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GrowInGrace Marriage Newsletter

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Life Lessons I'm Learning by Laurie

I don't do New Years Resolutions, But....

As I think over this past year and all the ups and downs we had, I am reminded of this one very important truth, God is faithful yesterday, today and forever! And as I dwell on that thought, it made me start thinking about New Year's Resolutions!!! Oh my! 😱 You're probably thinking I don't do resolutions because I'm not good at sticking to them.

This one resolution is inspired by my Psalm reading yesterday.

Psalm 1:2 says, "but they delight in the law of the Lord, meditating on it day and night." NLT

I was thinking about that and how we eat two or three meals a day. Shouldn't we spend time in God's word at least that many times too? Even if it's to go back and re-read what I read during my quiet time in the morning, looking for new truths I may have missed or meditating on a verse of scripture in a breath prayer. .

This is how I feel the Lord is challenging me, I hope you'll join me. The end result is Eternal! 😊

Happy New Year!

Laurie



Featured Podcast

- Family Life Today -

Tony & Lymari Navarro

From Ruin to Renewal

[listen to podcast](#) .. [transcript](#) (Nov 6, 2025)



**From Ruin
To
Renewal**

(order a copy)



[Amazon link](#)

Tony Navarro and his wife Lymari had given up hope after an ongoing affair demolished their marriage. Decades later, the Navarros lay out their blueprints for how they rebuilt relational trust after betrayal. If it feels like your marriage is in ruins, Tony and Lymari believe there's still hope to be found.

We had the privilege of hearing Tony & Lymari speak at the Weekend to Remember. [Listen](#) to this powerful episode

THINK ABOUT IT – DISCUSS IT – APPLY IT

- 1.) Lymari mentions that obedience to the word of God can bring blessing to our marriage. When we align our thinking to God's instruction He is able to do a work thru us. Can you think of any area in your life where the Holy Spirit is telling you to stop and watch what He can do for you?
- 2.) Tony was running from God but when Lymari asked God to break his leg like a shepherd would to a lamb that wanders from the fold, Tony broke his leg moments later. What would it take for you to have that kind of faith?
- 3.) Tony compares taking steps of obedience to the 3-miles he walks on the treadmill. It's taking the next step, and the next step, and moving in the right direction, but if we get distracted by too many things, we can lose sight of the path. What can we do to keep our focus on the next step?

Texting Prayers

'I Do Everyday' Family Life ® - By Sabrina McDonald (1/2/26)

My husband is not the verbal type. He doesn't like long conversations or reading. (So, why did he marry a writer? ... We can't figure that out either.)

But he loves to text.

He can send a short "I love you" or "Missing you" or just send a picture. (After all, it paints 1,000 words, right? That should be good enough ... said no wife, ever.)

Early in our marriage, I suggested we start praying together. It's a helpful practice in many ways—stronger intimacy with God, each other, and it makes prayer a priority. He was willing, yet woefully underwhelmed.

He didn't know what to say or when to quit, and I felt like I was forcing him into legalism.

So I gave up the coercion. But I still had this longing to connect with my husband through prayer.

That's when I decided to employ texting. Most days after my daily route to school and back, I search for a scripture to pray over my husband.

Sometimes the verse encourages his personal struggles. Sometimes it reflects a struggle I have with him (even though he doesn't know it). And sometimes it's a blessing I pray over him.

I copy the verse and send it to him via text: "This is my prayer for you today."

I can't tell you how much he loves getting those texts! Sometimes the scripture so inspires him, he forwards it to friends or family. I've overheard him telling others how much these prayers mean to him, and he's often mentioned they make him feel loved.

Even though we don't pray hand in hand, these daily texts do what I was hoping daily prayers would do. They bring us closer to God and each other.

So if you and your spouse can't seem to connect spiritually, don't give up. Maybe you could modify prayer the way we have. Injecting prayer and God's Word into your marriage is a plus, however you do it.

[Want to pray with your spouse but can't seem to get a routine in place? Don't be discouraged; it's a process. Read about how one man learned to pray with his wife.](#)

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." ([Jam. 5:16](#))

Action Points: Why not start texting a scripture of prayer to your spouse today? Think of other creative ways you can inject prayer into your relationship through your daily rhythms. Consider the struggles your spouse or your marriage is going through and look up scriptures that apply to those situations.

Wifely Wisdom

Start your day by fixing your focus on Jesus.

Begin with a one-sentence prayer that reminds that God is near .. like "Lord, your hand is on me" or .. "Lord, you are guiding me today"

Remember: our first moments shape our hearts and minds for the entire day.

~ Allison Mattson



Contact Us:

Publisher: Laurie Eckard
laurie.eckard@gmail.com
Cell: 440-669-5540

Sr. Editor: Aaron Eckard
aa.eckard@gmail.com
Cell: 216-832-9666

Being Salty

A Lesson on Flavorful Living by Aaron Eckard



You are the salt of the earth

Matt. 5:13 says "You are the salt of the Earth" .. but what does it mean to be "salty"?

The slang term "salty" is an adjective used to describe someone who is annoyed, bitter, or resentful, often in response to something minor. It can also describe someone who is being a "sore loser" after a defeat or criticism.

Signs of Salty Behavior - In relationships or social settings, a person who is acting salty may exhibit the following behaviors:

- * Excessive defensiveness: They may get offended by minor criticism or perceived slights.
- * Passive-aggressiveness: They might make sarcastic or bitter comments instead of addressing an issue directly.
- * "Hater" mentality: They may be unable to be genuinely happy for someone else's success and might downplay it.
- * Jealousy: They may respond negatively to someone else's good fortune.
- * Dwelling on the past: They may struggle to move past a disappointment or a loss.

This is definitely NOT how the Bible instructs us. As followers of Christ, we live securely in Jesus' love and are called to selflessly share His love with others.

What kind of salt am I then?

- * Preservative: In ancient times, salt was essential for preserving food from decay, particularly meat. Jesus' followers are called to **be a preserving force** against the spiritual and moral decay of this world.
- * Flavoring Agent: Salt enhances the flavor of food. Similarly, Christians are meant to **bring a positive and enriching "flavor"** to the world, making it a better place through their actions and influence.
- * Value: Salt was a valued and expensive commodity, sometimes used as a form of currency. This implies that believers are valuable and **have a significant purpose**.

Q: Am I living a life that's worth my salt? -Aaron



love is...



...holding on tightly.

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DID YOU KNOW?
that a 20-second hug releases the bonding hormone and neurotransmitter, oxytocin, which is nature's antidepressant and anti-anxiety hormone

Love in Action!

Pay it forward .. what's one thing you wouldn't usually do for yourself? Do it for someone else and watch it bless them.



"I will give thanks to you, Lord, with all my heart; I will tell of all your wonderful deeds." - Psalm 9:1

FOR MEN ONLY

A Marriage Maintenance Schedule

'I Do Everyday' Family Life ® - By Carlos Santiago (12/30/25)

If my wife and I go a day without talking over a cup of coffee or a walk around the neighborhood, we feel it. Our patience wears thin, our tones get harsh, and bickering over small things increases.

We're not alone.

The drift from order to chaos is the natural way of the universe. Over time, the chaos in your relationship will increase. You will grow apart from your spouse. The family harmony you once had will be lost, unless you actively and intentionally fight against it.

You may be able to ignore the maintenance schedule on your car for years without a problem. But imagine a rocket attempting a liftoff without the proper maintenance. The failure would be spectacular. The more complicated something is, the more maintenance it requires. And marriages are complicated!

What we need is a regular marriage maintenance schedule—a steady rhythm of intentional quality time designed to push against the drift toward chaos and disconnection.

So how can we inject intentional quality time into our marriage?

1. Start small.

If you and your spouse feel thousands of miles apart, start with a 1% change. It might not seem like a big deal. After a foot, 1% translates into less than a quarter inch. But try to reach the moon and a 1% difference will translate into over 4,000 miles.

2. Establish new daily rhythms.

It might be something as simple as greeting your spouse with a hug at the end of the day or sharing a cup of chamomile tea after the kids are in bed.

3. Quality vs. quantity.

We often rely on quality time over quantity of time, but our marriages need both. An established foundation of reliable connections takes the pressure off things like date nights, romantic getaways, and even sex.

4. Fight for it.

Before we had kids, we had plenty of time together and romantic getaways were easy to take. Once our life season changed, money and time got tight. We had to fight for every moment together.

The moment you resolve to do it, an unforeseen obstacle will inevitably appear. But intentional quality time together matters, so fight for it.

[Want to know more? Read "Why Intentional, Quality Time Matters."](#)

The Good Stuff: "Let not steadfast love and faithfulness forsake you; bind them around your neck; write them on the tablet of your heart." ([Prov. 3:3](#))

Action Points: What 1% change could you make toward your spouse today? Start today, and commit to making it a daily habit.

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



- Guys .. women don't like stuff on the kitchen counter. Stuff looks like clutter which causes anxiety and leads to a bad mood .. so put your stuff away 😊

Want to know why your wife isn't desiring intimacy?

Ask yourself:

Does she feel **seen**?
Does she feel **heard**?
Does she feel **pursued**?
Does she feel **supported**?

For a woman, emotional connection precedes physical connection.



- Husband Hack -

There's usually a lot more going on with our wives than meets the eye. These are just a few suggestions of things that will help her feel more loved and appreciated.

Generate some discussion to get her input or just surprise her with a few of these or be creative and come up with your own:

- * Do the dishes so she doesn't have to
- * Create a safe space for her to process her thoughts & emotions
- * Parent your children with love and tenderness
- * Take care of the home because it's your home too, not as a "favor" to her
- * Prioritize family time and lead your family spiritually - put their needs above your own

- AE ❤