



2025 | Week 3

Slowing Down, Naturally

Blog Contributors:

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"Hurry sickness" exists and is a common factor that triggers miscommunication and conflict between husbands and wives. It's deeply ingrained in today's culture, which defines it in ways that make it easy to overlook how damaging it can be to relationships.

This week, we'll reflect on this issue and embrace the natural gift of bedtime, which encourages us to slow down. In these moments of daily stillness, may we recognize the importance of pillow talk in the lives of married couples.

DAY 1

Last week, we had an opportunity to reflect on the two important factors in marriage - honesty and intimacy. We're reminded of how communication is very important in neither of these two. For this week, seems the scheduled topic is extending our discussion which will strengthen the communication with our spouses. This time, we'll look at the one thing we don't usually give much attention to - the couple's pillow talk. We miss its importance and significance in the couple's communication because we don't focus much on how this simple habit affects us. Or we would safely say that the perception of pillow talk is just for the couple's intimacy.

The only instance that our attention was captured to evaluate our own "pillow talks" was after hearing about other couples that we've met and shared their own experiences. As they share how sometimes, this simple conversation should lead them to slow down and end the day with a nice rest take a different route with frustrated conversation (and worst could lead to heated late-night arguments). Sometimes, the tiredness of the physical can't no longer initiate further words to speak but the couple will approach the sleep with a heavy and troubled heart. Either way, it is not healthy for the marriage and much more to each other's heart and mind.

We often equate or connect "pillow talk" with intimacy and this is evident in many research and studies made. It is known as a "starting gear" for a nice intimate moment for the couple or a post-sex conversation. Just like the article published by a group of authors, the study found that increased post-sex pillow talk (which involves communication with the partner immediately after sexual activity) can increase heterosexual men's relationship satisfaction [1].

The editorial team of Marriage.com defines "pillow talk" as a conversation that develops in the bedroom, typically after experiencing the closeness of physical intimacy. They mentioned that in those moments, each person feels comfortable speaking openly about feelings, aspirations, goals, and their life together. They also mentioned that the bed represents a safe zone where the couple's connection can deepen without fear of rejection [2]. In another online article they released, they cited the various benefits of pillow talk for couples [3];

- Ending the day on a positive note
- Appreciate each other
- A good night's sleep
- Reduce anxiety and other illnesses
- A more fulfilling intimate relationship

We may strongly agree on how "pillow talk" is a very important factor in the couple's intimacy. Yet looking at many resources, particularly those published by Marriage.com, we can determine among the listed benefits that "pillow talk" is way beyond just sexual intimacy. So for this week, let's take this as an opportunity to "revamp" how we perceive this "pillow

talk” and reflect on how this factor in God’s intent of oneness for married couples (Genesis 2:24).

Start this week’s topic by having a conversation with your spouse on the recent status of your “pillow talk” conversations. In the insights mentioned above, has it helped you and your spouse to develop healthy communication? Was it a big contributor to the intimate moments you both share? Furthermore, reflect on how this intimate communication plays on the journey of anchoring the marriage to God.

Keep Journeying with Christ!

Your Fellow Couple,

Rey & Annie

DAY 2

We still remember those years when we had to deal with long months of deployment. Our "pillow talk" occurred through an exchange of text messages about how our days went. Although there were opportunities for phone calls, they were not guaranteed. Smartphones didn't exist then, so seeing each other through video calls required arrangements by the ship’s communication team at selected spots during a 15-minute window.

We didn’t just experience very distant "pillow talk," but realized that, in many conversations, God was absent. Even when we left the military and transitioned to civilian life in Las Vegas, our "pillow talks" were rundowns of what we had done, what we planned to do the next day, and the sharing of desired goals. These weren’t inherently bad, but without God’s presence in our lives (and in our marriage), we were centered on ourselves. When certain incidents or concerns arose that needed to be processed, our conversations revolved around what would be more convenient for us, even at the great expense of others.

Your "pillow talk" may differ from ours, but similarities can often be found in the conversations that take place. Analyzing them reveals how they are deeply rooted in and anchored to managing this "life." We try to maintain the good aspects and control the bad so the damage isn't

too severe. While this behavior may seem acceptable, it leads us to become controlling, which could eventually cause anxiety. Sadly, a sense of realization often comes when we begin experiencing the damage this anxiety brings to ourselves and our marriage. As we live our lives and marriages apart from God’s authority, we burden ourselves (and our spouses). When life’s challenges arise, only then do we truly understand the significance of perspectives formed during those conversations.

It’s not about simply engaging in "pillow talks," but focusing on how and what we process during these intimate conversations with our spouses.

It’s not just about listening to our spouses' sentiments, but about having conversations that foster profound understanding.

It’s not just about leading to physical intimacy, but about togetherness that guides our marriage toward the oneness that God designed for marriage.

It's not about feeling equipped for the next day or life’s challenges, but about conversations that humbly recognize our limitations and shortcomings (not narcissistically but realistically), leading to the realization that we need a Savior who can truly sustain and equip us for a true marriage—a true life.

If every married couple anchors their lives and marriages in Jesus Christ, who has been given full authority by God, "pillow talk" will become an intimate, united moment that leads to true rest from life’s burdens—rest in God and living hope through salvation in Jesus Christ.

'My soul waits in silence for God only; From Him is my salvation. ' Psalms 62:1

Keep Journeying with Christ!

Your Fellow Couple,

Rey & Annie

DAY 3 | For Husbands

As the previous blog post mentioned, our “pillow talks” have been an adventure. It’s not that we have to deal with many months of being away from each other, but how such distance has added a layer of difference to our already strong and distinct personalities. As Annie and I have different personalities, we tend to have different ways of processing things. This difference often leads to heated discussions, or worse, heated arguments.

Not just the distance, but when I’m home with Annie and our children, our whole day is filled with attention centered on our growing kids. It’s really only at nighttime in our bedroom that we get a chance to catch up with each other. We’re thankful that we have somehow created a good routine in this matter, but we discovered the significant difference when we started to be more intentional in our communication.

Although we are committed to having God at the center of our marriage, I have to admit that it wasn’t an easy transition to be intentional in improving every means of communication we have, such as this nightly pillow talk. We still find ourselves with different perspectives. The only moment we’ve found ourselves making progress in this area is by accepting the truth that there will always be instances when we find ourselves in such positions. It’s not merely a matter of justification or rationalization; we can’t overlook the truth of the existence of these three factors that affect a couple’s communication (and furthermore, their oneness): (1) the weakness of our flesh, (2) the brokenness of this world, and (3) the existence of the “devil.” Beyond our willingness to focus on persevering and making an effort to improve communication with our spouse, we must constantly humble ourselves to the truth that this intent can be affected by these three factors, and we need help to respond to them appropriately.

Understanding that any good changes we want to implement in our marriage are commendable endeavors, doing it alone is truly not realistic. We’ve experienced it and seen it in many others as well. Yes, we can witness changes, but focusing on our efforts doesn’t necessarily lead us to substantial and genuine transformation. Until we understand our limitations and possess the will to journey through life with great help from a Savior, we will

find ourselves suffering more pain in the ups and downs of life. It is a consistent remembrance and choosing of Jesus Christ.

I’m not saying that we have overcome the unhealthy pillow talks or any other means of communication that Annie and I share. There are still instances when we observe Satan’s temptations, experience the weakness of our flesh through our poor responses, and struggle to find ourselves amid this world’s brokenness. It’s only by God’s grace that we’ve become more aware. Such awareness serves as a trigger, like an alarm in our hearts and minds, prompting us to ask for God’s spiritual guidance. In the end, even in the most intimate conversations we have with our spouse, it’s our relationship with Christ and the influence of the Holy Spirit that transforms our hearts and minds to be more patient, kind, understanding, and loving toward our spouse.

At the end of this week’s topic (Day 5), we will share some practical applications that we have implemented to discipline ourselves and keep us grounded in the progressive transformation of our communication. Although these applications are very helpful, the ultimate source of great help is our lives anchored in Christ Jesus.

'I will ask the Father, and He will give you another Helper, that He may be with you forever; that is the Spirit of truth, whom the world cannot receive because it does not see Him or know Him, but you know Him because He abides with you and will be in you. "I will not leave you as orphans; I will come to you. After a little while the world will no longer see Me, but you will see Me; because I live, you will live also. In that day you will know that I am in My Father, and you in Me, and I in you." John 14:16-20

Keep journeying with Christ Jesus.

Your Fellow Husband,
Rey

DAY 4 | For Wives

When we finally reached our last year in the Navy, things suddenly accelerated. Rey had to fill his schedule with the completion of this last set of files, while I had to look over the changes that might occur in our household. It was exciting, but there was an evident anxiousness. Looking back, I realized how many decisions I encouraged Rey to make based on my deep anxiety. My anxious thoughts about detaching from a system to which we had grown accustomed over many years fostered a sense of fear about what our life would become. Little did I know that such anxiousness was leading me to “hurry sickness.”

During that time, I felt that we were not ready yet, as we were still coping with many things and hadn’t had a chance to prepare. Our children were still young, and we were just approaching the true essence of “family life.” Reflecting on our situation and how Rey and I communicated, I realized how deeply anxiety affected me (and surely Rey as well). Even nighttime, which could have been a chance for us to rest our minds and regain our strength, turned into heavy conversations about our next steps for the transition. All of a sudden, we were chasing something—chasing the comfort and lifestyle we had established when we enjoyed those opportunities and privileges.

We did our best to set a plan and do what we needed to do. Yet again, a sudden turn in our path happened—we became pregnant with our third child. It could have been an opportunity for me to slow down and rethink things, but I pushed forward with our original intentions. Imagine all the pillow talks that Rey and I had back then. We overwhelmed ourselves by focusing on so many things we thought would secure our new life.

I returned to work after being a stay-at-home military wife for over seven years. I remember those busy days when Rey and I juggled raising our small children while working. I worked from the afternoon until midnight while Rey worked the usual 8-to-5. In between, we passed our children back and forth, and my mother-in-law helped us fill in the gaps. A medical incident occurred on my end; my body reacted by taking on some workload earlier than I should have after giving birth. I continued my studies and enrolled back in school

while working and raising this young family. Then the story of my business unfolded after completing my master’s degree. Restlessness followed.

We had been busy chasing this “life.” Little did we know that we defined this life by the standards the world had shown us—far different from how God intended for us. I accepted Jesus at a very young age, and I should have known better. Instead, I lost my focus and connection with Him, which affected my family—especially my husband. I’m grateful today that Jesus saved me—saved us! He removed us from that “hurry sickness” and turned our life journey onto a very different path. We still encounter challenges and the effects of our past decisions, but His grace allows us to see and experience His presence.

I am finally living a life filled with God’s blessings in a marriage that He designed. My communication with Rey has improved. There is still much to learn, but through God’s grace, we see how far we have come from where we used to be. From overwhelming and restless pillow talks, our relationship with Christ has transformed into conversations about how we encounter God each day. From being lost and grasping at anything we thought would secure our lives, Jesus is continuously teaching us that our security should be in God alone.

God designed us to rest and slow down naturally. Even He rested when He created the world (Genesis 2:1-3). Jesus also showed the importance of rest during His time on earth (Matthew 4:13; Mark 6:31). How much more does this apply to us? During this time of “slow down” or “rest,” we acknowledge God’s great authority in our lives.

Keep journeying with Christ!

Your Fellow Wife,

Annie

DAY 5

It’s our second week discussing the importance of communication in marriage. This week, we are focusing on one of the most common ways couples can

communicate freely and honestly with each other: pillow talk. We've discovered that pillow talk directly influences a couple's intimacy, but in reality, there's much more to it than that.

Let's not forget how our words impact our spouse. We've seen this in the story of the first couple, Adam and Eve, and the history that follows. If just one person in the couple is negatively influenced by the brokenness of this world, the weakness of the flesh, and the deceiving lies of Satan, the relationship can be put in a critical position that may lead to division or extend harmful effects to those close to them.

Husbands and wives must be intentionally reminded of the importance of communication, particularly during intimate moments like pillow talk. Whatever is shared or discussed in these conversations affects how the couple will respond to the challenges that lie ahead.

Initially, we weren't intentional about recognizing the effects or consequences of allowing our conversations to take different routes. We often leaned toward ideas and perspectives that seemed more justified and rationalized. Although this approach may still lead to some good resolutions, when we began to deepen our relationship with God on this life journey, we decided to be more intentional about how we process our conversations. We always remind ourselves that, above all, our relationship with Christ should communicate well between the two of us and, by His grace, may extend to others. It's a continuous process of relearning, and even today, as we reflect on this week's topic, we are grateful for God's continuing conviction and guidance toward improvement.

Some practical steps we've taken to change our nighttime conversations include:

1. We removed the TV from our bedroom. Although it was part of our initial budget improvement, we realized that not having a TV in our bedroom helped us focus more on each other.
2. We agreed not to discuss certain topics during our pillow talk. These topics include matters that require further discussion, such as business concerns or ministry work. We have to admit that it's very tempting to delve

into these discussions, and we still catch ourselves doing so. However, we agreed that we would have a better opportunity to address these matters during the following day.

3. We lead our conversations more toward sharing how we encountered God that day. Even when we were both working together in the business, we used our nighttime chats to continue sharing how God spoke to us.

4. In any instance where we find ourselves in a heavy conversation, we pray. We pause to ask God for comfort and to help us not allow such matters to affect our hearts and minds. We pray for the Holy Spirit's power to manifest in us, knowing how certain topics could spotlight our weaknesses.

These four basic habits have helped us improve our pillow talk, and we pray they will be beneficial to other couples as well.

For instance, when we find ourselves apart on certain nights, we take advantage of the technology available to us today. Our commitment is not to let a day pass without an evening chat together, without exchanging our personal encounters with God. This is our way of slowing down naturally—resting and faithfully surrendering to God's sovereignty and grace through Jesus Christ. It's a given that weariness exists in this broken world, but there's a great promise for us:

"Come to Me, all who are weary and heavy-laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and you will find rest for your souls. For My yoke is easy and My burden is light." — Matthew 11:28-30

Your Fellow Couple,

Rey & Annie

NOTES

[1] Denes, Amanda & Crowley, John & Winkler, Kara & Dhillon, Anuraj & Ponivas, Ambyre & Bennett-Brown, Maggie. (2020). Exploring the effects of pillow talk on relationship satisfaction and physiological stress responses to couples' difficult conversations. Communication Monographs.

[2] Editorial Team. (2022, December 6). *What is pillow talk & How it is beneficial for your relationship*. Marriage Advice - Expert Marriage Tips & Advice.

<https://www.marriage.com/advice/relationship/what-is-pillow-talk/>

[3] Editorial Team. (2023, September 1). *Pillow talk could save your marriage and boost your health*. Marriage Advice - Expert Marriage Tips & Advice.

<https://www.marriage.com/advice/save-your-marriage/pillow-talk-could-save-your-marriage/>



Let's embark on a comprehensive learning experience with this week's topic by following the **D.R.A.S.H. - 5 Steps of Learning Method!**

Step 1 | Discover the Truth

- This week, we take a look at the current understanding and perspectives on pillow talk. It's evident that it is one of many means of communication for married couples. However, because it occurs at nighttime when we can

naturally slow down, we may need to reflect further on how this communication can also be a way to grow in our understanding of God's sovereignty and faithfulness.

What did you discover about today's perception of pillow talk? From the shared Biblical perspectives on communication and rest, what struck you the most? Why?

Step 2 | Reflect and Meditate on the Truth

- Based on this week's topic and the shared Biblical truths, how does this relate to your current season of marriage?
- Has this week's topic helped you learn more about Jesus Christ? How and in what way?

Step 3 | Apply the Truth

- What actions do you plan to take in the coming days? Set a meaningful goal that supports your spouse and strengthens your marital relationship.

Step 4 | Share

- Using a storytelling concept, compose a short story about how you will share the truths you discovered in this week's topic with your spouse or other married individuals journeying with you. You may want to consider a 1-minute or 5-minute storytelling technique.

You can use the following guiding questions in your composition:

1. What truths did you discover and reflect on in this week's topic?
2. How are these truths and reflections related to yourself and your current marital status?
3. What actions do you plan to take in the coming days that relate to this week's learning?

Step 5 | Help in Navigating the Truth

- Besides your spouse, identify another person (or member/s of your small group) who will journey alongside you as you take intentional actions based on this week's learning. Consider what additional help you may need, such as further discussion or a regular prayer partner.

We pray that you encounter God through this week's topic. May His grace turn your learning experience into a transformative journey, leading to testimonies of breakthroughs that further strengthen your walk with Christ Jesus!

Let us know how this guide has helped you!

May this study tool be effective and helpful for every fellow seeker and believer who is intentionally journeying with Jesus Christ. We would be grateful to hear how this tool has significantly impacted your journey and your relationships with your spouse and others. Please share your feedback or experiences through this [link](#) (or scan QR Code)



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