



MARRIAGE EDUCATION AND RESOURCE CENTER

July, 2021

Newsletter from The Marriage Education and Resource Center (MERCY)



A young man came up to Dr. Greg Smalley at a marriage conference, where he and his wife Erin were speaking, and asked, "Why get married?" The fellow said, "I love my girlfriend and I'm committed to her and we do all the things that you are encouraging us to do to have a strong and healthy relationship. Why do we need a couple of expensive rings and a piece of paper to prove our love?"

Smalley replied, "In God's eyes, marriage is more than a formal declaration of love and commitment between two people. It affects families, the church and society." And he went on to explain some reasons marriage matters. **Check out these 9 reasons.**

Today, less and less wedding bells are ringing. According to a Pew Research Center study, the number of "never married adults" is at a historic high. In fact, single people outnumber married people in the U.S. for the first time ever.

Upcoming Marriage Events

Marriage Workshop with Nirup Alphonse - Lead Pastor,
LifeGate Church - July 22,
7-8:00 p.m. Central Time (8:00 -
9:00 p.m. Eastern Daylight Time)



Communication is vital to every aspect of marriage. Learn to navigate each season with practices of communication that will strengthen and build up your relationship. In this workshop you will learn six different types of communication and how to put them into practice right away.

Purchase Workshop
\$15

(One-Time Purchase)

Live access to this Workshop on
Communication by Nirup Alphonse

So if you ever get this question, you may want to refer them to a few of these reasons.

Grace and peace,
Penny and David

4 Reasons Why Wives Can Feel Insecure

Excerpts from Shaunti Feldhahn



"Honey. . .are we OK?" Lowell's wife had that hesitancy in her voice and worry in her eyes again. Whenever she asked him that question, Lowell wondered what he might have done wrong. From his point of view, things were going great in their marriage. He loved his wife dearly and couldn't imagine what would ever cause her to doubt that. But she still seemed to need constant reassurance that their relationship was all right. . ."

"There are definite reasons wives keep checking in on the state of their marriage relationship. And it's important to be aware of these four things that might cause your wife's feelings of insecurity."

They are:

1. Conflict Between You - "For most guys, conflict is just conflict; it is fairly easy to put it out of your head and focus on whatever you're doing that day. But for women. . .not so much. . ." One woman stated, 'When we're at odds, it's like nothing is right with

[click here to register](#)

Next Online Couplettime Meeting - Friday, July 30 - 8:30 p.m.

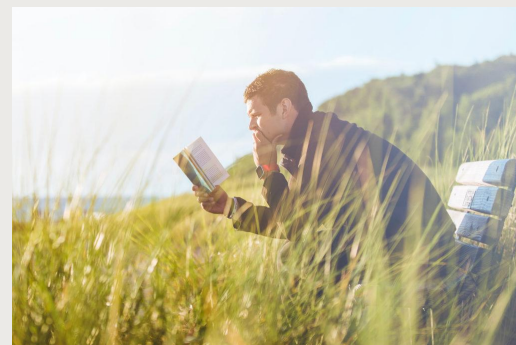


"I Would Have Never"

In this free session, we will be discussing what we would never have experienced if it weren't for our spouse? We've been to a lot of workshops, but I don't think we have ever focused on this particular topic so we are looking forward to being with you to talk more about this. So please mark your calendars.

Here is the link you will want to use to join us on July 30. [click here](#)

Summer Reading - Tuesday, August 3 - 8:00 - 9:15 p.m. (EST)



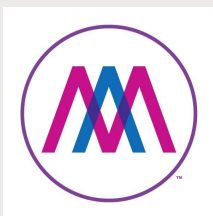
Join leaders from "Growing Your Marriage" for an insightful and inspiring virtual date night as they share some key take-aways from their very favorite marriage books.

They will highlight ideas which have helped them grow in their

the world until that is resolved.'

"Guys: She needs your reassurance that you still love her and you'll get through this just fine. "

2. When You Withdraw - When men withdraw from their wives it typically generates *more* anxious emotions. "Guys: before you get some cave time, tell her 'I'm angry and need some space, but I want you to know we're OK.'"
3. Your Silence - "Women have a radar for unspoken conflict." When their husband is quieter than usual, it is easy for the his wife to jump to conclusions, even if those conclusions are wrong. One woman said, 'If he is quite, it must be me.' "Guys: if you are sitting in silence about something at work, parent's health or something else, tell her. You can say something like, 'I'm not mad, don't worry. I'm just concerned about such and such.'"
4. Depleted Emotional Bank Account - "Maybe she is exhausted or you've been absent a lot. Maybe there is unresolved conflict. Whatever the case (and even if it has nothing to do with you), concerns about your relationship will be more easily triggered if her emotional reserves are low. "Guys: Ask her about her feelings, listen with interest and give her a hug and tell her how special she is to you. That will help fill her emotional bank account."



Awesome Marriage

We like to make you aware of new resources that could be helpful to your marriage.

Everything on this site is designed to help couples have awesome marriages. Hope you will check it out. **visit here for more information**

marriage. You will have a chance to discuss these ideas with your spouse and grow closer as a couple together.

Note: In their workshops, cameras and microphones for all participants will be in the off position so that you can focus on your marriage and not worry about video angles, messy hair or dishes in the sink.

To register, [click here](#)

Healthful Habits = Healthy Relationships - Friday, August 6
6:30 - 8:00 p.m.

MERCI Barn
8510 Hwy. 111
Memphis, IN (closer to
Sellersburg near the
intersections of Hwys.111 & 60

For more information about this free workshop, contact mercibce@gmail.com or phone or text: (502) 387-0645 or (502) 767-3918.

To register: [click here](#)



Do you desire improved health and greater satisfaction in your marriage? Too many of us are not aware of the correlation of these two working together for our best marriages! Or maybe we just don't know how to change some habits we've gotten comfortable doing.



Love Languages and What You Shouldn't Do

Hopefully, you know your spouse's love language. If not, please let us know. We will set up a special session just for you, and perhaps a few of your friends, to explain this concept and help you determine your and your partner's love language. Simply email us at: pdhud9@aol.com or call/text (502) 939-0121.

If you do know your mate's love language, we want to share with you a few things Dr. Chapman, author of the Five Love Languages, recommends you **avoid** in each of the five primary love languages:

- Words of Affirmation - Avoid unconstructive criticism. This tends to wound and discourage individuals who value Words of Affirmation above the other love languages.
- Acts of Service - Avoid creating messes and then leaving them for others to clean up.
- Gifts - Avoid complaining how much you had to sacrifice or spend in order to get the gift.
- Quality Time - Avoid answering the phone or texting others in the middle of a conversation.
- Physical Touch - Avoid a "cold" response when physical touch is initiated by this person. It will make them feel unloved.

Join Cathy and Stan Sheeler, facilitators of this workshop to explore a new approach and reap the benefits for ourselves and our spouses.

A New Beginning - August 20-22
Online Workshop



A NEW BEGINNING™

A "New Beginning is a counselor-led workshop for couples in crisis.

For more information, [click here](#)



Family Life Specialists at Focus on the Family

There is a dedicated team at Focus on the Family whose job it is to answer questions and prayer requests. They are called Family Help Specialists. They hear and help those who have simple questions to desperate pleas from those whose lives have just been shattered.

If you would like to speak to one of them, call 800-232-6459 or email: FocusOnTheFamily.com



A Couple of Effective Ways you Can Thank Your Mate

Research out of the University of North Carolina says that recognizing not only what your partner does, but also who they are, is a superior form of acknowledgment. Instead of thanking them for, say, picking up the groceries, acknowledge the positive traits that the shopping trip expressed,

such as his/her thoughtfulness in remembering your favorite snack.

An expression of gratitude that highlights how much you gained from a loved one's action is also more effective than one that highlights what it cost them. So rather than focusing on how much of a hassle it must have been for your mate to scrub that pile of dinner dishes, try emphasizing the way it allowed you to meet a work deadline or catch up with an old friend who called out of the blue.



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