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GrowInGrace Marriage Newsletter

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Life Lessons I'm Learning by Laurie

I've Got the Power!

There is an old folk proverb that says *"The man is the head, but the wife is the neck .. she turns the head either way"*. I first heard this from my husband Steve when I was in my 20's. Years later it became popular when the movie *"My Big Fat Greek Wedding"* came out in 2002. It was the advice Maria gave her daughter Toula before she got married.

While it's a cute saying, there is truth to it. As wives, we *do* have the power to turn our husbands heads. You're like WHAT??? Hear me out on this.

The Bible tells us to ..

Pray - *"Pray without ceasing"* 1 Thess. 5:17 ESV

Encourage - *"Therefore encourage one another and build each other up, just as in fact you are doing"*
1 Thess. 5:11 NIV

Listen - *"Understand this my dear brothers and sisters, you must ALL be quick to listen, slow to speak and slow to get angry"* James 1:19

I'll be honest, if I want to turn Aaron's head, I want to do it in a way that is good for him, which in the long run is good for me! So it's a win-win for us and honoring God at the same time. What a perfect trifecta!!

- Laurie 💖



Featured Podcast - Fierce Marriage

Ryan & Selena Frederick

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When Working Harder Doesn't Work: Becoming a Truly Fruitful Marriage

[<listen to podcast>](#) .. (April 21, 2026)

Many Christians try to fix their marriage by "working harder" on their behavior, but as we discuss in this episode, that's like stapling fruit to a dead tree. If you find yourself lacking patience, kindness, or self-control, the problem isn't your effort—it's your root. We dive deep into the Greek definitions of the Fruit of the Spirit, the "tailpipe" diagnostic for your home, and the reality of what it means to truly be a regenerate believer. This breakdown offers the biblical roadmap to moving from fleshly "rotten fruit" to a life truly indwelt by the Spirit.

Episode webpage: [Fierce Marriage](#) (YouTube channel: [link](#))

THINK ABOUT IT – DISCUSS IT – APPLY IT

- 1.) What fruit of the Spirit is God currently maturing in my life? love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control
- 2.) What fruit do I need to grow and develop?
- 3.) How can I go out of my way to be a benefit to my spouse?

I Do Every Day: The Joy Hunters

'I Do Everyday' Family Life ® - By Leigh Jackson Harper (6/20/26)

I was so tempted to groan and roll my eyes when my watermelon rind hit the trash can with a thud.

Yes, my husband had taken out the trash (thanks, Honey!). But once again, he'd forgotten to put the new bag inside the can (sigh). Across the kitchen, he was scrolling on his phone.

I took a beat, exhaled, realized he had just finished a 12-hour shift. The fact that he'd taken out the trash at all was helpful. I was glad he had a few minutes to unwind.

By default, I lean toward discontentment. Add social media (hello, highlight reels and envy), stress, and sin into the mix, and any of us plummet downhill even faster.

How can we find joy and be content with our spouse and the marriage God has given us?

We've all heard the saying, What you water will grow.

We water marriage's joy when choosing the 30,000-foot view, focusing on all of the loving and helpful things our spouse does to serve our family.

Practically, this looks like choosing to celebrate his or her commitment to excellence in their job. Acknowledging God's provision through that job instead of becoming frustrated when an occasional meeting doesn't wrap up on time, disrupting evening plans at home.

It looks like appreciating your spouse's partnership in household chores (I'm looking at you, inefficiently loaded dishwasher).

It looks like remembering how full his or her plate is, offering gentle forgiveness when that bill isn't paid on time.

Choosing to be thankful instead of critical is step one. But you'll find even more joy in your marriage when you vocalize that appreciation.

When your spouse steps in the door after that late meeting, remind her with a hug how thankful you are for her dedication to her career.

When one of you accidentally shrinks a shirt in the dryer that should have been air-dried, communicate your appreciation for doing a load of laundry anyway.

Joy is there. Your perspective can uncover it!

[Marriage isn't the union of two perfect people. Read "Giving Your Spouse the Freedom to Fail."](#)

The Good Stuff: *"Therefore encourage one another and build one another up, just as you are doing."* ([1 Thessalonians 5:11](#))

Practice the pause: The next time your spouse does something that stirs irritation, take a moment to consider the 99 things they've done well before this one thing irked you.

Speak life: Aim to tell your spouse at least one thing each day that you appreciate about him or her.

Pray: Ask God to give you eyes that see all of the sacrificial ways your spouse is choosing to love and serve.

Wifely Wisdom

Focusing on James 1:19 from the Lessons Learned column ..

*"Slow to speak", using the 5 second rule, which means
pausing before saying something you might regret later*

LEE ♥



Send us
your prayer
requests

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

Couples Corner



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"I'm So Awesome!"

Editor's Corner by Aaron Eckard

Sometimes I wish there was more time in a day. There's so much to get done, and not enough time to do it. Of course I could ask for help, but I really want things done a specific way .. to my standard. I know what I need to do, and how I want it done.

I don't want to have to go back and fix everything that someone else *"helped"* me with. The way I do it is the best way after all. Nobody does it better (note the song reference to James Bond).

Then, in the middle of my, dare I say, self-absorbed labors, I look up and I see my beautiful wife across the yard, happily laboring away nearby. There was an instant joy that filled my heart seeing her out here, unbeknownst to me.

My partner for life. We promised to be there for each other in EVERYTHING. What an investment I'd be making if I drew her *TO* me instead of pushing her *AWAY* when she wants to help me. What a great opportunity to give my 'helpmate' a chance to help her mate.

Working together toward our common interests, like gardening, is a great way for our relationship to grow and even flourish. It just requires patience and kindness on my part as I intentionally s-l-o-w d-o-w-n and create opportunities for us to share what are actually very joyous moments when we reflect back on these times together.

TIPS FOR PROMOTING PARTNERSHIP:

- Don't be critical .. use my words to build her up
- Cherish her .. handle her with care
- Be kind .. gracious words are like a honeycomb
- See her .. You are altogether beautiful, my darling

-AE

*He who finds a wife
finds a good thing ..*

She's my good thing

Love in Action!

*While you're on your walk together (Dates on a Dime 😊)
Talk about ways you can make sure your priorities are in
the right order.*

1. *God*
2. *Your spouse*
3. *Your children*
4. *your church*
5. *your family and friends*
6. *your job*
7. *your hobbies*



I Do Every Day: The Real Enemy

'I Do Everyday' Family Life ® by Carlos Santiago (6/8/26)

Two weeks into our parenting journey, somehow my wife's way of changing a diaper was right. Mine was wrong.

I had just as much experience as she did, but it didn't seem to matter. I felt I would never measure up to "Mommy."

I spitefully questioned whether I should just let her take over diaper duty.

Around that time, I was reminded of James 4:1-11. He says fights are caused because "you desire and do not have" and "you covet and cannot obtain" (verse 2).

James was right.

Our conflict wasn't about the "right way to change a diaper."

I desired respect I felt I didn't have. I coveted the high status bestowed upon mothers. I feared my role as a father would soon be downgraded to financial provider, playmate, and occasional babysitter.

I didn't want that.

The thing is, neither did she.

My wife wasn't trying to dominate me or downgrade my role as a father. She simply wanted to share a trick to make both of our lives easier.

By turning parenting into a competition, I stopped assuming the best and started assuming the worst.

Over the years, we've had to learn to look beyond our gut reactions and uncover the hidden desires that fuel conflict. When we do, it's easier to realize my spouse is not the enemy.

We still have very different ways of doing things. We still disagree. But now I assume we're on the same team.

Together, we fight the problem. Not each other.

[For more on resolving conflicts, read "Your Spouse Is Not Your Enemy."](#)

The Good Stuff: "God opposes the proud, but gives grace to the humble." ([James 4:6](#))

Action Points: In what ways might you and your spouse be fighting against, rather than for, each other? The next job (or argument) you have to tackle together, consider how it would look if you were fighting for your team.

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



- Husband Hack -

"Old and Busted" vs. "New Hotness"

(Adapted from MIB)

Why would I want to drive my old beater if I was given a brand new set of wheels?

When I choose to remain in the shabby rags of my 'old man' rather than clothe myself with the holy garments of Christ, that's exactly what I'm doing

- AE ❤️