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GrowInGrace Marriage Newsletter

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Life Lessons I'm Learning by Laurie

Satan....You Don't Own Me!

Recently when scrolling Facebook, I kept seeing reels with Diane Keaton since she had just passed away. The one that came up the most was the iconic scene where she, Bette Midler and Goldie Hawn were all dressed in white outfits and singing and dancing to the song "You Don't Own Me". The song stuck in my head, (I hate when that happens and if I just did it to you, Sorry!) and the thought crossed my mind, that's what satan is trying to do in my life and in my marriage.

1 Peter 5:8 says "Stay alert! Watch out for your great enemy, the devil. He prowls around like a roaring lion, looking for someone to devour."

As I thought about this verse, it brought to mind that Satan thought he could get the Son of God to bow down and worship him when the Spirit led Jesus out into the wilderness for 40 days to be tempted by Satan. The account is in Matthew 4:1-11. Think about that!! Satan thought he could "own" Jesus. If he thought he could trick him, how much more is he willing to trick us.

He is a master at what he does. He gets me to fall for his tricks more times then I care to admit. Every time I gossip, especially in the form of a "prayer concern" or speak harshly to Aaron instead of being quick to listen and SLOW to speak. Every time I waste time scrolling on my phone instead of reading my Bible or other work I should be doing, or fully listening when someone is talking to me. I can just see Satan doing a victory dance at my failures.

But God! He did not leave us to fight Satan on our own. Ephesians 6:10-18 tells us how to prepare for battle by putting on our Spiritual Armor and to pray all the time. I started doing this when my kids were in elementary school, we would recite the verses and put on our armor in the morning before they got on the school bus. It's something I need to remember to do every day.

Okay everyone, let's get dressed in our armor and have our shield of faith and sword of the Spirit ready. Forward March! We have a battle to win!



Featured Podcast

- Family Life Today -

Dave & Ann Wilson

When Only Your Family is Looking

[listen to podcast](#) .. (Oct 2, 2025) [webpage/transcript](#)

**Your home is a mirror to
who you are in your
walk with God**

Ever wonder who you really are when no one's watching? Your family knows.

The family is where we want to be our best, and sometimes we aren't, but we are the truest of ourselves.

"True Character is not just who you are when you're alone, but also who we are when we are seen by those who know us best, our family."

In this episode, Dave & Ann Wilson get real about parenting, marriage, and the true test of character—home life.

From drywall holes to messy outbursts, they share the raw moments of vulnerability, forgiveness, and how to actually model faith at home. Grab some laughs, a few aha moments, and practical tips to bring your best self to the people who matter most.

THINK ABOUT IT – DISCUSS IT – APPLY IT

- 1.) What do you think your church or others would say if they saw you at home the way you are when you're under stress?
- 2.) Ann said that when she is arguing with her family but answers the door in a friendly manner, her kids are like "hey, how can you be like that when somebody comes to the door but you're so mean with us?" Have you experienced this type of hypocrisy?
- 3.) We can put on airs before strangers and then let our guard down before our family. Why does this happen?

The Marriage Detox

'I Do Everyday' Family Life ® - By Janel Breitenstein (10/20/25)

Oh, Taste and see
that the Lord is
good! Ps. 34:8

I tried a cleanse once. It involved a lot of weird capsules the size of a stalk of asparagus and not a whole lot else.

Through my extensive Google research, turns out there are a wide variety of cleanses, in fact. They involve everything from garcinia cabogia, bone broth, infrared saunas, custom juices, and all sorts of goodies to purge ... well, whatever. With a chunk o'change, you could clean out everything from your liver to your acne.

But what if you could detox what matters and lasts?

More to the point—what could a marriage detox look like?

Nix the junk food

Maybe it's time for a social media fast or from criticism and divisive thoughts (1 Peter 3:8).

It could be time to finally seek help for that porn problem.

Perhaps you need to burn the romance novels, or distance yourself from a friend who doesn't encourage you in your marriage.

You may need to relentlessly purge your home of possessions that fool you with false satisfaction, drawing you away from God and each other.

Snack on Whole Foods

What would it look like to feed your marriage nutritiously and without contaminants, getting back to the basics?

Could it involve reading the Word briefly together or praying together?

Would it be beneficial to review what media you consume together?

Is it time to surround yourselves with a supportive community, rather than living on a marital island?

Get some air

The overwhelmed, overcommitted, exhausted version of the two of you—and your marriage—isn't one where any marriage thrives or heals. It's hard to clear the byproducts, so to speak, of irritability, resentment, and feeling used or unseen. What's one thing you could stand to clear from your schedule?

Get off the couch

It could be time for your family to burn some of its energy for purposes beyond itself. After all, as Proverbs teaches us, when we refresh others, we will be refreshed ourselves ([Proverbs 11:25](#)).

[Read on for ways to avoid letting social media ruin your marriage](#)

The Good Stuff: "Create in me a clean heart, O God, and renew a right spirit within me." ([Psalm 51:10](#))

Action Points: Get serious about detoxing your marriage. Pick one to three "cleansing" elements your marriage could really use.

Wifely Wisdom

Your prayers can shift the atmosphere in your home.

*Teach us to listen with humility and speak with grace so our words
bring peace, not distance. (James 1:19)*

- LLE



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We're in your corner
praying for your marriage!



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

Do You Hear What I'm Saying?

A Lesson on Listening - by Aaron Eckard

Sorry, I wasn't listening



What she's 'saying' isn't necessarily the same as the words I'm hearing.

There's more going on under the hood than the words, thoughts, or ideas that Laurie is communicating to me. We tend to get into these verbal 'fender benders' when I forget to keep in mind that one of her primary **Love Languages** (Gary Chapman nailed it!) is 'Words of Affirmation'

She wants me to affirm that I hear **more** than simply what she's saying. For example, I'm digging thru my records trying to figure out if we need to renew a service or subscription for something and she says to me, "I got an email about that". She's not just providing the information I'm looking for, she's wanting me to affirm that we're a team.

My **pride** wants to resolve the situation by myself, while my **bride** wants to feel connected with me. I rise up, which pushes her away.

When she desires to come alongside and partner with me, but I'm not patient or willing to understand that she needs to feel cherished, valued and appreciated, I fail to be the husband that God called me to be.

We husbands may know the verse in Genesis where God tells the man, "I will give him a helper" .. but we often communicate to our wives .. "Thanks but I don't need your help" .. until I do.

When I'm doing it well, I not only hear the words she's saying to me, I hear her heart speak as well!

-Aaron

When I'm not patient or willing to understand that she needs to feel cherished, valued and appreciated, I fail to be the husband that God called me to be.

I'm grateful for:

- ☕ coffee that keeps me going
- ✋ grace that keeps me grounded
- ❤️ God who meets me right where I am .. mess and all

Treat Your Spouse Like You Treat Your Coffee ([link](#))

- Crave them every morning
- Enjoy their warmth
- Don't take them for granted
- Let them energize your day
- Always come back for more



Do that, and your love will stay strong

- [themarriageguru](#) [Instagram](#)



Love in Action!

A Warm Gesture

During the chilly season, it can be difficult to climb out of a warm bed to enjoy some early quiet time

Bless your spouse by putting a throw or blanket in the dryer and heating it up for 5 minutes

This Is Dumb

'I Do Everyday' Family Life ® - By Carlos Santiago (10/23/25)

As we were preparing for our wedding, my wife absorbed every piece of bridal information she could get her hands on: TV programs, magazines, even bridal expos.

I didn't know much about planning a wedding, so at first, her diligence was reassuring. Over time, however, I realized something was wrong.

Long after the wedding was over, she continued to buy the magazines and watch the wedding shows. I didn't know what to make of it. She kept showing me pictures of wedding cakes and all I could think was, This is dumb. We're married already.

I realized that I had a choice to make. I could continue to belittle her interests in the hopes that she would give it up, or I could find a way to enter her world.

I decided to take a closer look at those cakes.

The more I learned, the more intrigued I became. I was hooked the day I saw a miniature village crafted out of chocolate and sugar at a bridal show. The engineering was incredible. Suddenly, these cakes didn't seem so dumb.

Did I suddenly fall in love with ribbons and fancy parties? No. But I did find a way to respect something she cared about.

When her father turned 50, I helped her make a cake so tall she needed to stand on a chair to decorate the top. It weighed a ton and fed more than 200 people. The cake was a hit. People couldn't stop talking about how beautiful it was.

Yet while all eyes were on the cake, mine were fixed on my wife. She was glowing in a way I had never seen before.

A few years later, she opened her own wedding cake business. Not only was I able to watch her excel in a career that gave her joy, but we were able to do it together. I even helped her make a smoking volcano out of sugar for a dinosaur cake.

Eighteen years of working side by side—which almost never happened—all because I decided to be a part of her world.

[Do hobbies cause disagreements in your marriage? Read more on the importance of sharing common interests with your spouse.](#)

The Good Stuff: Let each of you look not only to his own interests, but also to the interests of others. ([Philippians 2:4](#))

Action Points: Does your spouse have an interest or hobby you've belittled? What would it look like for you to take a step toward growing respect for your spouse's interest? Is there a way for you to participate without giving up what makes you uniquely you?

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



- Husband Hack -

Long-Distance Relationship 😊

The Scene: Our conversation is filled with ..

“What?” .. “Huh?” .. “I can’t hear you!”

The Reality: Laurie and I continue trying to talk to each other between rooms in our home. It's a good exercise (or test) of our patience.

The Solution: Take the initiative to put whatever I'm working on (or distracted by) on hold and go into the other room and talk face-to-face. It's a beautiful face after all ❤️

- AE