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GrowInGrace Marriage Newsletter

Issue No. 16



Life Lessons I'm Learning by Laurie

Help I've fallen.....Praise God, He's given me Aaron to help me up!

The word FALL, four little letters but boy what a complicated word with multiple meanings, such as:

To drop down suddenly to a lower position - **to fall on one's knees**

To become less or lower - **the temperature will fall 10° tonight**

To extend downward; hang down - **her hair falls to her shoulders**

The season that comes after Summer and before Winter - **Fall**

To pass into some physical, mental or emotional state - **to fall asleep or to fall in love**

To succumb to temptation or sin - **"For all have sinned and fall short of the glory of God"** (Rom. 3:23)



Daily I fall short, and daily God lets me start over ... *"If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness"* (1 John 1:9 ESV)

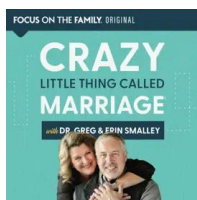
I fall short when it comes to my marriage. When I'm snarky in my response instead of fully listening to Aaron's side of the story. Or if he is short with me and I react instead of trying to find out what's really bothering him and why he is responding to me in a curt manner. But when we work together, when we take the time to really LISTEN to each other, then the example in Ecclesiastes 4:9-10 comes into play..

"Two are better than one, because they have a good return for their labor: If either of them falls down, one can help the other up. But pity anyone who falls and has no one to help them up."

All I know is that the only kind of falling I want to do is the kind [Albert Einstein](#) talked about..

"Gravity cannot be held responsible for people falling in love!"

- Laurie 



Featured Podcast - Crazy Little Thing Called Marriage

Dr. Greg and Erin Smalley

What I Wish My Spouse Knew

[<listen>](#) .. (May 11, 2026) [Episode webpage](#)

Greg and Erin talk about what each of us wish our spouse knew about our inner most secrets and desires in marriage. Sometimes it's hard to express our feelings. Greg and Erin share ideas on how to access our emotions, and share them with our spouse. This is a program that both wives and husbands need to hear!

Listen in and learn how knowing our spouse's unspoken needs can help bring oneness into the relationship

THINK ABOUT IT – DISCUSS IT – APPLY IT

- 1.) The reason we fail to connect as husband & wife is b/c we're wired differently. She wants her heart to be understood, while he desires affirmation & encouragement, yet each leads the other toward the oneness both desire. How can we get there?
- 2.) What's one thing you wish your spouse knew that you desired? Set time aside individually or as a couple. Pray and ask God to open your heart to your spouse. Invite them to discuss together, then listen to understand.

I Do Every Day: Marriage Bleeders

'I Do Everyday' Family Life ® - By Janel Breitenstein (5/21/26)

I read last year there were five medical dramas on the big four TV networks alone. Makes sense. Hospitals feel so ... dramatic. Everyone rushing around! Everything life or death! Tears and blood all over the place!

Even I, who (true story) nearly fainted from a clearly painted-on black eye in a college play, love the gravitas hovering over a human body. As long as I'm not, y'know, eating a salad or something.

Any veteran watcher of medical dramas will tell the onscreen doctor that, should you find yourself in the middle of surgery, and a pool of (fake) blood begins rising in the (fake) body cavity, you need to find the bleeder, STAT. Or your fake-patient is going to fake-die.

It happened on the drama I was watching last night: The doctor himself actually died from his own internal bleeding. (Shouldn't he have seen this one coming?)

Then again, when I look at marriage, it seems an environment ripe for internal bleeding. (Metaphorically speaking only, of course.) Real life doesn't leave us unscathed.

I'm not talking about self-healing injuries in a healthy relationship: the argument where you need to overlook an offense (Proverbs 19:11). The hangnail of irritation—his constant over-talking, her forgetting to unload the dishwasher again.

I'm talking issues that keep causing damage: Her lack of organization in finances or doing what she said she would, which means he can't trust her. Abuse from a past that she never speaks of. The breach of trust when you first married. The way he treats her stepkids.

Lesson from Medical Drama Land, and very real life: You must locate the bleeders in your marriage and actively address them (tips in today's further reading).

They're leaching life from your relationship. And the consequences might be more dire than you'd imagine.

[Struggling to face the ongoing conflict in your marriage? Read on for six steps.](#)

The Good Stuff: *"Therefore, confess your sins to one another and pray for one another, that you may be healed. The prayer of a righteous person has great power as it is working."* ([James 5:16](#))

Action Points: What's one below-the-surface issue, current or past, "internally bleeding" in your relationship? Make a doable plan to actively, tenderly, and firmly address your bleeder. Stick to your plan.

Wifely Wisdom

The more I focus my attention on Aaron's needs and put him first before my needs and what I want, the more I am living out 1 Corinthians 13:5 "Love is not self-seeking".

The funny thing is, afterwards, I actually feel really good!

~ Laurie



Send us
your prayer
requests

We're in your corner ..
and we're praying for
your marriage!

Couples Corner

Thank you for the prayer request .. to connect daily in conversation ... not just facts and schedules but deeper stuff .. and for the encouragement to pray together, and not just at meal time.

We never share your requests; this one is being shared with permission.



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Right of Way

Editor's Corner by Aaron Eckard



Watch people as they drive down the road and observe them as they're going to make a turn. When they have the **right of way**, the law says that other vehicles must yield to them. In the event that another vehicle interferes with their right of way, the offended driver may show their displeasure and even honk their horn to indicate the violation.

In marriage (oh, I had to go there, right?!), we are expected by God to **surrender our right of way** for each other, and instead yield to one another in love.

Here's another perspective .. Drivers sometimes *delay* or *avoid* signaling to other motorists in order to gain an advantage on the road, e.g. a last-minute signal may catch them off guard.

This tactic is also used in marriage when we speak half-truths to each other or when we don't tell our spouse what we're doing on our cell phones or what extra items we picked up on a shopping trip.

It might *appear* that we have more peace in our marriage when we exhibit these behaviors, however, there is an absence of honesty and openness which over time, erodes trust and causes us to drift apart.

Ephesians 5:21 tells us to "submit to one another out of reverence for Christ".

Our love and devotion to Jesus should inspire us to cherish our spouse and be HOT 🔥 to them (Honest, Open & Transparent)

-AE

From the Podcast

Stand Firm on God's Word - Combat Conflict w Truth

Money & Finance - *feeling a loss of security or control*

[Matt. 6:21](#) - your treasure is where your heart is

[Phil. 4:19](#) - God will meet all your needs

Equality at Home - *when we don't feel valued or appreciated*

[Phil. 2:3-4](#) - look out for each other's interests

[Gal. 5:13](#) - serve one another in love

Communication - *when we're disconnected*

[Jam. 1:19](#) - be quick to listen, and slow to speak & anger

DID YOU KNOW ??

=====

Only 1 in 1,152 of couples that pray out loud together daily end up in divorce

Even if this statistic is close to true, isn't it worth ensuring the longevity of your marriage!



Love in Action!

Hey, Can You Lend Me a Hand?

Continuing on our theme of helping others ...

As a team, think of someone that you can serve together, whether it's cutting their grass, helping with an errand, or just picking up some groceries for them ...

Think of someone in your life that could use a helping hand and together make the investment



Just Do Something

'I Do Everyday' Family Life ® by Ben McGuire (4/11/26)

I'd probably been standing in the store aisle for 20 minutes, staring at a TV I'd seen at three other stores, comparing the product description on display to the one on my phone.

"What do you think? This is the newer model, but the other one is \$20 cheaper."

"Honestly...I don't see a difference. Just make a decision," my wife said patiently. Pointedly.

Jill enjoys making fun of my decision-making process, but it also frustrates her to no end. We couldn't be more opposite in our approach.

She's quick, impulsive (though not unwise), decisive, verbal.

I calculate, analyze, and internalize.

It's the trivial decisions she finds the most comical—where nothing's really at stake.

But there are times—when more is at stake than a television—that my indecisiveness can be paralyzing and overthinking overwhelms me. All to make the "perfect" choice: one with no regrets.

I want the best for my wife and family, but I just can't move.

In those moments, she just needs me to lead by doing something (anything) that moves us in a positive direction. She doesn't need me to be perfect.

Just like she gently nudges me in the store aisle toward a decision. My wife's gentle nudges encourage me toward leading our family well.

[Facing a big decision? Here are some questions to ask yourself to give clarity.](#)

The Good Stuff: *"In all your ways acknowledge Him, and He will make straight your paths."* ([Proverbs 3:6](#))

Action Points: Men, in what areas could your wife need you to take a stronger lead? Ladies, in what ways could you respectfully encourage your husband in his leading of the family?

✉ Receive the 'I Do Everyday' email daily <[link](#)>



Don't Miss Next Month's [Editor's Corner](#) -- Marriage Tune-Up Guide --

- Tips to keep things running smoothly
- Keep the tank filled with the good stuff
- Realignment keeps things running true

- Husband Hack -

Don't Run Her Into The Ground

NO JOKE: I have driven a car literally until it ran out of oil. The pistons seized up and I had to pull off the road.

THIS IS SERIOUS: We don't typically get do-overs here, but I was fortunate to be able to walk to my in-laws, get a case of oil, walk back to the car, put 5 quarts of oil in and get it running again. I will add that I didn't have this car much longer after this event!

GUYS .. LISTEN UP: Do not wait until your marriage is broken down on the side of the road. Take care of her as the owner's manual says. God's Word is chock-full of instructions on how to love our wives well. Cherish her, give her your attention, service regularly.

SCHEDULE A SERVICE APPOINTMENT: 

[Weekend To Remember](#) (use code 'GrowInGrace' to \$\$ave)
[Love like You Mean It](#) (July 24 & 25, 2026 .. >> [details](#))