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GrowInGrace Marriage Newsletter

Issue No. 3



Life Lessons I'm Learning

by Laurie

I had so many ideas of how this January newsletter was going to go. We want to focus this month on examining our marriages and seeing where we can make lasting improvement - not a short-term New Year's Resolution.

Aaron and I are in a difficult season right now, as many of you know. As we watch my dad slowly die, we also see the love between my parents.

I see my mom sitting next to my dad's hospital bed, holding his hand, sometimes for hours. I watch as she talks lovingly and tenderly to him, reassuring him that we will be as gentle as possible when we need to move him in the bed to try and keep him comfortable.

Shouldn't we be like this with our spouse all the time?

We all have triggers that set us off, and we lash out at the person who we love the most.

This newsletter may be a little different, because as Aaron and I look at our marriage, we want to share things that have touched our hearts, and inspired us to work harder to grow our marriage in GRACE. 💕



Featured Podcast

- Family Life Today -

Ron & Nan Deal

Mindful Marriage

[<listen to podcast episode 1>](#) [\(episode 2 .. episode 3\)](#)

(Jan 6-8, 2025)

How can you begin building healthy relationships? Ron and Nan Deal, authors of the new book, "[Mindful Marriage](#)," talk about the importance of emotional safety and trust in marriage.

We tend to get stuck in the same unhealthy marriage patterns. Ron and Nan, discuss how unresolved emotional baggage can negatively affect marriages and how managing emotional "dysregulation" and fostering healthy communication can improve every relationship.

The journey to a healthy marriage can be tough to follow. Find help to navigate the way through self-awareness, emotional regulation, and constructive communication.



The Delicate Art of Changing

Proverbs 25:24 - *"It's better to live alone in the corner of an attic than with a quarrelsome wife in a lovely home."* NLT

Proverbs 25:24 drives home the importance of marrying the right person. The key to avoiding the kind of relationship described in the verse is found a few verses earlier. Proverbs 25:11 extols the virtues of timely advice ... *"Timely advice is lovely, like golden apples in a silver basket."*

All relationships involve change. Making change happen, though, is a delicate process.

When you get ready to request a change from your spouse, it is extremely important that you choose your time and place carefully and be sensitive to your spouse's emotional state. The time should be after a meal, never before a meal. When we are hungry, we are irritable and when we are irritable, it is difficult to take suggestions.

The place to make your request should always be in private, never in public. When you mention something in front of other people that you wish your spouse would change, it is a put-down, even if you couch it with humor. "My wife is not exactly a gourmet cook. Her specialty is hard-cooked, soft-boiled eggs." Everyone in the group may laugh, but your wife gets the barb.

Put-downs only stimulate resentment and revenge. If you want your spouse to accept your request, make it in private..

Take some time to pray individually or as a couple. Praise God for giving you your spouse as a partner for life. Ask Him to give you and your spouse the wisdom, sensitivity, and good timing to talk about changes in a nonthreatening way.

IF YOU HAVE MORE TIME ...

Discuss together or reflect on these questions:

- *Have you ever tried to change someone who didn't want to change? If so, what happened?*
- *How often are the words "I was only joking" used in your relationship? How do you feel about that phrase?*
- *Describe the ideal circumstances for you and your spouse to talk seriously about change.*

Consider these passages for further study on Change: Romans 12:2; 2 Corinthians 5:17; James 1:17



*Placing blame
in marriage
is like saying ...
"You're side of the
boat is sinking".*

*-Hank Smith
"The Grace Marriage"*

Dates on a Dime

Pretend you are a tourist in your own town. As you visit fun places, ask a passer-by to snap a photo of you and your honey. Make sure to get some photos printed for romantic memories.

Love in Action!



Write a 'thank you' note to your spouse for something they did that you appreciate.

Tuck it away where they'll be sure to find it.



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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