



MARRIAGE EDUCATION AND RESOURCE CENTER

April, 2022

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



We've been watching *American Idol* for years. This past week a contestant sang a song we were not familiar with called "Just Give Me A Reason." The lyrics that caught our attention were: ". . .we're not broken, just bent, and we can learn to love again."

So many couples think they are broken beyond repair, when they are really just bent and need some help to learn to love again.

Below are some options you, or someone you know, may find helpful.

Grace and peace,

Penny and David

Options for Couples Who are Struggling or Want to Enhance Their Relationship

- First and foremost work on your relationship with the Lord.
- Honestly evaluate your own thoughts, words and actions toward your spouse. Ask the

Upcoming Marriage Events/Resources



GROWING YOUR MARRIAGE

Husband and Wife Journey

May 13-15

Harvest Heights Orchard and Vineyard

795 Yates Lakeview Circle
Scottsville KY 42164

There are still openings for this retreat.

Embark on a journey with your loved one, blending biblical teachings with rest and recreation. As you share adventures, laughs and delicious food with your spouse, we are confident you will reignite the joy of sharing life together.

The cost is \$250 which includes housing, program materials, meals-snacks, recreational activities and more.

For more information and some testimonies from couples, [click here](#).

Lord to show you changes you need to make.

- Work with a professional Christian counselor. We have a list of counselors we can recommend. If interested, just email us at: pdhud9@aol.com
- Work with a trained mentor couple. At MERCY we use a program called PREPARE/ENRICH. A couple takes an online assessment and the mentor couple works with them on issues from this report. In addition, the mentor works with them on relationship skills as well as their relationship with Christ. It normally requires six to eight, two-hour sessions. The only cost is \$35 per couple to process the assessment. Mentoring is free. Based on feedback, it has helped most couples get back on track.
- Intensive Weekends - There are many Christ-centered weekend programs where couples go away for a weekend to work on their relationship. They range in price from reasonable to expensive. There is a list on MERCY'S website. **For more information, click here**
- Even if your spouse is unwilling, there is help and hope for your marriage through a program called Marriage 911. For more information, **click here**

Does Your Love Language change as you get older?

When couples have asked us this question in the past, we've told them we thought it could. So many couples have told us theirs had changed.

Guess what? According to Dr. Gary Chapman, the author of the *Five Love Languages*, said that is not the case. Here's his explanation:

"I think our primary love language

Marriage Restored - Virtual Events - Weekends of May 13 and June 10



Marriage Restored is designed for couples who are:

- Concerned about the ability of their marriage to survive
- Increasingly distant
- Increasingly hurt and angry
- Dealing with the effects of infidelity or life-controlling habits (substance abuse, compulsive gambling, etc.)
- Considering separation or divorce

While Marriage Restored is presented from a Christian perspective, it's perfect for people of any faith, or of no faith at all.

Marriage Restored adheres to the denomination's standing rooted in Biblical doctrine that marriage is between one man and one woman (Genesis 2, Matthew 19).

For more information, **click here**.

The Relatable Report by First Things First

tends to stay with us for a lifetime. It is like many other personality traits that develop early and remain consistent. For example, a highly organized person was likely organized as a child. A person who is more laid-back and relaxed likely had that trait as a child. This is true of numerous personality traits.



"However, there are certain situations in life that make the love languages extremely attractive. For example, if your primary love language may be 'Words of Affirmation,' but if you are the mother of three preschool children, then 'Acts of Service' by your husband may become extremely attractive to you. If he gives you only 'Words of Affirmation,' and does not offer to help you with household responsibilities, you may begin to feel 'I'm tired of hearing you say, 'I love you' when you never lift a hand to help me.' For those years, it may appear that 'Acts of Service' has become your primary love language. However, if 'Words of Affirmation,' cease, you will quickly know that this continues to be your primary love language."

If you would like some practical advice on marriage, this report has some really helpful information.

Here are a few articles you may want to check out:

- When the romance has gone missing, spark the passion again.
- If your spouse shuts down at the first sign of conflict, here's how you can manage the tension.
- Move forward and break the porn addiction.
- And many more tips.

For more information, [click here](#) and then put in the article/information in which you may be interested.

Upcoming Focus on the Family Broadcasts on Marriage

- April 18-19 -Encouraging Your Husband to be a Hero
- April 27 - Understanding Hot Buttons in Your Marriage

Note: The broadcast schedule is subject to change. Listen to Focus on the Family Broadcast on your local radio station, your mobile device or online. If you miss one, you can listen **by clicking on this link** and searching for these broadcasts.



He says, "These are the people who have not made the shift from the me, me, me and I want, I like, I need mentality to a sacrificial, giving, putting the other first, way of thinking.

Then he goes on to say, "I've

Mark Gungor, pastor, speaker and author who is funny and specializes in communication, doesn't mince words when it comes to marriage and relationships.

In one of his recent blogs he said, "It's amazing how many emails I receive from selfish spouses asking, 'How can I make my spouse _____? (fill in the blank with whatever fits.) How can I get my spouse to do the things I want to do? How can I get my spouse to keep the house better?' " And other similar questions involving chores, money, time, attitude, etc.

got news for you, The Furor, Your Highness - she's not your slave; and he's not your slave! Stop being a narcissistic snot! Not everyone gets everything they want. If there is a specific and certain way that you just have to have things done and you don't like it when your spouse fails to meet your standard, the answer is simple: You do it!"

Sometimes you have to give, compromise, do it yourself and hush up. If you constantly fight to win, dig your heels in to have everything exactly the way you want it, you will lose, but not in a good way."

Couple's Couplettime Activity

How to Find Common Interests With Your Spouse

John Daum, a writer for First Things First says, "There are two kinds of spouses in the world.

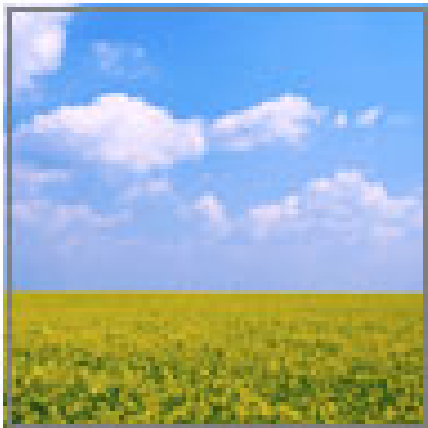
1. Those who think it is not important to share some common interests with their spouse.
2. Those who think not having common interests is the end of the world (or marriage.)

They are both wrong.

You probably have more in common than you think. Developing some common interests reinforces that you are a team and keeps you connected. It builds one of the most overlooked areas in marriage - friendship.

For anyone who would like to find more common interests, we want to refer you to an activity Daum included in his article. Simply click the following link and it will take you to our coupletime exercise for this month.

[click here](#)



Romans12:10

"Be devoted to one another in love.
Honor one another above yourselves."



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The Marriage Education and Resource Center (MERCY) | 7204 Hwy. 329 - Suite 201,
Crestwood, KY 40014

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