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GrowInGrace Marriage Newsletter

Issue No. 6



Life Lessons I'm Learning by Laurie

Got Prayer?

Did you know Prayer is mentioned over 650 times in the Bible?!

Colossians 4:2 (NLT) "Devote yourselves to prayer, with an alert mind and a thankful heart"

Ephesians 6:10-17 has us getting dressed in our Spiritual Armor and then verse 18 tells us ..

.. "Pray in the Spirit at all times and on every occasion. Stay alert and be persistent in your prayers for all believers everywhere."

There are so many places in the Old Testament and New where people whispered a prayer or cried out in a loud voice.

Jesus went off by himself to be alone with the Father and pray. If Jesus did it, shouldn't we?

One of my favorite movies is War Room. While Elizabeth, a Real Estate Agent, is meeting with Miss Clara to sell her house for her .. Miss Clara has her own mission .. to challenge Elizabeth not to be lukewarm in her faith, and to fight for her marriage. What was Miss Clara's favorite room in her house? Her "War Room" (a.k.a. prayer closet). It was her place to get alone with God, meditating on His word and praying. Over time she challenged Elizabeth to set up her own War Room.

Recently I set up my own War Room, instead of just sitting in the living room where it's easy to get distracted. Over the last several years I have worked on how I want to have a Prayer journal and a regular journal to write my thoughts and my prayers, because that is what works best for me.

For years I have prayed for Aaron. In fact, our relationship started 13 years ago with me praying when I went on Christian Mingle, that I would meet a man who would be a Spiritual leader, a Romantic, and not find my house a burden. The Lord answered that prayer and more! I sent a smile to Aaron on June 13 😊. And a few days later, when we talked on the phone for the first time, he said "Let's pray first". He had my heart right then! ❤️

Now my prayers are specific to his job or our family or health. Other times I might just pray for his heart and his Christian walk. But one thing I always pray for is our marriage. *So many things can put space between us, when we need to be united.* Jesus, Aaron, and me....a cord of three strands is not easily broken (Eccl. 4:12b). That's not saying we have it all together, or that our marriage is perfect, but we are committed to one another and keep striving to have the best marriage possible. -LE



Featured Podcast

- Focus On Marriage -

Sean and Lanette Reed join Jim Daly (w Greg & Erin Smalley)

Even If Your Spouse Doesn't Deserve Grace

[<listen to podcast>](#) .. (June 5, 2025)

*How do you show your mate kindness when you don't feel like it? Sean and Lanette Reed speak with Jim Daly about how **all of us need grace and a chance to grow** sometimes.*

Also, host John Fuller asks Greg Smalley about how grace has strengthened his marriage.

When we're triggered and get stuck in the doom cycle, putting grace into practice can help us take the off-ramp and restore peace in our relationship. - [<listen to podcast>](#)

Questions for Discussion following the podcast:

- *Why do we sometimes take what little 'bait' our spouse might give us and throw it back in their face?*
- *Do you find it hard to give grace when there's a disconnect in your relationship? Why?*
- *Does how you see your spouse align with how God sees them?*
- *Why might we think showing our spouse grace encourages them to take advantage of our kindness?*

“Suck it up, Buttercup”

‘I Do Everyday’ Family Life - By Lisa Lakey (6/15/25)

I’m learning (slowly) to be a go-with-the-flow kind of girl. But to be completely honest, I’m a bit of a control freak.

I like things to go as planned (by me). Spontaneity has always been a four-letter word. Asking for help is hard, because that means relying on someone else to come through. And what if they don’t?

The struggle is real.

There are two areas where this less-than-admirable trait has been the biggest challenge: my marriage and my faith.

Both require me to trust someone else wholeheartedly and to not demand my way.

God knows all too well my struggle with trusting Him. Yet one of the most effective areas of life He has used to push and prod me toward trusting Him more fully is in my marriage.

I have to trust my husband for our marriage to work well. I’m learning to better trust him in the small things, like handing over the stack of bills to be paid when I’m sick or taking the kids to a doctor’s appointment. And I’m relying on my faith in God for the bigger things, like trusting my husband has our family’s best interest at heart when making a decision I can’t fully see the outcome of.

Trust in marriage requires faith. Faith in my husband and faith in my God.

And it requires letting go. Letting go of thinking my way is the best and only way. Letting go of control and taking his hand. And His hand.

When I act like a control freak, I’m short-changing my husband’s ability to handle things and showing him I don’t have confidence in him. I don’t want that.

Sometimes, I have to tell myself, “Suck it up, Buttercup,” and remember that in a relatively safe and healthy marriage, it’s okay to have faith in someone other than myself.

[Listen to Crawford Loritts remind us that Abraham-like faith](#) doesn’t deny the reality of your circumstances, but trusts God in spite of them.

The Good Stuff: Now faith is the assurance of things hoped for, the conviction of things not seen. ([Hebrews 11:1](#))

Action Points: Letting go of control and learning to trust are no easy tasks. But they speak volumes of our faith. Is there an area where you are specifically having trouble trusting God? Tell Him about it. He is willing and ready to help you shoulder this burden. And He is worthy of your trust.

Love in Action!



Whether you’re spontaneous or a planner .. remember that God designed the marriage relationship to be sacrificial.

Harmony in the home exists when we practice putting each other first!



Couples Corner

We’re in your corner
praying for your marriage

Please pray for us as we
move forward leading this
Marriage Ministry



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The Cup is Always Half ...

Content is from "The Love Languages Devotional Bible" - Gary Chapman

Psalm 118:24 - *"This is the day the Lord has made. We will rejoice and be glad in it"* NLT

What kind of person have you become through the years? Has your spirit been negative or positive toward life? One wife said, "My husband is so negative that when he wakes up in the morning he either says, 'Oh, no, I overslept!' or 'Oh, no, I woke up too early!'" Sound familiar? Would you describe your spouse in similar terms? Would your spouse describe you in that way? Thousands of people choose to live life with a negative attitude. Something is always wrong with everything.

Would you like to change? You can! Repeat this Scripture aloud every morning: *"This is the day the Lord has made. We will rejoice and be glad in it."* (Psalm 118:24). If you proclaim this truth to yourself, you will begin to see God's hand, and your relationships will improve.

Take some time to pray individually or as a couple. In your prayer ...

• take the words of Psalm 118:24 to heart. Rejoice in the day the Lord has given you;

• tell Him what you appreciate about it and why;

• show Him your thankfulness in no uncertain terms.

IF YOU HAVE MORE TIME ...

Discuss together or reflect on these questions:

- *How would you describe your own outlook on life? Would your spouse agree?*
- *How would you describe your spouse's outlook on life? Would they agree?*
- *How does your attitude affect the people around you?*

Consider these passages for further study on Rejoicing: Psalm 5:11-12; 28:6-7; Philippians 4:4



Construction or Demolition?

I've always taken pride in trying to leave things in better condition than when they arrived at my door.

Let's say I was to borrow a tool from somebody. I like to make sure I clean it up and give it back to them in at least the same, if not better, condition than when I borrowed it.

I have to ask myself though .. *"Do I treat relationships the same way?"*

When I walk away from a conversation, is the person built-up as a result of our discussion or have I walked away leaving them depleted, criticized, and more torn-down than built-up?

Questions worth considering .. Aaron (6/9/25)



How I Started Loving Our Couch Again

'I Do Everyday' Family Life - By Ed Uszynski (6/1/25)

Sitting on couch with wife. Kids finally in bed. TV on. Peace at last.

Amy: "Tell me about your day."

Me: "I don't want to talk about my day. I can't remember what happened this morning. I don't want to remember what happened in the afternoon. I just want to sit."

Amy: "You don't love me."

Evening ruined.

Tomorrow night: Wash, rinse, repeat.

Solution? Start avoiding the couch in the evening.

Been there with each other?

I used to get really angry when she'd say, "You don't love me" or "You don't care about me." Are you kidding? Here's a thousand ways I love you. A thousand more that show I care.

But then it hit me: She's right. I don't love her. At least not in this category.

Not if "love" means something like doing what's best for her even if it costs me. Not if it means saving energy and time for her, because more often than not, I wasn't saving anything for her.

And guess what? She wasn't loving me well either by wanting me to process the whole day when I'm finally at a spot to turn off.

It sounds stuffy, but we actually needed a communication strategy to love each other well. We needed to first talk about how and when we're going to talk.

My take-aways included:

- Making a mental bullet-point list of a few things to share when I get home
- Grabbing lunch more often to connect in the middle of the day instead of the end
- Talking it out on legitimate, unhurried date nights
- Not using every bit of energy every day on others
- Finding out when the best "talking" times are for each other and intentionally pursuing them
- Discussing needs and expectations with each other instead of just assuming it will happen

To love each other well. And ruin a few less evenings on the couch...

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

- Husband Hack -

Do This before arriving home after work ..

— during the drive, shift into another gear and tell yourself .. *"This job I'm going to is more important than the job I just left"* —

"A strong marriage requires two people who choose to love each other, even when they sometimes struggle to like each other."

