



MARRIAGE EDUCATION AND RESOURCE CENTER

**June, 2022**

## **The Marriage Education and Resource Center (MERCY)**



I (Penny) once wrote an article for *Home Life*, a Baptist publication, called "Children Need Specific Instructions." But in reality, we all could benefit from being more specific in our communication. For example, instead of just saying "Thank you." Be more specific. "Thank you for X Y Z, and bringing so much passion to this project." Things to notice include their commitment, their effort, their compassion, etc. It is particularly meaningful for those whose love language is words of affirmation.

Grace and peace,  
Penny and David

---

A Love Letter to My Husband: The Man I Didn't Know - by Debra Fileta

### Upcoming Marriage Events

Wish We Knew Then What We Know Now! - July 22, 2022  
6:30 - 8:00 p.m.

MERCI Barn  
8510 Indiana 111  
Memphis, IN 47143

#### **Free Workshop**

**July 22**



**"Wish We Knew Then  
What We Know Now!"**

**presented by  
Terry & Connie Roudenbush**

**Too soon into the marriage we encounter challenges we never saw coming and have no idea what to do with these! This workshop will be fun, informative and eye-opening and can save you years of wondering "what happened?" How did we get here and how do we get back to that "lovin' feeling?" There is a way!**

Sometimes you know in your heart how you feel about your spouse, but somehow you may have a hard time saying it or putting the right words together.

Debra Fileta, A Christian author, podcast host and licensed professional counselor who specializes in relationship and marital issues, recently posted an article entitled "An Open Letter To My Husband: The Man I Didn't Know."

I thought it was a beautiful expression of her love for her husband and wanted to share it with you.

To read this article, [click here](#)

### How to Enhance Emotional Intimacy



As you read Scriptures, you discover that God is often pictured as having emotions like anger, hate, love, delight and disappointment. Our emotional state reflects the God who made us.

Since God made us with emotions and instituted marriage and that two shall become one, then sharing our emotions will enhance our sense of intimacy.

Here are just a few examples of how to enhance emotional intimacy.

- Communicate Daily - Example: Share three things that happened each day and how

To register [click here](#) or call (502) 387-0645

### A Lasting Promise

August 19 & 20, 2022

6:00 p.m. - 8:30 p.m. Friday

8:30 a.m. - 5:00 p.m. Saturday

Stratton Community Center  
215 Washington Street  
Shelbyville, KY 40065



MERCY offered this program last year and the feedback was very positive. So if you would like to learn some proven strategies within a solid Christian framework, we hope you will consider attending this event.

Cost: \$100 per couple, which includes access to event curriculum and Saturday lunch.

Registration information coming soon.

### Save the Date for a Fun Date Night - October 8, 2022

6:30 - 8:30

City Place

She's coming to LaGrange and she is funny! And MERCY is excited to bring this event to you. More details coming soon.

- you felt about them.
- Express specific appreciation for your spouse.
  - Be curious about your spouse.
  - Be emotionally available.
  - Be willing to be vulnerable.
  - Relive and talk about some of your favorite memories. Begin with , "Remember when \_\_\_\_\_."
  - Create some connection rituals.
  - Experience something new together.

Note: If you need some conversation starters, MERCY sells a variety of them that goes toward supporting the ministry. **If interested in what's available, click here** or email: pdhud9@aol.com or call: 502-939-0121.



### Let's Be Real About Struggles with Sexual Intimacy

One of the most common issues when it comes to sexuality with couples is sexual incompatibility. You know the story; one wants to have sex all the time and the other just can't seem to get into it. If you are one of those couples, perhaps Paul and Beth's story will resonate with you.



### Upcoming Broadcasts from Focus on the Family on Marriage

- 6/27 - Fighting the Spiritual Battle for Your Marriage - Mr. Jason and Mrs. Tori Benham
- 7/5 - Creating Sustainable Rhythms in Your Marriage - Mr. Chris and Mrs. Jenni Graebe
- 7/14-7/15 - Establishing Healthy Boundaries with Your In-Laws - I & II - Dr. Henry Cloud and Dr. John Townsend
- 7/19-7/20 - Loving the Story of Your Marriage - Mr. Brad and Mrs. Marilyn Rhoads
- 7/25 - Nurture Your Wife, Stay Married for Life - Pastor Dan and Mrs. Jane Seaborn

[The Success Sequence](#)

[28 Biblical Reasons to Go to](#)





Are you familiar with the Success Sequence? Here it is:

- Graduate High School
- Get a full-time job
- Get Married - Before having children

This once seemed to be common knowledge, but somewhere along the way, many young people have lost their way.

Young adults who complete the Success Sequence, even in the face of big challenges, such as family dysfunction, father absence, poverty or racism, can avoid poverty and have a shot at the stable, happy family life they want.

"Straight Talk About the Success Sequence" is a project of the Institute for Family Studies.

## Church

- Go to church so you won't be hardened by sin.
- Go to church regularly because God tells you to.
- Go to church because you need the encouragement and you need to encourage others.
- Go to church to hear God's powerful Word preached.
- Go to church to exercise your spiritual gifts.
- Go to church because you are part of the body of Christ.
- Go to church to partner in the gospel.
- Go to church to mentor others and be mentored.
- Go to church to train up your child.
- Go to church to love one another.
- Go to church to show the world the love of Jesus.
- Go to church to bear one another's burdens.

To be continued next month.

## Couple's Couplettime Activity

A few weeks ago, we had the privilege of hearing Kurt Sauder speak on "How to Refresh Our Souls."

Here are a few suggestions he offered:

1. Get out in creation.
2. Learn how to balance sorrow, grief and joy.
3. Learn how to laugh again.
4. Engage in Spiritual practices and ask yourself "What depletes your soul?"

He also gave us handouts and gave us permission to use them. Therefore, we'd like to share them with you for our Couplettime activity this month.

Below is Handout #1 called "4 Critical Questions" for four areas of your life. Each of you would fill out What's Right, What's Wrong, What's Missing and What's Confusing about your Personal Life, Family Life, Vocational Life and Spiritual Life.

Then on the second handout, write out what you are going to do about each one: Across the top, list: God, Spouse, Children, Others. Down the side, list: Daily, Weekly, Monthly, Quarterly and Yearly.

After completion, share your answers with one another.

**Handout #1**

**Handout #2**

Connect with us



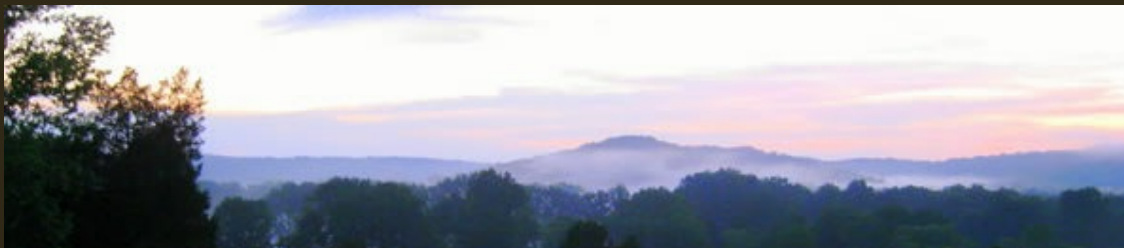
Share This Email



Share This Email



Share This Email



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

[Unsubscribe pdhud9@aol.com](mailto:Unsubscribe_pdhud9@aol.com)

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent bypdhud9@aol.com in collaboration  
with



Try email marketing for free today!