



MARRIAGE EDUCATION AND RESOURCE CENTER

January, 2022

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



Clean slate, new beginnings. Happy New Year everyone,

Speaking of new beginnings, when David and I started working on our marriage, forty years ago, one of the first things we did, once a month, was read a Biblical message about marriage and do an activity that was suggested. This did so much for our marriage in so many ways. It carved out 20-30 minutes of intentional time together, helped us begin communicating on a more intimate level and just drew us closer as a couple. And would you believe we still do this today?

Therefore, over the next few months we are going to include a couple activity for you. Please try it and let us know if it makes a positive difference in your relationship.

Grace and peace,
Penny and David

Upcoming Marriage Events

32 Years & Still in Love -
Friday, January 21, 2022
6:30 - 8:00 p.m.



Join Don and Kelly Keehner with "Growing Your Marriage" as they share four concepts that help keep their relationship focused and on track.

This event will be held at the
MERCY Barn
8510 Hwy. 111, Memphis
Cost: Free

To register, or for more
information, [click here](#)

Choices for a Successful
Marriage Retreat

7 Big Marriage Issues Therapists Are Seeing Right Now



Jeremy Brown, a writer, asked a few therapists what relationship problems their clients have been grappling with lately.

Here is what he found:

1. Emotional Distance
2. Boredom - Serious Boredom
3. We're Speaking Different Languages
4. A Sexual Misalignment
5. Increased Alcohol Use
6. Stress Leads to Constant Complaining
7. A Lack of Compromise

To read the entire article and the advice therapists have for getting over some of these issues, [click here](#)

CHOICES



FOR A SUCCESSFUL MARRIAGE

This retreat is based on living by the fruit of the Spirit in our marriages and making every day decisions that will impact our relationship positively.

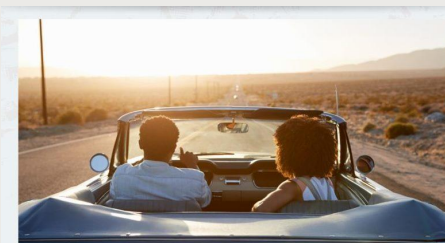
Cost: Recommended donation is \$300. It includes 2 night accommodations, 5 delicious meals and a workbook. Limited to 10 couples. Space is almost full so if you are interested get in touch with Mark and/or Susan as soon as possible. All reservations are needed by January 24, 2022.

For more information or to register, call (502 -255-7677) or email: susan@agapewilderness.com

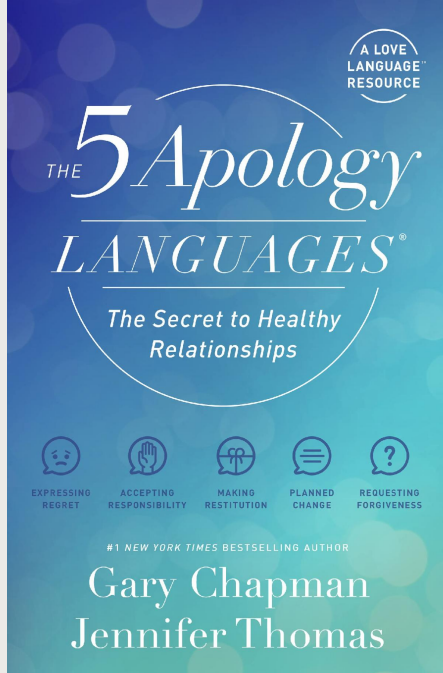
Looking Back and Moving Forward

Tuesday, February 1, 2022
8:00 - 9:15 p.m.

The 5 Apology Languages (Previously titled "When Sorry Isn't Enough")



Take an opportunity to look back and reflect on moments from your marriage in 2021 and discuss ways to strengthen your marriage in 2022.



Even in the best of relationships, we mess up. But according to Dr. Gary Chapman and Jennifer Thomas, authors of this book, saying your sorry is only the first step. They tell us true healing comes when you learn to:

- Express regret: "I'm sorry."
- Accept responsibility: "I was wrong."
- Make restitution: "How can I make it right?"
- Plan for change: "I'll take steps to prevent a recurrence."
- Request forgiveness: "Can you find it in your heart to . . .?"



The Battle for Control and Dominance - Excerpts from

Cost: Free
To register, [click here](#)

Valentine Party!
Friday, February 11 or
Saturday, February 12



Come and celebrate your spouse! "Everything Together" will be hosting this event with Gary and Melanie Henderson who are known for great parties and fun activities. And pizza from TOWN a neighborhood pub. Space is limited each night so reservations are required.

Cost: Free
This event will be held at the MERCI Barn
8510 Hwy. 111, Memphis, IN

For all details and to sign up, [click here](#)

WJIE Sweetheart Dinner -
"Reckless Love"
Saturday, February 12, 2022

Jimmy Evans with Marriage Today.

"A good marriage is a fifty-fifty partnership. It is balanced and healthy.

"A dominant relationship is unbalanced. In these relationships one party has disproportionate control. He or she tends to rule not only the marriage, but everything related to it - money, children, decisions, etc. This is not healthy.

"According to research, the most stable homes are the ones where husband and wife treat each other as equals. One spouse might take the initiative on certain things like discipline or finances, but both voices always count. Together, they share in the decision-making.

"These homes produce strong marriages and emotionally healthy children.

"But dominance leads to a dysfunctional home. In these relationships, a husband or wife refuses to give the other a voice."

Evans points out that several things cause dominance:

- Personality
- Fear - People who fear being controlled often become controllers.
- Iniquity and inner vows - Iniquities are generational sins that pass from parent to child. An inner vow is when a past hurt hardens us. We say,



This WJIE Sweetheart Dinner "Reckless Love" features a gourmet meal and musical guest Cory Asbury.

Cost: \$200

Louisville Marriott Downtown
280 West Jefferson Street
Louisville, KY 40202

To register, [click here](#)

Retrouvaille - A Lifeline for Married Couples - Weekend of February 18-20, 2022 - Louisville, KY



Over the years we have asked many couples who were on the brink of divorce to attend this weekend program. Most of them came away with renewed hope and understanding about their marriage.

Cost: Registration fee is \$260 per couple.

"No person will ever treat me like that again" and wall off part of our lives from God.

- Bitterness - Past pain, for instance, refusing to forgive someone can manifest itself in how we treat a husband or wife.

Evans says his best advice is to stand up. "Take a new position within your relationship. Do it lovingly, but insist on respect.

Evans knows this from first-hand experience. He was the dominant one in the early years of his marriage. He said, "Dominance was destroying his marriage until his wife stood up and he sat down."

For complete details on Retrouvaille, [click here](#)

Note: This program is only in the Louisville area once a year. Therefore, if you need help we encourage you to consider this opportunity.

**Marriage Dynamics -
A New Beginning -**

January 29-30 - Online;
Feb. 18-20 - Nashville, TN



A NEW BEGINNING™

This is a counselor-led workshop for couples in crisis.

For information, cost, etc. [click here](#)

Couplettime Activity

"Where there is no vision, the people perish: but he that keepeth the law, happy is he." - Proverbs 29:18.

I (Penny) have read this scripture many times and I thought I knew what it meant. Therefore, when I began to write this couple activity, I thought it would be a good one to quote. However, after further investigation, I realized it is often misused from its original contextual meaning. If you are like me, you have probably heard it as a vision for our own lives, a vision for a church, a business vision, etc. These are all good things but this is not what the scripture is talking about. The intention of this verse is not about those goals. It is talking about prophetic revelation of God and His law as given to us. When people do not accept the word of God to know Him and His precepts, they cast off restraint. Rather than regarding the

Discuss the following questions with one another:

- What do you perceive as God's vision and purpose for you?
- What do you think God's vision and purpose is for your marriage?
- What do you think God's vision is for your family, your finances, your career, and your extended family?

word of God they go their own way. The second part "*but he that keepeth the law, happy is he.*" This is the hope found in Proverbs 29:18 according to what I found when researching this scripture. If we apply biblical principles, you will be happy. Unhappiness normally comes when we undermine our own beliefs and guiding principles. It was suggested that this "vision" is referring to the special vision of God. The secret is we need a God-ordained vision.

Now for your couple activity.

- Do you think God has a vision for your involvement in your church or community? If so, what do you think it is?

We hope you will take a few minutes to talk about these questions and continuously pray about them as you begin a new year.



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