

## every marriage matters

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**From:** Every Marriage Matters [mailto:tomdressel@everymarriagematters.ccsend.com]

**On Behalf Of** Every Marriage Matters

**Sent:** Jan 27, 2014

**To:**

**Subject:** Five Minutes for Marriage: What Is "Healthy Marriage"?

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### Five Minutes for Marriage February 2014

**The reason marriage is so hard is because you're more sinful than you think you are.**

**You don't yet grasp the depths of your own depravity. You want your own way. You think your faults are less offensive than his. You justify yourself in a thousand ways and give yourself every benefit of the doubt. But, his faults and sins are magnified to you. You're convinced that you give more in the relationship. You are always the hero in your mind. Or maybe it's just me.**

Edie Wadsworth, from her blog post [Why Is Marriage So Hard](#)

**Click on the orange, bolded title to find the rest of the story.**

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The **BULLETIN INSERT** for February in color, or choose **black & white**. It offers a guide for celebrating Marriage Week.

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The February **CLASS LIST** describes opportunities couples might use to grow their relationships. Is your church offering classes

#### **DEFINING "HEALTHY MARRIAGE"**

By Kristin Anderson Moore, et al, Child Trends

Most people, including unmarried parents, value marriage and want to be married. Moreover, research indicates that children thrive best when raised by both biological married parents, as long as the marriage is not high-conflict. Thus, for the sake of adults, children, and society, a growing consensus is emerging that it is not just marriage per se that matters, but healthy marriage.

But what is a healthy marriage? This Research Brief addresses that question by examining the concept of healthy marriage and the elements such as commitment, marital satisfaction, and communication, as well as two elements that pose obvious threats to healthy marriage: violence and infidelity. This brief also considers factors that are antecedents and consequences of healthy marriage and distinguishes these from the definition of a healthy marriage. The result is a conceptual model that can be useful in informing the public discussion on healthy marriage and

or seminars that should be included here? We would like to add them.

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Your prayers and financial help to strengthen marriage are greatly appreciated

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Rick and Aly Salz are Directors of Every Marriage Matters where Aly serves as Vice President. Rick and Aly are Owners of Righteous Clothing.

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what it entails.

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## FEBRUARY'S FEATURED VIDEO

**Marriage = Money.** Why 2-parent households reduce poverty levels.

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## MARRIAGE ENCOURAGEMENT

**As the child of divorced parents,** I've had to learn to treat my own marriage with love, not fear. My parents' divorce has stayed with me in ways I never expected, and given me insight into bettering my own marriage. The challenge of marriage is not acting on our fears. We can't just work to not get divorced. We have to work at being happily married. Fear can't drive my marriage. Healthy love doesn't come out of worry, it comes from being proactive in love and not reactive to the worst possible scenario. (By David Dennis, (UK) Guardian)

**Your Most Important Skill: Empathy.** As exhausting as it is for me, empathy is the primary reason for the success and good fortune I've enjoyed in my life. Work to enhance your ability to empathize with others, you will be a better leader, a better follower, and most important, a better friend. Here are a few ideas on how to practice to develop your empathy. (by Chad Fowler, his Chad Fowler blog)

**Why Marriage is So Hard.** "Now, I see, my most constant mistake, is I don't know what I love till it's gone." You're sitting smack dab in the middle of the hardest thing in your life-your marriage. How do I know? Because I am too and I know how the days can seem dark. You're probably not gonna like my answer, but I think I know why being married is so hard. It's not because women are from Venus and men are from Mars. It's not because Scripture is old-fashioned and marriage is passe. I don't even think it's because modern times are so much more volatile to marriage than previous ages, though they may be. (by Edie Wadsworth, Life In Grace blog)

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## MARITAL RESEARCH

**What's Love Got to Do With It?** In 2002, the cost of the average wedding was about \$20,000. The average divorce? Around \$20,000 as well. With

the tab for love-and loss of love-being so steep, it's a shame that more couples headed for the chapel haven't heard of Ted Huston. His study of courtship and marriage could save some starry-eyed pairs a tidy sum. Huston, a professor of Human Ecology at The University of Texas at Austin, has studied intimate relationships for 30 years, and he's heard more about amour than Oprah. (University of Texas Austin)

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## HURDLES IN MARRIAGE

**Marriage Matters:** The strength of a piece of paper. That "little piece of paper," or marriage license, is worth more than its detractors understand, because it's not about the marriage, it's about the relationship. Our point is that it is not marriage by itself per se, that confers the protective benefits to individuals and society; rather, it is the attitude and mindset that comes with living in, and living out, a healthy marriage. (By James and Audora Burg, Sturgis (MI) Journal)

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## COHABITATION AND AFFAIRS

**Not Your Steppin Stone.** A new study confirms that the link between marital intentions and cohabitation has been steadily weakening. These findings clearly confirm that cohabiting is becoming less and less, as Vespa puts it, a stepping stone to marriage. In other words, people are increasingly less likely to cohabit to try to get to the other side of the stream. Cohabiting is becoming disconnected from marriage much as child-bearing has become disconnected from marriage. (By Scott Stanley, his Sliding vs Deciding blog)

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## PARENTING / YOUTH MINISTRY

**Religion Runs in the Family.** Despite the many societal changes that have lurched us towards greater individualism and away from a more collective family focus, over half of young adult children are following in their parents' footsteps, in that they are affiliated with the parents' religious tradition. (In today's culture, one that often disparages family continuity and assumes that families are not doing a good job, our research reflects a basic resiliency in American families over generations. Good news for the church. (by Amy Zietlow, Christianity Today)

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## **DISTRESS AND DIVORCE**

**7 Warning Signs Of a Troubled Marriage.** The author has counseled couples and families for over three decades and one thing stands out. Most people wait too long before they reach out for help...years too long. Problems that might have been solved in five to ten sessions become crises that break up perfectly good relationships. Since only a precious few learned the necessary skills to weather the ups and downs of a long-term relationship, it is easy to slip into negative patterns of relating-either to oneself or to loved ones-or both. (By Debra Manchester MacMannis, PsychCentral.com)

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## **MARRIAGE PREPARATION**

**Save up to marry or marry to save up?** Money might not be the first thing to come to mind when considering getting married - thankfully. Yet, economics can help explain why some folks tie the knot while other couples do not. At first glance, the cost of a wedding alone might cause couples to reconsider. The estimated average cost of a wedding in 2013 was \$23,458. At even half that amount, the cost might delay or deter getting married. While couples bemoan the price tag (for good reason), larger economic forces are also at play. There is no doubt that financial insecurity is holding some people back from entering marriage. (by Peter Jon Mitchell. Mercator.net)

**We're Missing the Point of Marriage.** The data are clear on this point. Marriage has lots of benefits, but the easiest to measure are financial. All things being equal, it's much easier to make it on two incomes than one (or at least, if one spouse stays home with the kids, two workers). And the long-term commitment of marriage means that people are more likely to pool their resources and build a life together - even if you got the ring from a Cracker Jack box and spoke your vows at City Hall. (By Naomi Schaefer Riley, New York Post)

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## **LEGISLATION**

**Yes, Publicly Funded Marriage and Relationship Education Can Work.**

Government-funded programs that help lower-

income couples form healthy relationships and enduring marriages have come in for renewed criticism as we mark the 50th anniversary of Lyndon B. Johnson's War on Poverty. In addition to the more subjective questions about whether the government should promote one type of family structure over others is an objective question: Do the programs work? (by Alan Hawkins, Institute of Family Studies blog)

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### **PARTING WORDS**

**Good courtships** presage happy marriages and turbulent courtships foreshadow future problems. - Dr Ted Huston, University of Texas Austin

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Treasure your spouse. Consider your spouse and your marriage a high priority. Come along side another couple to celebrate Marriage Week.

Pray together! Have fun! Have a special Valentine's Day celebration! Laugh together!

Respectfully,  
Tom and Liz Dressel

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