



MARRIAGE EDUCATION AND RESOURCE CENTER

## September, 2022

# The Marriage Education and Resource Center (MERCY)



A sweet friend of ours recently shared this statement and we thought it was great advice:

*Before saying something that may hurt someone, take a piece of paper and crumple it up. Now try to make it the way it was before. . . You can't. Right? People's hearts are like this piece of paper. Once hurt, it is difficult to leave them the way you found them. Before saying something hurtful, think about what you're saying. Always be considerate. Always be kind."*

Reminds us what it says in Proverbs 18:21 "The tongue has the power of life and death, and those who love it will eat its fruit."

Grace and peace  
Penny and David

### Upcoming Marriage Events



Comedian Juanita Lolita

October 8 - 7:00 p.m.

City Place

112 South 1st Street

LaGrange, KY 40031

Cost: \$10 per person

This can be a fun date night for couples and a fun time for singles. In addition, we will have desserts.

[Click here to register](#)

Weekend to Remember

October 12-23

Hyatt Regency - Louisville

320 South 4th Street

Louisville, KY

50% off of registration through



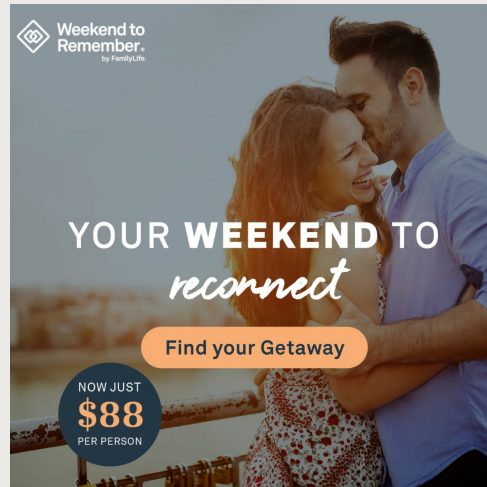
### Are Your Thoughts Sabotaging Your Relationship?

Do you focus more on what's going wrong than right? Do you play "what if's" in your mind? Or do you have suspicious thoughts that keep popping up?

It is recommended you start paying attention to your thoughts. Write them down whenever you have a negative feeling. Could the story you are telling be creating that negativity? If so record how your behavior was affected by that feeling. One person said it helped her to see that nothing was just happening to her - her thinking was at the root of what she was experiencing in her relationship. She went on to say that if thoughts were the only problem - that problem was in her control. Our thoughts run a fine line between observing our reality and creating it.

The Lord tells in Philippians 4:8 "*Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable — if anything is excellent or praiseworthy — think about such things.*"

One of the best and most helpful



FamilyLife's Weekend to Remember is a marriage getaway that has equipped millions of couples with practical tools and resources.

Consider using MERCY'S Group Name MERCY when registering.

To register, [click here](#) or call 1-800-FL-Today.

Note: Meals and Hotel are not included in registration. Room rate is \$169 per night. Be sure to mention "FamilyLife's Weekend to Remember." To reserve room call: 502-581-1234



explanations on "Thought Talk" or as they call it "Thot Talk" are from Harold and Bette Gillogly with Marriage Net Ministries, called "Win the Battle of the Mind." If you struggle with "Thot Talk," we'd encourage you to check it out by [clicking here](#)

---



### How to Nurture Spiritual Significance in a Marriage

Establishing greater spiritual health can help to establish a stronger relationship.

If you haven't established a pattern to build spiritual intimacy here are a few tips from Drs. Les and Leslie Parrott:

- Establish a Daily Reflective Practice - Find a routine that works for you.
- Communicate about Spiritual Things - Share your spiritual questions with one another, study together, connect with Christian friends, find resources that will help answer your questions.
- If you haven't found a church to attend, consider finding one. Worshipping together is one of the ways to stay connected.
- Learn how Jesus loved - The Parrott's have a great book entitled *Love Like That* that dives deeper into Jesus' love and shows how to put His approach in practice.

To read The Parrott's complete article [click here](#)

### Laugh Your Way to a Better Marriage

If you have never seen Mark Gungor's "Laugh Your Way to a Better Marriage," you are missing out on one of the funniest and best marriage seminars available.

Gungor is one of the most sought after speakers on love and marriage, exploring the underlying dynamics of male and female relationships

If you would like a road trip, or overnight getaway, Gungor will be in Dayton, OH September 23 & 24. Or you can see some of his clips on You Tube.

---

### One of the Cutest Ideas Ever - CharCuterie Luxury Picnics - A Special Date Night or Other Special Occasion



CharCuterie Luxury Picnics are a family-owned business crating intimate pop-up luxury experiences.

Whether it is a date night, day date, engagement, prom, bridal shower, birthday party or just for fun, they can provide the perfect experience. They take care of everything including design, delivery, set up and clean up.



---

## 7 More Reasons to go to Church

1. Go to church because the body needs you in order to grow.
2. Go to church because every part of the body is indispensable.
3. Go to church to remind one another of what we were created for.
4. Go to church to live out the reality of who you are.
5. Go to church to remember who you belong to.
6. Go to church to get equipped.
7. Go to church because we are going to live in glorious unity with God and each other for all eternity.

Just look at this adorable set they created and check out their website for more unique ideas - They can set up picnics inside and out.

[Click here to view their website](#)



---

## Couplettime Activity



We'd also recommend you check out Greg's book, his blogs and his ministry. For more information, [click here](#)

Greg Williams, with Love and Lordship Ministry, has written a great book called *The Authority of Love*. Greg has such a heart and passion for Jesus and shares truth and wisdom on a daily basis and through his ministry.

In this book, he has an activity based on Willard Harley's book *His Needs/Her Needs*. Harley lists the top ten needs, (five for women and five for men). This is based on research of 30,000 couples over 25 years. If you haven't read it, we would encourage you to check it out. It was a great help to us.

According to Harley, here are the top ten needs and the activity Greg graciously shared with us. It is available [by clicking here](#).

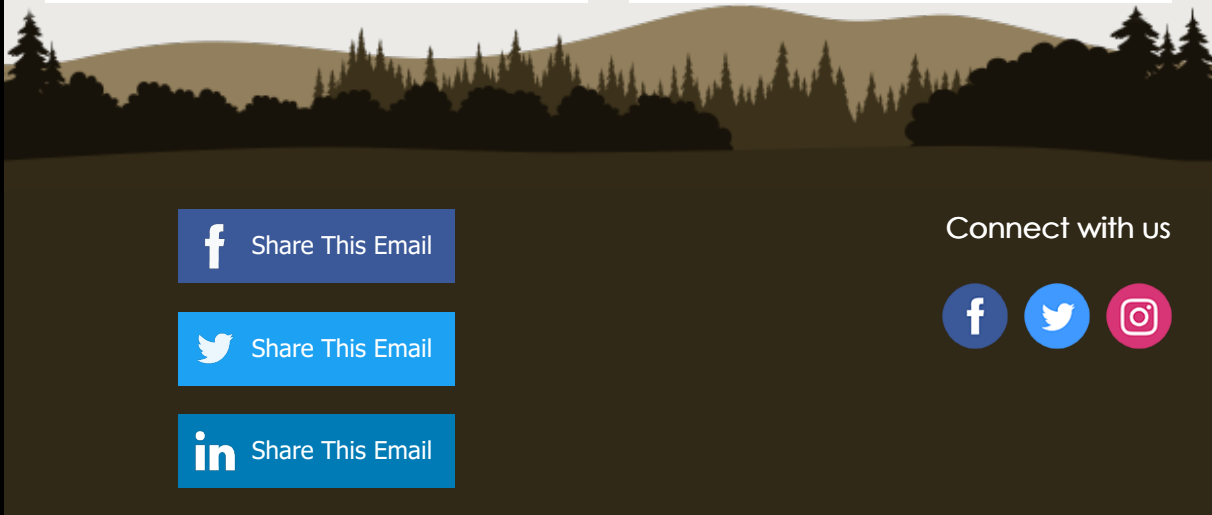
### Women

- Affection (read Love)
- Conversation
- Honesty and Openness
- Financial Support
- Family Commitment

### Men

- Sexual Fulfillment (read sex)
- Recreational Companionship
- Attractive Spouse
- Domestic Support

- Admiration (read Respect)



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!