



MARRIAGE EDUCATION AND RESOURCE CENTER

## May, 2024 Newsletter from The Marriage Education and Resource Center (MERCY)



It was karaoke night at the clubhouse. There weren't a lot of participants. Bob, however, was one of the brave ones. He slowly made his way to the mic. See Bob is 86. Someone shouted, "Bob, what are you going to sing?" He said, "Willie Nelson - *Always On My Mind*."

Bob turned to his wife Linda, age 82, and said, "I want to dedicate this to my wife."

Have you listened to the words lately? If not, here you go:

### Upcoming Marriage Events/ Resources

#### Shaking the Foundation

June 21, 2024  
6:30 - 8:15 pm  
FREE

MERCI Barn  
8510 Hwy. 111  
Memphis, IN



Might this be a surprise to you?

1 Cor. 7:28 tells us, "But those who marry will have troubles in life. . ." You can be prepared for any shaking in your marriage while your foundation remains strong and intact! You'll learn where some of these "troubles" come from and how to be best equipped to handle them

"Always On My Mind"

(originally by Brenda Lee)

Maybe I didn't love you  
Quite as often as I could have  
And maybe I didn't treat you  
Quite as good as I should have  
If I made you feel second best  
Girl I'm sorry I was blind

You were always on my mind  
You were always on my mind

And maybe I didn't hold you  
All those lonely, lonely times  
I guess I never told you  
I'm so happy that you're mine  
Little things I should have said and done  
I just never took the time

But you were always on my mind  
You were always on my mind

Tell me  
Tell me that your sweet love hasn't died  
And give me  
Give me one more chance  
To keep you satisfied  
I'll keep you satisfied

Little things I should have said and done  
I just never took the time

But you were always on my mind  
You were always on my mind  
You were always on my mind  
You were always on my mind"

About three-fourths of the way through the song, Bob's voice broke and Linda turned to us and whispered, "He's crying." And we could see that Linda had tears in her eyes as well.

How about you? Can you relate to the lyrics? If so, why not take the time now to tell your spouse how much you love them.

Grace and peace,  
Penny and David

before they lead to misunderstanding, disappointment and resentment. This is an eye-opener.

Registration coming soon, [check here.](#)



Nashville, TN -June 21-23, 2024

A counselor-led workshop for couples in crisis.

A New Beginning is a turn-around weekend designed to help couples who feel stuck in an unhealthy marriage, couples who are frustrated and unhappy and couples considering divorce.

Registration open until June 16.

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

XO Marriage 30-Day  
Devotional - Free

Jimmy Evans, with the XO Marriage team, is offering a 30-Day free video course. It is called *I Will: 365 Daily Promises for Your Marriage*.

If you like it, you may want to purchase the book.

We bought the book and have been going through one each day and it is deepening our spiritual conversations.

For more information and to access your free 30-day course, [click here.](#)

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## Conflict is Normal

Guess what? Yes, conflict in marriage is normal! We want to encourage you to listen in as Greg and Erin Smalley walk through some practical steps for healthy conflict.



Dr. Greg and Erin Smalley are a husband and wife team passionate to equip couples with the knowledge, skills and insights necessary to enjoy life together.

Dr. Smalley also serves as Vice President of Marriage and Family Formation at Focus on the Family.

In addition to this video, if you would like to follow them on face book, [click here](#).

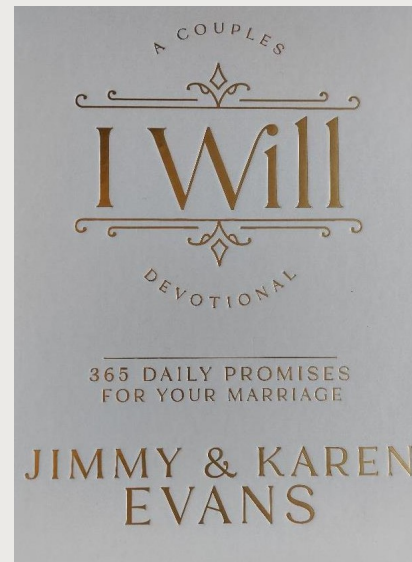
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## 5 Tips for a Relationship Do-Over

Gary Chapman, Ph.D, a Christian, family counselor, well-known author and more, has some tips if you are at the point where you could use a relationship do-over.

Often in marriage, we can hit a point where you wake up and feel miles apart from someone you once adored. Here are a few suggestions from Dr. Chapman:

- Fresh Start - Did you fail yesterday? Don't make the



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## 56 Simple Compliments to Encourage Your Spouse

\$4.99 to Download

Your spouse needs to know how much they matter to you. It's not something to just keep to yourself.

Be looking for ways to not just say these words but to show them in actions as well.

When you focus on building up your spouse and remember the treasure that you have in your marriage the extraordinary happens. Now it is time to go and experience the fullness that happens when you encourage your spouse.

If interested, [click here](#). This digital download will be sent to your email immediately.

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Reset Online Support Group

mistake of messing up every new day with yesterday. Today is a new day. Cut yourself (or someone else) some slack and start again. Grace is an amazing gift.

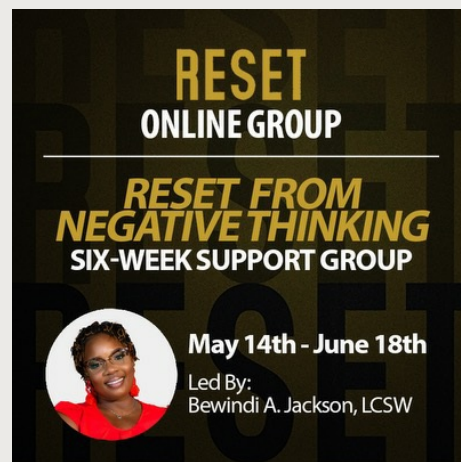
(Note: If you have never had a relationship with the Lord, or have drifted away, that would be the best way to start anew.)

- Vision - Look with fresh eyes at your relationship. Truly see individuals and their needs. Spot new opportunities to show your love.
- Experimentation - Try something new or unconventional. Be creative. If A worked yesterday, mix in some B and C today.
- Teachability - A proud person thinks they are a relational expert; a humble person is constantly learning, asking for advice from role models and looking for ideas from healthy relationships. Be open to learning!
- Endurance - If at first you don't succeed. . . give up? No! Your relationships are worth the investment, so keep going and growing. Life is a wild journey and always better in the company of those we love.

Dr. Chapman goes on to say, "While we can't change the heart or attitude of another person, we can create a positive atmosphere for that change to take place."

The Power of Date Nights

Stop the Marriage Killers



Are you tired and worn out by the negative thoughts that keep you stuck? Are you constantly in battle with the inner critic, struggling with criticism from others, negative beliefs and unhealthy thoughts that result in consistent self-sabotage, feelings of defeat and stress?

If so, we hope you will consider this 6-week support group from Debra Fileta with True Love Dates. Fileta is a faith-forward professional counselor, author, and creator of the #1 Faith-based relationship advice blog and founder of the Debra Fileta Counselors' Network.

This workshop will be led by Bewinda A. Jackson, licensed social worker, Christian Therapist, and Podcast Host. There will also be a special visit from Debra Fileta.

Cost: \$300  
For more information, [click here.](#)





According to The Institute of Family Studies, here are some highlights on the power of date nights:

- Going on date nights when you have young children knocks 20% off the risk of splitting up.
- Going on date nights when the children are babies or a little older increases the probability of being very satisfied with life later on.



XO Marriage is also offering new resources on How to Stop the Five Marriage Killers:

- Money Fights
- Stress
- Silence
- Destructive Words
- Spiritual Attacks

With a donation to XO Marriage, you can get exclusive access to these 5 mini-books as a gift to you.

For more information, or to order, [click here](#).

## Answers from the Professionals

Did you know that on our website, we have the following counselors answering some common questions couples often ask?

We are so grateful for their willingness to share their wisdom.

Please check out their insights on some important topics.

[Click here](#).





Dr. Valerie Vincent,  
M.Div., D. Min.,  
Certified Pastoral  
Counselor, AAPC -  
Hardy Associates

Heather Brooks, LMFT  
Private Practice

Michael Taylor, LMFT  
Triune Counseling



If you have a question you would like to ask a counselor, please email us at: [pdhud9@aol.com](mailto:pdhud9@aol.com) and we will do our best to get you an answer.

## Couplettime

Remember those words, ". . .for better, for worse, for richer, for poorer, in joy and in sorrow, in sickness and in health, as long as you both shall live?"

For some it may have been only yesterday you committed yourselves to one another; for others many, many years have passed since those vows were recited.

We hope you will take the time to reflect upon your marriage and renew some of your commitments to one another and to God.

God's Will or Ours? People struggle. Sickness plagues us, love is challenged, friends desert us, jobs give out, financial burdens overwhelm us, dreams fizzle. We're torn between right and wrong. Does Christ understand? Does He really understand our needs, our weaknesses, our temptations?

Yes. Of course He does. He is touched by our weaknesses. Jesus is our example. The words of His prayer at the supreme crisis of His life indicate not only His struggle, but His submission to His Father's will.

*"Father, if thou art willing, remove this cup from me; nevertheless not my will, but thine, be done." (Luke 22:42)*


Couple Activity:

Discuss a struggle you experienced as a couple between your desires and God's will.



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