



MARRIAGE EDUCATION AND RESOURCE CENTER

September 2021 The Marriage Education and Resource Center (MERCY)



I ran across a piece of paper recently where I had scribbled "Relationships fail in large part because we enter into relationships with poor skills for maintaining them and unrealistic expectations."

I'm afraid there is a great deal of truth to this statement. I know it was true for us. It has taken us years to learn how to communicate and resolve conflict. But more importantly, we had to approach our marriage with a different mind-set. And that didn't occur until we started asking Christ to help us and listened and applied what He says in Scripture.

Through His Word, His work, His grace and His Spirit He has changed us and we pray He will continue to change us, for the better, until He calls us home.

That's our vision at MERCY: Helping couples grow toward Jesus Christ and

Marriage Events

Forgiveness - September 16 -
12:30 - 1:30 p.m. EST - Free



Join Jimmy Evans live as he teaches on how to heal through forgiveness

To view on September 16,
[click here](#)

Coupletime Online - September 24, 8:30 pm. EST - "Are You Smarter Than Your Cell Phone?" From Grace Marriage at Home - Free



Technology can be a big

learning new and better ways to relate and love each other. If we can help, please get in touch with us.

Grace and peace,
Penny and David

barrier to relationships. We find ourselves immersed in the latest news, the latest post or article. Let's look at this subject and be sure it is not causing strife in our household.

To join us on September 24
[click here](#)

How Is Your Attitude?



Dr. Gary Chapman recently asked "What's your attitude - right now - - toward your spouse? Your kids? Your supervisor? Your employee? Toward life in general?

Are you feeling. . .

- like a victim or victor?
- ungrateful or appreciative?
- bitter or tender?
- angry or joyful?
- betrayed or beloved?
- critical or congratulatory?
- negative or positive?
- pessimistic or hopeful
- resentful or content?"

Chapman says we need to be guided toward self-awareness. It's important because it sets the atmosphere that affects how we perceive others and how they perceive us. And, our attitude affects our relationships. He suggests we take a moment each day and check our attitude and make positive adjustments when we find negativity setting in.

The Five Love Languages -
Saturday, October 2 - 5:00
p.m. - Missionary Baptist
Church - Free



David and I will be presenting The Five Love Languages at Missionary Baptist Church in Mt. Washington on this date.

If you have never discovered your spouse's love language, I'm sure Missionary Baptist Church would love for you to join us. Or, if you just need a refresher, please plan on being with us.

Missionary Baptis Church
530 Delaina Drive
Mt. Washington, KY 40047

The Married Sex Conference

If we can start each day by asking the Lord to help us with our attitude, it can make a significant difference.

Praying for Your Husband
and Other Great Resources
by Sharon Jaynes

Are you familiar with Sharon Jaynes' prayer on how to pray for your husband from head to toe? She has a specific prayer guide that I would encourage every wife to check out. Here is a video that explains a little more about it.



In addition, she has an amazing free Marriage Resource Bundle when you enter your email address and sign up for her email list.

The bundle includes:

- 25 Ways to Start Meaningful Conversations with Your Husband
- 25 Ways to Romance Your Husband
- 25 Ways to Safeguard Your Marriage
- 25 Things Your Husband Longs to Hear
- 25 Ways to Show Respect to Your Husband

For access to her website [click here](#)



Just a reminder this conference is airing Saturday, October 2. However, after you register, you can watch it at any time in the comfort of your own home.

It is hosted by Gary Thomas and Debra Fileta. You will hear from a great line-up of speakers, such as, Drs. Les and Leslie Parrott, Dave and Ann Wilson, Dave and Ashley Willis, Ryan and Selena Frederick, Shaunti Feldhahn, Brad and Marilyn Rhodes and many more.

Cost: \$89 per couple.

To register, [click here](#)

Growing Your Marriage
Online Workshop - October 5, 8:00 - 9:15 EST - Free



Weathering Life's Storms

Sometimes in our marriage it is "smooth sailing" and at other times inevitably "storms" come up. How do you weather life's storms in a way that is healthy for your marriage relationship? We hope you will join Kelly and Don Keehner, as they share

practical ways that they've persevered during some turbulent times in their own marriage of over 30 years. We think you will go away from this intentional date night feeling refreshed and encouraged in your relationship.

To check out this workshop, [click here](#)

Cohabitation Changes People



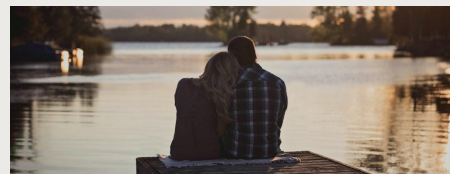
Across 9 European countries in the mid 2000's, Kreidi and Zilinciikova found that people who cohabit tended to move towards a more permissive view of divorce, and people who married tended to move toward a less permissive view of divorce.

The Five Essential Elements of Good Communication excerpts by Jimmy Evans

Evans tells us there are five essential elements that need to be present to ensure good communication in your marriage. They are:

- The Right Tone
Your tone tells the other person whether or not you care.

Husband and Wife Journey - October 8-10 or October 22-24 - Harvest Heights Orchard and Vineyard, Scottsville, KY



If you are ready to rest, play and learn together, check out his weekend retreat.

As you share adventures, laughs and delicious food with your spouse we are sure you will reignite the joy of sharing life together.

Cost: \$250 - Fee includes lodging, food and recreational activities.

Harvest Heights
795 Yates Lakeview Circle
Scottsville, KY 42164
(Check in between 5-7 p.m.
- Harvest Heights operates on Central Time).

For more information or questions, call (502) 594-9569. To see what others have said about these retreats, [click here](#).

To register, [click here](#).

- Enough Time

We recommend couples take 15 - 20 minutes each day to share three things that happened that day and how they felt about those things. If you can't carve out at least this amount of time you are too busy.

- An Atmosphere of Trust

Trust has to be earned and your spouse will not open his or her heart to you if they do not trust you. It has been said "Trust is earned in drops and lost in buckets."

- An Atmosphere of Truth and Love

Ephesians 4:15 uses the phrase, "Speaking the truth in love" as it relates to the process of becoming Christlike.

- Team Spirit

Husbands and wives differ from each other by God's design, and we have to respect those differences.

To read Evans complete article [click here](#).

Weekend to Remember -
October 22 - 24 - Hyatt
Regency Hotel, Louisville, KY



Marriage is a lifelong adventure of growing together through every age and stage of life. The happiest couples are those who commit to learning skills that help them weather difficult seasons and deal confidently with relationship challenges.

Attendees say their relationships improved on average from 4/10 to 8/10 after the conference.

Conference Cost: \$350 per couple; Military Rate: \$120 per couple; Pastor's Rate: Free

To register, [click here](#)

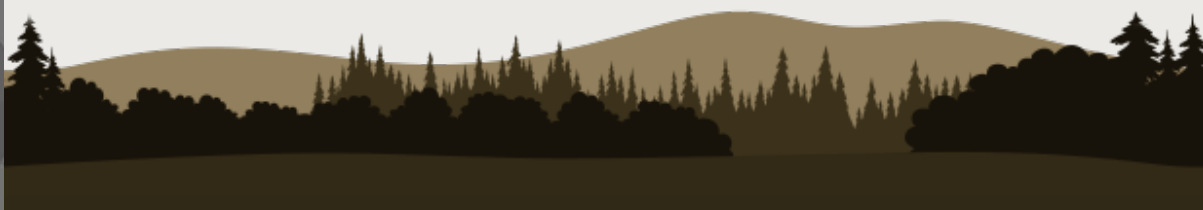
FamilyLife recommends that Weekend to Remember attendees stay in the heart of downtown Louisville at the Hyatt Regency, within walking distance of all of Louisville's best attractions.

Cost of Hotel - Hotel accommodations are separate from conference fee. Hotel rate is \$167 per night until October 6 (as available).

Sacrificing to Meet Your Spouse's Needs

In this behind the scenes video, Dan Lian shares how sacrificing to meet your spouse's needs is one of the greatest callings we have

in marriage. This is from xomarriage.



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