



MARRIAGE EDUCATION AND RESOURCE CENTER

May, 2022

Newsletter from The Marriage Education and Resource Center (MERCY)



I (Penny) am a reader. I enjoy reading. I read books, magazines, blogs, dessert menus at restaurants and even cereal boxes. David, on the other hand, doesn't particularly enjoy reading. So for those of you who are like David and want to learn more about *The Five Love Languages*, Dr. Gary Chapman, author, has launched a new video course that will give you the practical tools to immediately start improving and strengthening your relationships. It is called *Learning the Five Love Languages with Dr. Gary Chapman*. It will help you connect with not only your spouse, but the people you love most.

He is offering this for a special limited-time price of only \$9.99 (50% off). The course is just under an hour.

If interested, we hope you will check it out by [clicking here](#)

Upcoming Marriage Enrichment Events

Shaking the Foundation

June 17 - 6:30 - 8:00 p.m.

MERCI Barn

SHAKING THE FOUNDATION



ANSWERS TO TOUGH QUESTIONS;
SOLUTIONS TO COMMON ISSUES

In "Shaking the Foundation - Marriage Reboot" you'll learn there are some things that come against all couples. Being AWARE of these helps us know what we can do to avoid some attitudes, actions and responses that make things worse. And better yet, we can become INTENTIONAL to do those things that bring about peace and feelings of worth, love and respect. Marriage principles built on the rock of Jesus work! A marriage built to last is so worth the effort!

MERCI Barn
8510 IN-111

Sex, Intimacy and Lifelong Marriage

Dave and Ashley Willis with XO Marriage recently interviewed Susan and Brandon Thomas, founders of Keystone Church, on their podcast.

Brandon is a visionary leader and pastor, and his wife Susan, is a Licensed Professional Counselor who specializes in marriage and women's issues.

They like, many, are in a busy season with four children, the demands of work and other commitments.

They have such great wisdom to share about marriage. In my notes, I (Penny) wrote this is "Good information. This is great information! Be sure to share it in our newsletter."

We hope you will take an opportunity to watch this video. It's one of the best I've seen in a long time.



Average Age to Marry Rises

The Central Statistics Office has presented new reports which show that the new average age of marriage has risen to 38.2 years. This is an increase from the previous average of 37.4 years recorded in 2018.

Memphis, IN 47143
Free

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

OurRelationship - Flexible Online Support for Military Couples



Many couples have times when their relationship could use some help. But not every couple needs the same kind of help, or in the same way. OurRelationship is a flexible, online, evidence-based tool that gives military couples the choice to work on their own or with a coach to strengthen their relationship. It is tailored to the military community and free for active-duty, Guard and reserve couples. For additional information, [click here](#)

A New Beginning



May 20 -22 - Nashville, TN

This counselor-led workshop is for couples in crisis.

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

4 Ways to Practice Generous Grace in Your Marriage



Drs. Les and Leslie Parrott, authors, speakers and therapists, tell us it is essential to be generous with grace in marriage. They said, "How we choose to respond to our spouse's shortcomings builds and shapes our character."

Here are four ways they suggest you can practice grace-giving in your marriage:

1. Put Yourself in Your Spouse's Shoes.
2. Give Your Spouse a Chance to Feel Seen and Heard.
3. Remember That You Will Sometimes Need Grace, Too.
4. Love Like Jesus.

Of course, these are just the highlights, to read more [click here](#)

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

Romans:12:10

10 Encouraging Facts About Marriage

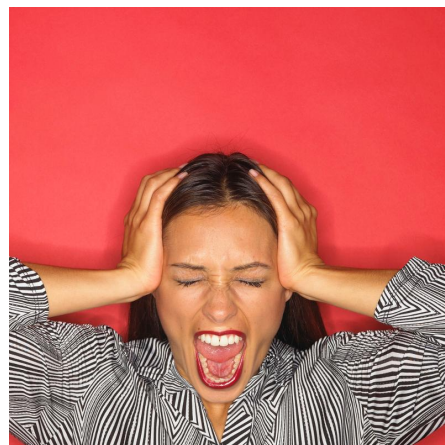


Upcoming Broadcasts from Focus on the Family on Marriage

- 5/18 - Improving Your Health to Strengthen Your Marriage
- 6/6 - Discovering God's Design for Your Marriage
- 6/15-16 - Embracing the Various Seasons of Marriage - I & II
- 6/27 - Fighting the Spiritual Battle for Your Marriage

Note: The broadcast schedule is subject to change. You can listen on your local radio station, your mobile or online. If you miss one you can listen [clicking here](#)

You Can't Change Them – Do This Instead



Trying to change another person is usually futile. It is not only frustrating but can be exhausting. If you harp on an issue long enough, you may be able to force



For years we have heard these comments about marriage and believed them.

- "Half of marriages end in divorce."
- "The pandemic was brutal for marriages."
- "Divorce has been rising for years."
- "Churchgoers don't do any better at marriage."

However, Shaunti Feldhahn, social researcher, best-selling author and popular speaker, tells us most of these are not true. To read more of her insights, [click here](#)

change on someone but it will never change their heart.

The only person you can change is yourself. According to Dr. Chapman when you change yourself, you fundamentally change the relationship.

Here are three questions he suggests you ask yourself to change yourself:

1. What is more important to me; the relationship or my way of doing or seeing things?
2. Are my responses and reactions creating a healthy, positive atmosphere for effective communication and negotiation?
3. If they never change, is there anything I can do to alleviate my frustration over our differences?

Couple's Couplettime Activity

Are you a hinter?

Have you ever experienced instances of miss-communication? I know we have. It just happens.

Little things can chip away at your connectedness over time.

A great book on communication is *The Power of Two*, by Susan Heitler, PH.D.

She points out that we need to say what's on our mind. We need to verbalize concerns, fears and desires. What happens in a lot of instances, however, is we hint or wish. Then, when our spouse doesn't respond the way we want, we get frustrated.

Let me give you a couple of examples from Heitler:

Hinting

Len: "Don't you think it's hot inside?"

Linda: "I think it's fine."

Len (a few minutes later, after complaining about the heat again): "I wish you were the kind of person who likes to go outside more. "

* * *

Linda feels frustrated. Len generally goes to sleep after the news on TV, but she is ready to go to sleep now,. Sitting next to Len, she sighs loudly. Len continues to watch the news. Eventually Linda goes to bed alone, so angry she can't sleep.

Saying It

Len: "I'm getting claustrophobic staying in. I'd like to go out for a run or take a walk. Will you join me?"

* * *

Linda: "I feel tired; I'd rather go to bed early tonight rather than watch the news."

Len: "Usually I like staying up, but the news is boring tonight. How about if I turn it off in five minutes and we'll go to bed."

In the first example, Len hints instead of saying outright what he wants. Linda has no idea that he wants to go outside. Then, instead of saying what he would like, he puts her down.

In the second example, Linda hints and wishes but never says what is on her mind.

Now, here are a few examples we'd like to ask you to convert from hoping and hinting to saying it:

Hoping: (Linda thinking to herself) "If only he'd arrive home when he says he'll be here."

Hinting: Your work seems hard this week.

How would you change this so Linda says what she wants?

* * *

Hoping: Len is hoping to go with his friends to a game over the weekend.

Hinting: The guys are all going to go to this game this weekend.

How would you change this so Len is more direct in his communication as to what he wants?

How did you do?

Now, discuss with one another if you think you often hint and hope instead of speaking directly.

Try to think of a time you did this? How did it work for you?
Share with one another how you felt and how you could have said it without hinting and hoping?

(Note: it is best if you start your concerns/requests with "I.")

Next time something is on your mind, say it directly as you converted the examples above.



Share This Email



Share This Email



Share This Email

Connect with us



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

[Unsubscribe pdhud9@aol.com](#)

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

Sent by pdhud9@aol.com in collaboration
with



Try email marketing for free today!