

GrowInGrace Marriage Newsletter

Issue No. 1



Featured Podcast

- Married with Benefits -

with Brian Goins & Shaunti Feldhahn



Secret 13: Appreciating Your Better Half [<follow>](#)

Who do highly happy couples attribute their happiness to? Themselves or their partners?

None of us got married to be in gridlock with each other. Learn the power of humility and expressing gratitude for your better half.

FOR MEN ONLY

Headline - "Man gets hit by train twice in same month." - [I Do Every Day](#) (6/21/24)

"What kind of an idiot repeatedly steps across the edge to be hit by a train, you ask? Who doesn't learn from pain when they experience it? Those are great questions—for you!"

How often do I get hit by the same train in my own house? Same sloppy words. Same defensive posture. Same behavior that creates the same negative result.

Ed Uszynski



Receive 'I Do Every Day' daily [<here>](#)

Dates on a Dime

Empty your pocket change into a jar each night. Once a month, spend your stash on a date night.



I Do Every Day

Excerpt from Family Life ® [I Do Every Day](#) 10/31/24 email

"Each of us bring gifts to our marriage - we can use them to either pave the way for ourselves, or advocate for each other. If something is a piece of cake for you, how can you make it a piece you can share?"

FOR WOMEN ONLY

Adrian! - "Am I my husband's person?"

"Coming off the biggest fight of his life, bloodied and bruised, who does [Rocky] call for? Adrian!

Am I actively seeking to support [my husband's] endeavors, lighten his load, be his No. 1 fan? If I can't think of any specific actions to back this up, then probably not.

In Genesis 2, God declared it was not good for man to be alone. He needed a helper. When God created Eve and brought her to Adam, he responded, "This at last is bone of my bones and flesh of my flesh ..." (verse 23).

Eve was created to be Adam's person, and vice versa. Gal. 6:2 calls us to "Bear one another's burdens, and so fulfill the law of Christ."

Ask your spouse "How can I better be your "person." What encourages them? What is something you can do daily or weekly to help bear their burdens?

[I Do Every Day](#) 7/16/24
Lisa Lakey



Life Lessons I'm Learning

by Laurie

My Spouse is Not My Enemy!

In every argument, remember that there won't be a "winner" and a "loser." You are partners in everything, so you'll either win together or lose together. Work together to find a solution.

Aaron and I shared during the retreat about an argument we had over a measuring cup. Silly as it was, it was pivotal in helping us identify a pattern we had developed. 😞

Neither of us stopped to *REFLECT* before *REACTING*

We can be so focused on "our side", that we don't listen to each other in order understand our spouse's perspective. ❤️



Love in Action!

Don't Just Know It, Show It

Think of one unexpected thing you can do for your spouse ...

Then DO IT! 😊

Couples Corner

We're in your corner .. praying for your marriage 🙏

Please reach out with any prayer needs

Euangelion (Missional Love)

God wants to use your marriage to impact the world around you and the generations to follow

Pray for one couple that you want to have an impact on

Look for an opportunity to display Christ's love

B-L-E-N-D-E-D M-O-M-E-N-T

Ghosts of Marriage Past

Dealing with Relationship Baggage
Family Life ® Blended - Ron Deal

Join Ron Deal and Gayla Grace as they discuss how to recognize our ghosts and take responsibility to move past our fears.



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