



MARRIAGE EDUCATION AND RESOURCE CENTER

December, 2021 The Marriage Education and Resource Center (MERCY'S) Newsletter

Peace
I give to you.
GAL 6:22

Did you know one of the most highlighted passages in the Bible is Philippians 4:6-7? It reads:

"Do not be anxious about anything, but in everything by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and minds in Christ Jesus."

Probably the most anxious and worried I (Penny) have ever been was when I was 34 and David was 37. David had his first open-heart surgery. He was in the recovery room and he started hemorrhaging. And the nurses said we all had to leave the room immediately.

Upcoming Marriage Events

"Growing Your Marriage Workshop" - January 4, 2022



GROWING YOUR MARRIAGE

The "Growing Your Marriage" team will be offering a workshop to give you a glimpse into their ministry mission and their plans for 2022.

Click here for more information

32 Years & Still in Love -
Friday, January 21, 2022
6:30 - 8:00 p.m.

MERC Barn
8510 Hwy. 111, Memphis, IN

I was truly scared. I remember crying out to the Lord, "Where is your peace now?" Even though I didn't know the outcome of David's surgery at that time, on the way home, I had this calmness that came over me. It was like a warm blanket was covering me. I stopped the car and just sat there. God's peace is different from the world's peace.

If you are anxious this season, take Paul's advice and turn your worries into prayers. Will it turn out the way you want? He doesn't promise that, but He can give you peace beyond understanding in some of your darkest moments.

May the Lord be near to you this Christmas and throughout the coming year.

Grace and peace,
Penny and David

Healing the Family and Saving the Country

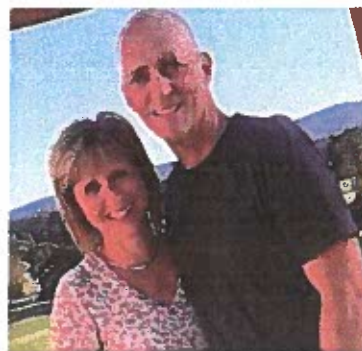
Katharine Cornell Gorka

Director, Civil Society and the American Dialogue

I thought you might be interested in hearing some excerpts from a commentary by Katharine Gorka. She wrote:

"When I was 9 years old, my parents separated and then divorced. When I was 15, I announced to my mother that I no longer would go to church.

Apparently in doing so, I was living out a common phenomenon. As marriage declines, so does religious



Don and Kelly Keehner

Join Don and Kelly from "Growing Your Marriage" as they share four concepts that they've created in their own marriage to help keep their relationship focused and on track.

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

Choices for a Successful Marriage - January 28 - January 30, 2022

CHOICES



FOR A SUCCESSFUL MARRIAGE

This retreat is based on living by the fruit of the Spirit in our marriages and making every day decisions that will impact our relationship positively.

Cost: Recommended donation is \$300 and includes 2 night accommodations, 5 delicious meals and a workbook. Capacity is limited to 10 couples so please make your reservations now.

belief, John Van Epp and J.P. DeGance point out in their new book **Endgame: The Church's Strategic Move to Save Faith and Family in America**. Marriage is central to both the Christian and Jewish faiths.

To register or for more information, **visit here** or call (502) 255-7677, or email: susan@agapewilderness.com

Yet the majority of churches do not provide relationship classes or resources for married couples and more than 90% do not offer a ministry for single adults. At the same time, the number of American's who say they belong to a religious body has dropped from 70% in 2000 to 47% today.



Churches can step up to help heal relationships and restore the family as the cornerstone of both individual and civilizational health.

First Things First is one of the most successful marriage enrichment programs in the United States. If you would like some practical marriage tips check out their website (see link below). They issue a monthly Relatable Report. In November, they tackled the following topics:

#1 Predictor of Divorce



- New Quiz! Are Your Friends Hurting Your Marriage?
- 5 Keys to Being Thankful in Marriage
- New Ebook: Affair-Proofing Marriages and
- How to Tell if Someone is Trustworthy.

According to an article posted on the National Marriage Week 's website, multiple studies have found that the top predictor of whether a marriage will end in divorce is the way the couple handles disagreements. Research has found if 10% or more of a couple's conversations are negative or include a critical comment directed at their partner, the odds of the marriage lasting drop dramatically.

For more information, **click here**

The Gift of Forgiveness



So here are 5 tips they offer for managing conflict in a healthy way:

1. Keep a calm tone of voice.
2. Be quick to listen and slow to speak - straight from the Scriptures. When you do speak, find something positive to say. Example: "Thanks for allowing me to share my feelings."
3. Be respectful, especially when you are angry. We'd recommend you take a time out beforehand to pray and ask the Lord to help you with this.
4. Repeat back to your spouse their viewpoint as you understand it.
5. Remember the goal is to reach resolution, not win an argument so stick to one issue.

As stated in Matthew 18:22, Jesus said to forgive 70 times 7. The 70x7 expression is symbolic for infinity; Christians are called to forgive an infinite number of times because that is the number of times they are forgiven by God; when a Christian fails to forgive, it becomes inconsistent with the infinite forgiveness of God.

Is it easy? No. But we think a good example is when Caleb asked for forgiveness from Katherine in the movie *Fireproof*. If you have never watched his apology, or would like to see it again, simply click on the video above or go to You Tube and type in Caleb's apology in *Fireproof*.

It may be the best gift you could give someone this Christmas.



New Books in MERCY'S library:

- From Anger to Intimacy - Dr. Gary Smalley and Ted Cunningham
- The Emotionally Destructive Relationship - Leslie Vernick



Retrouvaille -
The Retrouvaille Program is for Married
Couples Facing Difficult Challenges in their

Relationship

- A Marriage program that helps couples resolve their marriage and habits allowing relationship
- A Christian marriage program. Catholic in origin, other religions of all faiths or no faith background are encouraged to attend
- Primarily a practical program to improve communication, build stronger marriages, and help couples reconnect
- Presenters are not trained marriage counselors, but rather couples, sharing their personal stories of marital struggles and the tools they used to rediscover their love.

Upcoming programs in Kentucky are:

January 14, 2022 - Winchester, KY

February 18, 2022 - Louisville, KY

For more information and to see a video about Retreatville, please [click here.](#)



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