

BUILD HEALTHY RELATIONSHIPS

Does it seem as though you can never have a discussion with your spouse or friend without arguing? Have you ever taken the time to consider what lies beneath the surface of your arguments?

Relationship experts have identified 4 main relational "germs" that creep into and destroy relationships:

The first "germ" is Withdrawal. Here one mate closes the other person out after an argument starts. For example, statements like: "End of discussion; it's over."

The second "germ" is Escalation. This is when a person starts defending or trying to win an argument. Here, he or she volleys back and forth with shame and defensive statements. Statements like "It's your fault that he talks to me like that, you're a great example!" dominate the discussion.

The third "germ" is Belittling. Here, one mate accuses the other of being "dumb" or "stupid" in their thinking or feelings. Somehow, one mate is trying to belittle the other and prove that he or she is better than them. With this germ you hear statements like: "That's the dumbest thing I've ever heard."

The final "germ" is Exaggerated or False Beliefs. Here, one mate may believe that the other is trying to ruin or weaken the marriage or friendship on purpose by making broad statements like: "You're always including your family. They've been between us our whole married life!" and "Why bring him, weren't we doing this alone tonight?"

The key to resolution begins with avoiding these communication "germs." Every one of these is overcome by practicing James 1:19 "but everyone must be quick to hear, slow to speak and slow to anger."

– Garv Smalley

Check out Shaunti Feldhahn's newest book:
The Kindness Challenge: Thirty Days to Improve Any Relationship



RESOURCES FOR COUPLES

Marriage is one life's most rewarding relationships.

It is a challenge to build a strong, God-honoring relationship. Whether you are 18 or 80, dating, engaged, or married, there is a class or seminar for the two of you.

Marriage Redeemed is a conference to guide couples on their recovery journey from sexual sin. You will learn from couples that have tested and developed the topics in their own marriages and have found success in "learning a new dance". April 7 at Mountain Park Church, Lake Oswego. Find helpful videos at and conference details at www.TuffStuffMinistries.com

Cannon Beach Couples Conference Shane and Phillis Womack expertly lead guests through a frank, honest and biblical study of The Song of Solomon we call the Solomon, Sex and Marriage conference. Their skillful presentation is lively, full of content, interesting, and sprinkled with humor and personal stories. April 13-15 at Cannon Beach Conference Center. Details at www.cbcc.net

Blended & Blessed is a one-day event livestreamed for stepfamily couples, single parents, and dating couples with kids. Join other sites as we unpack key successes crucial to healthy stepfamily marriages. With some of today's most respected experts. Live Saturday, April 21 in Charlotte, NC and livestreamed direct to you, details at www.blendedandblessed.com

Date Night PDX challenges you to **4 DATES/4 WEEKS/4 FUN**. Get back in the habit of having fun, it's good for you and for your relationship! Start with a delightful family fun **Comedy Night** starring Kristen and Danny, "Laughter is Good Medicine" and Jim and Carol "Acts of Renewal" Saturday, July 28 at Rolling Hills Community Church Details at www.DateNightPDX.org

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Every Marriage Matters

Helping Marriages Become All God Intended

Check out additional resources at www.EveryMarriageMatters.org