



MARRIAGE EDUCATION AND RESOURCE CENTER

## November, 2022 Newsletter from The Marriage Education and Resource Center (MERCY)



I (Penny) went to get my hair cut and I wanted something a little different. I showed the hairdresser a picture of what I was considering and asked her if she could do that haircut.

She said, "Oh, her hair is a different texture than yours. I could do it but it would require a lot of work texturing yours to look like that."

You know what I thought? You either don't know how to cut it like this or you just don't want to. So I just told her to cut it like she normally did.

Do you know what I just did? I exhibited negative interpretation.

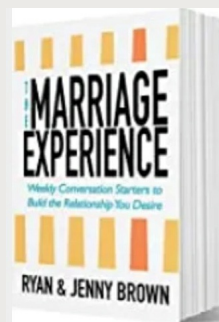
This is when you interpret what someone says or does more negatively than he or she intended. It may or may not be fair or accurate.

In this situation it wasn't a major, but when this happens a lot in marriage

### Upcoming Marriage Events



The Marriage Experience -  
Free Workshop  
January 20  
MERCY Barn  
8510 Hwy. 111  
Memphis, IN 47173



Do you have a marriage that leaves a lot to be desired? Are you connecting the way you used to or like you want? Perhaps you are searching for a way to build trust and lay a foundation of safe communication within your marriage. If so Join Ryan and Jenny Brown, authors of *The Marriage Experience*, at the

and close relationships, it can be very damaging. In fact, the experts tell us it is one of the key patterns that destroy oneness in marriage.

It reminds us of Matthew 7:1-5.

Grace and peace,  
Penny and David

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### Teens' Expectations for Marriage



According to Alysse ElHage, a writer for the Institute of Family Studies says, "A new MAST Center report finds that 95% of teens ages 15 - 19 expect to get married, nearly 80% expect to cohabit, and 87% expect to have children someday."

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### Resentment in Marriage Excerpts from Drs. Les and Leslie Parrott



MERCI Barn on January 20  
from 6:30 - 8:30 p.m.

Registration coming soon -  
[click here](#)

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## CHOICES



FOR A SUCCESSFUL MARRIAGE

### **Choices for a Successful Marriage** - January 27 - January 29, 2022

Come explore how to make choices everyday to enhance your marriage and make it so much more than long lasting. Daily choices for love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control will give you a partnership that leads you to a truly successful marriage where two become one flesh.

This retreat is limited to 10 couples so call (502)255-7676 to book early, or email [susan@agapwilderness.com](mailto:susan@agapwilderness.com). or visit their web [click here](#).

Price: \$300.00 per couple  
(This includes two night lodging, five delicious meals and a workbook.)

Location: Agape' Wilderness  
Retreat Center  
831 Barebone Rd  
Bedford, KY 40006

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**Wed Talks Conference**  
November 19 - Online

The Parrott's start out by saying, "Resentment damages marriages!"

It often comes from longstanding anger and feelings of disappointment in your relationship. According to the Parrott's, here are two reasons why you might feel resentment toward a spouse:

- Unmet Expectations
- Unkindness

Here are a few tips the Parrott's give to overcome the resentment:

- If it comes from unmet expectations, you'll need to reframe how you see those perceived disappointments.
- Focus on the positives in your relationship instead, and work on cultivating a sense of gratitude for everything that has gone right instead of wrong.
- If resentment has built up because of their controlling or critical behavior, you'll need new skills for handling the issue.

To read the rest of this article, [click here](#) and for an additional blog on resentment from the Parrott's [click here](#)

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### Handling Smaller Conflicts in Marriage

*"Everyone should be quick to listen, slow to speak and slow to anger."*  
James 1:19

Learning to manage smaller issues in marriage will help them not to become major areas of conflict in the future. So, Stop, Pray, Look and Listen.

- Stop and Pray: Ask the Lord if what you are about to say is going to serve your relationship well or might it harm your relationship?



Just a reminder about the upcoming WedTalks. This is an online marriage conference, with 25 short "Ted Talk" style seminars from dynamic speakers all about the topics of marriage.

Cost: \$79 per couples - You will have one year to watch and re-watch the content.

For more information and/or to register, **click here**.

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### New Beginnings - December 9-11 - Online



A counselor-led workshop designed specifically for couples in crisis. Three days could turn your marriage around.

For more information, [click here](#)

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### Cute Idea for Couples



- Look: Remember you are a team. If one wins and the other loses the whole relationship loses. Could it simply be a matter of different perspectives?
- Listen: Put yourself in your spouse's place. Try to understand their perspective. Spend some quiet time thinking about their point of view and what they may be feeling.

### Special Devotional Pack for Couples

Dr. Gary Chapman is offering two books this month for the price of \$25. They are::

- *A Couple's Guide to a Growing Marriage (Bible Study)* and *The Love Languages Devotional Bible*.

For more information, click [here](#)



Click on this link and download this template and use it to write what you are thankful for about your spouse each day until Thanksgiving. You might want to hide them around your house for him/her to find them.

### Should You Put Your Sex on the Calendar?

Schedule sex on the calendar or be spontaneous? Dave and Ashley Willis answer this question.



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

Romans 12:10

## Couplettime

### The Power of Positive Words

As Proverbs 18:21 says, "Death and life are in the power of the tongue."

For this month's activity, why not plant some positive words into your spouse's soul?

Write a paragraph or letter of positive words to your partner.

Pick one of these topics:



- A letter of praise
- A letter of appreciation
- A letter of encouragement
- A statement of belief

Be specific - Avoid generalities

Read it to your spouse before going to bed tonight.\*

\*From *Building Your Mate's Self-Esteem* by Dennis and Barbara Rainey



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