouse they are your priority.
- Make time to talk and listen

May we add a few more:

- Pray for your spouse
- Tell them you love them - often
- Share your dreams
- Speak their love language
- Experience life together at the deepest level.

Marriage and Divorce - A 13-Year- Old's Perspective



Grace Marriage received an article from a 13-year old expressing her perspective of marriage and divorce. I think you will find it interesting and enlightening. Here is how it

- Jonathan Evans -
Chaplain of Dallas
Cowboys
- Garrett and Andrea
Booth - Pastors at Grace
Church

Cost: \$79 or \$99 - For more information, [click here](#)

When you are trying to save your marriage alone.

There are some resources that you may find helpful if you are trying to save your marriage alone. Here are a couple:



Marriage 911:First Response – This program has been used for years to help people who are struggling in their marriage learn healthy and productive ways to deal with their difficult circumstances. This Christian-based, 12-week program helps you to place your focus and energy into areas that can first help you remain/become healthy and whole in the midst of a crisis, and commonly becomes the foundational keys to turning around a troubled marriage. It consists of a workbook that you work along side with a support partner.

For additional information: [click here](#)

[Solo Spouse Workshop Online](#)

February 19- February 21

A 3-day intensive workshop design for the solo spouse,

begins:

So far in my 13 years of life, my parents have loved each other and made time for their marriage. As a kid, I would beg my parents not to go when they would go on their dates. I didn't know their time spent together built up their marriage. I didn't understand how it would later influence me.

I felt safe and secure.

Mom, Dad, marriage cool. I didn't know much - I just knew they had fun together and kissed a lot. I find the kissing nasty, but them having fun makes our home feel light-hearted and happy. . .

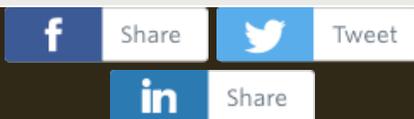
To read the rest of the story, [click here](#)

Love well my friends. Your children are watching.

delivered virtually.

Hosted by Dr. Joe Beam, this is the same material as the couples workshop but delivered in an applicable way to a standing spouse.

For more information, [click here](#)



Connect with us



Happy New Year!

