



MARRIAGE EDUCATION AND RESOURCE CENTER

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

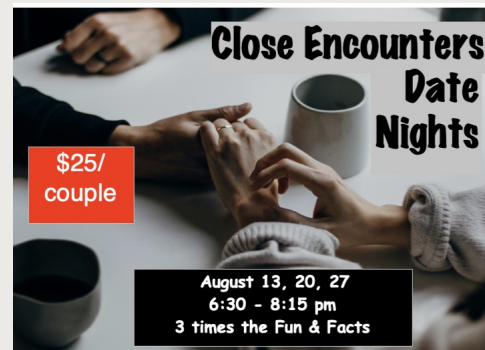


Are you an encourager? As we go through this maze of marriage, it is evident that encouragement is not just beneficial - it is essential.

Here's an excerpt from an article I (Penny) wrote decades ago, but I think it is still relevant today."

"Ann and Eric have been married eleven years. Like most couples, they've experienced periods of discontent. But the last time I talked with Ann, it was evident that her marriage was running on empty.

### Upcoming Marriage Events



#### **Close Encounters**

August 13, 20 & 27  
6:30 - 8:15 PM

MERCI Barn  
8610 Indiana 111  
Memphis, IN 47143

Cost: \$25 per couple

Three consecutive Wednesday "Date" nights of intentional together time - teaching and guidance to achieve your marriage goals, sharing a meal or dessert and most importantly, time for the two of you to dream and commit to an even better marriage this year!

To register, [click here](#).

"Ann wants to feel significant; she wants to matter. She wants her efforts to be noticed. She longs for someone, particularly her husband, to be proud of her.

"When partners' needs are not met in these areas, a relationship can die. Philippians 4:8 reminds us, 'If anything is excellent or praiseworthy, think about such things.'" (NIV) To improve the quality of your marriage, try these suggestions:

- Acknowledge new skills - Is there something new your spouse has achieved?
- Recognize changed behavior - Has an interpersonal behavior changed?
- Key in on new habits - David used to bite his nails till they would bleed, but he overcame that habit and the whole family cheered.
- Ask your spouse's opinion.
- Give the gift of admiration - Admiration is a great motivator. Comments like, 'I admire your willingness to help others,' etc.
- Show interest in your spouse's interest.
- Acknowledge your spouse's dependability.

"We all need a champion. So we hope you will cheer one another on, give each other strength and appreciate him/her for who they are."

Grace and peace  
Penny and David

### Different Stages of Marriage



Prior to marriage, most couples have



### Five Love Languages - Skits, Fun and Games

Friday, August 16  
6:30 - 8:00 p.m.

Lanesville Christian Church  
8090 Tandy Road, NE  
Lanesville, IN 47136

Cost: \$35 per couple.

To register, [click here](#).



### Art of Marriage

Thursday, September 19, 2024  
-6:30 PM - Thursday, October  
24, 2024 - 8:00 PM

6 Consecutive Thursday Night  
Couples' Study Sessions

- MERCI
- 8510 Indiana  
111Memphis, IN, 47143
- To register, [click here](#).



this crazy in-love, head-over heels, can't live without you, euphoric-type feelings. As a result of these feelings, couples often get married.

Then most marriages go through the the following stages:

- The New Love Stage, which most consider the first two years. Whether a couple is 18 or 88, they pass through this dewy-eyed passage of idealized love. Persons who have been married before, may go through it a little faster than those married for the first time.
- Realistic Love, normally lasts from the second anniversary through the tenth. Kids and career put the push on. About now, too, a heavy dose of reality sets in. The perfect partner may not be so perfect after all. If this is Eden, why the thorns?
- Steadfast Love, begins around the tenth anniversary through the twenty-fifth. Couples are normally wrapped up in careers, kids and a host of extraneous, time-consuming activities, and couples can find themselves in a rut.
- Renewing Love - This passage is from the twenty-fifth anniversary through the thirty-fifth. As the kids fledge and careers peak, the meaning and the purpose of life alters forever. Now what?
- Transcendent Love occurs after more than 35 years of marriage. What a history this couple has built. The texture of the marriage changes as the couple enters retirement and they watch youth fade forever.

As the marriage moves from one of these stages to another it also moves through crisis, conflict, intimacy,

A counselor-led workshop for couples in crisis.

September 13 - 17  
Nashville, TN  
(Registration open through September 6.)

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

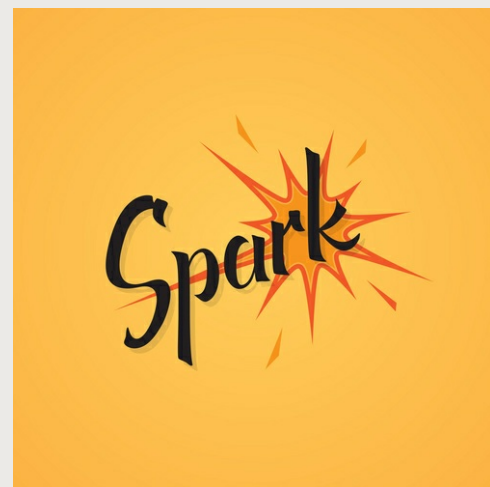
To view a testimony from a couple who have gone through A New Beginning, [click here](#).



If you are struggling in your marriage, please be sure to check out this program. It has helped thousands of couples.

August 30 - September 1, 2024  
Nashville, TN

Cost: \$350 per couple. \$350 does not cover the entire program. For more information, or to register, [click here](#).



Dr. Morgan Cutlip, PhD in Psychology and highly sought after relationship expert, has

forgiveness, children and memories from some of them.

As Charles Dickens' once said, "It can be the best of times or the worst of times," depending on how well you move and work on your relationship during these passages.

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**Unpopular Opinions: Why and How Christian Men Submit to Their Wives -**  
by Dr. Gary Thomas.

Thomas, a bestselling author and international speaker whose ministry brings people closer to Christ and closer to others, recently wrote the above article.

This was an eye-opener. I don't know that we've ever seen a title such as this so it made us take notice.

If this is intriguing to you, we invite you to read his opinion of this topic by [clicking here](#).

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**Five Signs of a Troubled Marriage**



Here are five signs your marriage could be in trouble:

1. Communication Breakdown
2. Emotional Distance
3. Increase in Conflict
4. Loss of Physical Intimacy
5. Growing Feelings of Resentment

released a new audio series called Spark.

Spark is 10 audio exercises to transform your relationship and deepen your connection.

10 audio exercises recorded for him and the same exercises recorded for her. These audios are easy to consume and can be listened to in your favorite podcast player app. Major changes with little effort! Perfect for the resistant partner.

Cost: \$97

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



If you like broadcasts/podcasts, Love and Lordship has a daily broadcast 11:00 AM, Monday - Friday on WJMM 99.1

Greg Williams, author of Authority of Love, addresses many Christian topics, many of which are related to marriage.

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

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If you recognize any of these signs, please consider reaching out for support as soon as possible. The longer you wait the more difficult it can become.

We have some great mentors, Christian therapists we can recommend, and resources that can help get you back on track. Please feel free to email (pdhud9@aol.com) or call (502-939-0121) and we will do our best to guide you to the help you need.

If you have been wanting to improve your marriage, but haven't taken action yet, don't wait another day.



### Five Tips for Enhancing Your Marriage As An Empty Nester

One Extraordinary Marriage recently made the following suggestions for those who are becoming empty nesters.

1. Cultivate New Hobbies
2. Prioritize Meaningful Communication
3. Lean on Your Community
4. Explore Personal Passions
5. Rediscover Romance,

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

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## **Save the Date: November 8-10, 2024 - Weekend to Remember**

The Galt House  
Louisville, KY

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

Note: If you use the group name MERCY you can receive a discount up to \$100.



## **Couplettime - Forgive Them**

Somebody hurt you. You didn't do anything to deserve it. The pain, the anger, the injustice keep eating at you. The "experts" tell us when we carry a grudge toward someone it becomes self-destructive. Large chunks of your life are consumed in heating or "getting even" with the one who hurt you. Forgiveness does not come naturally, but when we allow ourselves to let go of these feelings of resentment it clears the air

and lets us get on with our lives.

The ultimate symbol of forgiveness for Christians is the crucifixion. Jesus hurt as we hurt. But He asked that they be forgiven. Forgiveness is the highest expression of love.

"And Jesus said, 'Father, forgive them; for they know not what they do.' And they cast lots to divide His garments." Luke 23:34


Couple Activity: Is your relationship one of love, forgiveness and restoration? Besides "I love you," the next three most important words are "I am sorry."

What can you do to develop a more forgiving and merciful life-style? Do you need to initiate forgiveness toward someone, or perhaps yourself? Discuss this as a couple.

Prayer: Thank God for forgiving our sins and pray that He will help us have a more forgiving spirit towards our fellow man.

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