



MARRIAGE EDUCATION AND RESOURCE CENTER

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



One of the activities we ask couples, we mentor, to do is to work through a problem/disagreement.

We tell them to brainstorm and come up with at least 10 possible solutions to consider in order to solve the issue. We tell them they can even throw in some funny ideas.

One couple recently said they wanted to pray more together. One of their solutions was "Eat more = Pray More" because they always pray at meals.

Just in case you are interested, we thought we would pass this tip along.



Grace and peace,

Penny and David

Upcoming Marriage Events/Resources



Blended and Blessed

June 6 - July 11

7:30 pm

Southeast Christian Church -
Blankenbaker Campus -
WV 370

Louisville, KY

If you are a blended family, you bring unique ingredients to the table. You need solutions as powerful as your day-in, day-out stepfamily challenges. This 6-week workshop is for parents of blended families.

No registration is required so you can jump in anytime.

Contact: Nick Buda
nbuda@seec.org



July 12 - 6:30 - 8:15 pm
Whet Your Palette
1415 Evergreen Road
Louisville, KY 40223

MERCY is partnering with Whet Your Palette, The Art House of Anchorage, to bring you a workshop on Communication and Conflict Resolution. While you are busy enhancing your marriage, your children will be able to be occupied with painting or a craft at the same location.

More details coming soon!

Plant Love to Find Love -
Gary Thomas



Gary Thomas, best-selling author and international speaker whose mission is to bring people closer to Christ and others, recently offered the following advice:

"Amidst life's busyness, it's easy to get bogged down and feel a general malaise in marriage. One of the least fruitful things we can do when that happens is to wait for our spouse to make the first move. If you're the first



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

To register, [click 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.

one to notice things aren't as they should be, be the first to act. Notice I didn't say be the first to say something; I'm suggesting you be the first to do something.

"One of the great classic Christian writers wrote, "Where you lack love, plant love, and you will find love." Therefore, do something extraordinary for your spouse even as you are disappointed in him or her. Pray for them more than you normally do. Speak kind words. Encourage him/her. Ask God how you can serve them this very day."

To read the rest of his article, [click here](#).

Marriage Rewind: Why Dwell on What Might Have Been?" by Drs. Les and Leslie Parrott



Do you or your spouse ever dwell on what might have been? The Parrotts' advice: "Don't!"

Don't ask or ponder questions such as:

- *If you could start over, would you do things the same?*
- *Who would you have married if you hadn't married me?*
- *If we were still dating, who else might stand a chance?*

As the Parrott's point out, curiosity can breed insecurity.

Registration open until June 14.

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

RSM - Ready, Set, Marriage
- Engaged couples through 5 years of marriage.

Thursday's, July 25, August 1, 8
6:30 - 8:15 pm
Cost: \$25/couple
(includes dinner snacks)

MERCI Barn
8510 Highway 111
Memphis, IN



Engaged Couples through 5 years Married

Rady Set Marriage - 3 sessions facilitated by Ryan and Brittany Naville to jumpstart or get a "new" marriage on the right track. Geared towards couples engaged through the first 5 years of marriage. You will have fun, fellowship and be encouraged on how to start your marriage strong God's way!

Registration coming soon.

The Institute for Family Studies found little support for the widely accepted idea that marrying in your early 20's produces lower quality marriage.

Instead, create joy instead of borrowing trouble. Focus on creating more joy together.

Remember, your spouse chose you.

To read the rest of their article, [click here](#).

Marriage Prep Versus Wedding Planning



6 Fun Date Night Ideas You Might Not Have Considered

If you are ready to think outside the typical date night of dinner and a movie, Family Life has you covered.

To check them out [click here](#).



CharCuterie Luxury Picnics - Just a reminder of another special date night or other special occasion; CharCuterie Luxury Picnics are a family-owned business creating intimate pop-up luxury experiences.

A message similar to this came across my news feed the other day. "My grandson is getting married soon. He is looking for recommendations for bartenders, caterers, wedding cake suggestions, D.J.'s, etc. He has a venue. Now, just need all the pieces to come together for the wedding."

Weddings are great, but they are just a one-day event. Wouldn't it be wise to put even more time and energy into planning a healthy marriage?

That is where pre-marital education comes in. One may think, we know each other. We live together. What's the big deal? Research is pretty clear that living together before marriage is not great preparation for marriage. The things one is learning by living together will not be the things that will help your marriage succeed in the long term.

Good research tells us premarital education improves relationship skills and reduces the risk of divorce.

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.

Click here to view their website

In a recent survey conducted by "One Extraordinary Marriage," couples, who subscribe to their information, were asked if they prayed together. 67% said "No." However, those who were surveyed, said they would like their spiritual intimacy to be stronger. The "One" Family suggested praying out loud. Praying out loud together is a powerful way to strengthen your spiritual intimacy.

If you, or a loved one is interested in pre-marital education along with Christ-centered teaching, give us a call (502) 939-0121 or email: pdhud9@aol.com.

Best Way to Live and The Most Hopeful Way To Die
- Bob Russell, former pastor of Southeast Christian Church.

Would you like to know more about God's plan of salvation? If so, we encourage you to listen to Bob Russell's video below.



Couplettime - Jesus: Mocked and Beaten

Over the next few months, I'm sharing with you some devotionals I wrote for couples leading up to Easter. However, I think they are applicable to us at any time.

We all yearn for respect and acceptance. This is true in all relationships. But it is at the heart of a healthy and happy marriage. In some social circles, sarcasm among spouses is quite in vogue. It has become sort of a game to see which one can tear the other down most successfully. This is dangerous. There are plenty of people in this world who will "pull us down;" as partners, we need to build each other up.

Jesus also longed for respect and acceptance. But because many did not believe He was the Messiah, He was shunned, mocked, shamed and beaten.

"Now the men who were holding Jesus mocked Him and beat Him;

they also blindfolded Him and asked Him, 'Prophecy! Who is it that struck you?' And they spoke many other words against Him, reviling Him.

Luke 22:63


Couple Activity: Remember the love letters you wrote to your spouse before you were married? They were probably full of love, acceptance, encouragement, and hope. Why not stop right now and write a love letter to your spouse? Tell him/her what you admire, appreciate in him/her and something you are grateful for that he/she provides.

Thank God for His goodness.



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