



MARRIAGE EDUCATION AND RESOURCE CENTER

June, 2021

The Marriage Education and Resource Center (MERCY) Newsletter



Have any of these questions ever crossed your mind?

- In light of Ephesians 5, what is a healthy view of submission in marriage?
- For a marriage that is seemingly at the end, is it still possible to envision a thriving marriage?
- Is there hope to be found even when a couple is in the midst of conflict and trouble?
- How do you help your spouse deal/cope with grief and guilt?

If so, we want to encourage you to check out the answers to these questions, and many more, from several respected Christian counselors we recommend.

Simply **click here**. Or check them out at www.mercyky.org

We want to thank each of these counselors for their willingness to share

Upcoming Marriage Events

Protect Your Marriage - Virtual Workshop - Tuesday, July 6 - 8:00 p.m.



Have you been intentional in putting safeguards in place so that your marriage is protected if (and when) the attacks come?

Join *Growing Your Marriage* Leaders John and Lorie Weires as they dive into ways to safeguard your marriage. They will discuss how society and the enemy strategically attack, and often succeed, if we aren't prepared.

In their workshops, cameras and microphones for all participants

their thoughts from couples who needed some answers from the professionals.

Grace and peace,

Penny and David

will be in the off position so that you can focus on your marriage and not worry about video angles, messy hair or the dishes in the sink.

To register, [click here](#)

Relentless Warrior Legacy



Lawrence and Melissa McGuire

We recently met Lawrence and Melissa McGuire at our "Building a Lasting Promise" event. The McGuire's have a ministry we want to tell you about. It is called "Relentless Warrior Legacy."

Relentless Warrior Legacy (RWL) was created to help remove the stigma associated with PTSD. It is a Biblically-based PTSD support (although you do not have to be a Christian to participate.) RWL is here to lend lessons from their own personal experiences, that PTSD doesn't mean your life or marriage is over. It brings like-minded people together to prove WE are not alone in OUR battles with PTSD.

If you, or someone you know is dealing with PTSD, we encourage you to check out this ministry. For more information, [click here](#)

Grow A Stronger Marriage -
Thursdays, July 15, 22, 29
6:45-8:00 p.m. - Southeast
Christian Church - LaGrange
Campus



From newlyweds to empty nesters, marriages of ALL stages are capable of growing even stronger! Join others at the LaGrange Campus for three weeks of "real talk," diving into three of the biggest hotspots in marriages - communication, conflict resolution and intimacy.

Registration required: To register, [click here](#)

Improving Your Relationship
With Your Man - Excerpts from
Shaunti Feldhahn

Choices for a Successful
Marriage - July 30 - August 1
Agape Wilderness Retreat



Shaunti Feldhahn, a graduate of Harvard University, previous analyst on Wall Street and now a social researcher, best-selling author and popular speaker, recently shared four secret thoughts that are going on inside your man's mind and heart.

- He wonders if he measures up. When surveyed, 75-85% of men state they have this question burning on the inside most of the time. They wonder whether they are any good at what they are trying to do for you, whether you think they are a good husband, whether you think they measure you.
- He is looking for signals about how he is doing He's looking for signals about whether he's doing a good job. ("Does my wife think I'm a good dad? Does my co-workers think I have what it takes to run this project?")

When you regularly show discontent ("Why did you send the kids outside without their coats?" or "You got the wrong brand at the grocery again.", you send a signal that is as painful to him as it would be for you to try to hug him

CHOICES



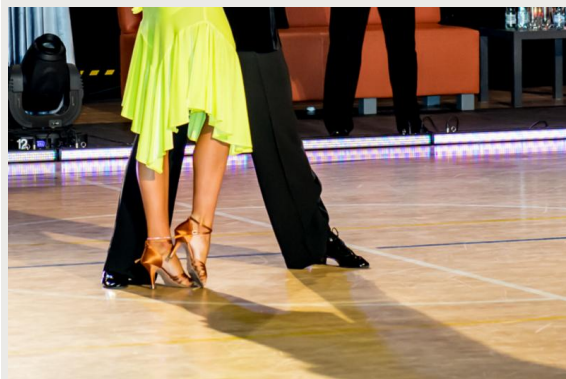
FOR A SUCCESSFUL MARRIAGE

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.**

Slow Dancing



Slow dancing is a simple way to bring some passion and romance to your relationship.

The Dating Divas share some of the top 10 slow dancing songs for your dancing pleasure.

during an emotional conflict and he stonily turned away and said, "I don't want to talk to you today."

- He needs to hear words of affirmation. Men don't

pick up on "vibes" or body language the way many women do, so he may truly have no idea how you feel about something he did. He needs to hear your words of affirmation telling him that he's good enough.

- He has an emotional need for physical intimacy. What we must understand is the importance of sex for a man is primarily emotional. When he knows that you desire him, it gives him confidence about how he is doing in every other area of his life.

To read Shaunnti's entire article, [click here](#)

Here you go:

1. "At Last" ... Etta James
2. "When You Say Nothing At All" ... Allison Krauss
3. "Unforgettable" ... Natalie Cole & Nat King Cole
4. "Bless The Broken Road" ... Rascal Flatts
5. "Can't Help Falling In Love" ... Elvis Presley
6. "The First Time Ever I Saw Your Face" ... Roberta Flack
7. "(I Love You) For Sentimental Reasons" ... Sam Cooke
8. "When A Man Loves A Woman" ... Percy Sledge
9. "The Way You Look Tonight" ... Michael Buble
10. "Because You Loved Me" ... Celine Dion

The Dating Divas have some great ideas for enhancing your marriage. You may want to check them out. Simply [click on this link](#).

Why People Really Have Affairs - It Is Not Always Just About Sex - From First Things First

"Marital affairs are kind of like rust. On the surface, it's apparent that a single, ugly event has happened. But underneath is a complex process of chemical reactions and driving forces that have built up over time. Affairs are complicated like that. And finding out why people really have affairs can be even more complicated."

Here are five contributing factors to help explain why people have marital affairs:

- They let their guard down. Good marriages do not prevent affairs. Just when you think, "*I could never do that.* Or, "*Our marriage is too healthy for infidelity,*" is when you are the most vulnerable.

- They let their marriage go out of focus. We often become hyper-focused on work, stress, hefty schedules, or even kids. The problem is our marriage suffers because it is not being focused on. It's in these circumstances the doors to infidelity crack open.
- They give a NOD. Infidelity and marriage expert Scott Haltzman explains in his book, *The Secrets to Surviving Infidelity*, that an unfaithful partner gives a "NOD" toward an affair - Need, Opportunity, Disinhibition. The Need is something they feel is missing in their lives, such as love, respect, attention or emotional support. The Opportunity is just that. An opportunity to be alone with someone. And Disinhibition can be alcohol or drugs or anything that contributes to letting one's guard down.
- They were seeking something they feel they didn't have. Esther Perel, therapist, says that affairs are less about sex and more about desire, such as yearning for an emotional connection, for novelty, for freedom for autonomy, sexual intensity. The problem is the other spouse often doesn't know these things are missing because they are never told.
- They aren't happy with themselves. Many times the affair is more about the unfaithful person than it is about the marriage or the other spouse. Perel says, "When we seek the gaze of another, it isn't always our partner we are tearing away from, but the person we have become. . . We aren't looking for another person as much as we are looking for another self."

So may we add 1 Peter 5:8 :

8 Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour.

If you would like some tips on Safeguarding Your Marriage, please tune in to "Protecting Your Marriage," Tuesday, July 6 at 8:00 p.m. See details under "Upcoming Marriage Events" above.

Thank you LaGrange Rotary Club



We want to send out a great big THANK YOU to the LaGrange Rotary Club for approving our grant request for \$500 to train new mentors at

The Cost of Divorce in Kentucky



According to an article that appeared in *Self*, here is the average cost of a divorce in Kentucky:

MERCY. Once trained, these new mentors will be able to prepare couples for marriage, enhance existing ones and restore those in troubled relationships.



Like us on



Fees and lawyer average:
\$8,151

Fees and lawyer (with kids) -
\$11,124

Fees and lawyer (without kids)
\$7,301.

If you would like to see the
costs across all the other states,
[click here](#)



Share



Tweet



Share