

## every marriage matters

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

**Sent:** Thursday, April 03, 2014 8:31 AM

**To:** tomdressel@comcast.net

**Subject:** Five Minutes for Marriage: Do You Find Having Fun is Hard Work?

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### Five Minutes for Marriage

April 2014

**What does the Bible say? Do what the Bible says!**

Elizabeth Elliot

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

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The **BULLETIN INSERT** for April in color, or choose **black & white**. It suggests we surrender our expectations to God.

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The April **CLASS LIST** describes opportunities to grow relationships. Is your church offering classes or seminars that should be included here? We would like to add them.

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Your prayers and financial help to strengthen

#### **LET'S HAVE FUN AND ENJOY EACH OTHER**

**Appreciation Fans the Flame of Love.** In our new book, Red Hot Romance Tips for Women, we look at the 26 traits, A to Z, that makes a wife more desirable to her husband. You long to keep that spark and sizzle in your love life! In your heart is a desire to help your man feel like the luckiest, most blessed male on the face of the globe because he had to good sense to marry YOU! (Pam and Bill Farrel, CrossWalk.com)

**'Date night' can improve marriage, sexual satisfaction.** The married-couple-in-a-rut portrayed by Steve Carell and Tina Fey in the 2010 movie Date Night brought to life the notion of "date nights," but now a report about them suggests that couples who devote time to each other at least once a week are more likely to have higher levels of communication, sexual satisfaction and commitment than couples who don't have this kind of alone time. (By Sharon Jayson, USA Today)

**The "Marriage Hack".** For most married couples, satisfaction declines over time, meaning that couples typically become less and less happy with their relationships the longer they've been together. But a group of scientists developed an intervention that they have affectionately termed, "The Marriage Hack", utilizing a technique they call emotional reappraisal. Emotional reappraisal occurs when couples re-evaluate their experiences by imagining how a neutral 3rd party (an unbiased person outside the couple) would view their behavior. (By Dr. Dylan Selterman, Science of Relationships)

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marriage  
are greatly appreciated

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Tom and Liz Dressel, Executive Director and Directors. Tom is a retired mechanical engineer, Liz is retired registered nurse.

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## APRIL'S FEATURED VIDEO

**Barnes & Miner** are a hoot as they discuss communication. They are a great comedy couple who will be live in Portland August 1 at City Bible Church. Invite them to your church via internet feed.

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## DATE NIGHT PDX

**It's hard work** to date our spouse consistently, but so worth the effort! The happiest, most fulfilling relationships belong to those who spend meaningful time together. A recent study finds couples who date weekly are 3 1/2 times more likely to be very happy compared to those who don't date weekly! Date Night PDX is the challenge to you to date 4 times in 4 weeks during August. We'll provide tips, tools, and support materials via a special website. Here are a couple of events during the month:

**Barnes & Miner, Friday, August 1 at City Bible Church.** Jerry and Amy make it easy to laugh about the little things as they successfully marry over 30 years of comedy experience on stage.

**I Still Do, Saturday, August 23 at Moda Center.** A great day with great speakers: Dennis Rainey, Al Mohler, Crawford & Karen Loritts, Shaunti Feldhahn and Ron Deal.

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## MARRIAGE ENCOURAGEMENT

**Hope to Make This a Lasting Relationship?** Take a Look at Your Spending Habits and Debt. Jim Godfrey and noted money coach and author Olivia Mellan examine how spending patterns and debt affect couples' chance for a lasting relationship. (by Nancy Stark , Bethesda-Chevy Chase Patch)

**Addressing Conflict in Marriage.** Many marriage casualties lie in the wake of good people so invested in winning the argument that they have lost the big picture of love. Conflict isn't just a necessary evil, but it's the refiner's fire in which we are confronted with our fears, blind spots, and selfishness. Conflict always presents choices: Will I be defensive or receptive? Cowardly or courageous? Humble or self-righteous? Merciful or stubborn? So, go ahead and fight. But remember what you're really fighting for. (Juli Slattery, Today's Christian Woman)

**Couples, pay attention to your relationship work ethic.** Is a date with your partner as important to you as a meeting at work? A University of Illinois study recommends that couples develop a relationship work ethic that rivals - or at least equals - their professional work ethic. (University of Illinois)  
<http://www.sciencedaily.com/releases/2014/02/140219124623.htm>

How to Enjoy Your Marriage in the Midst of the Grind. You and your spouse can enjoy each day together to the fullest even in

the midst of dealing with life's stressful responsibilities. The key is intentionally having fun together every day. Here's how. (by Whitney Hopler, Crosswalk.com)

**Marriages need tuneups, too.** Ron Deal is a recognized expert in the field of marriage enrichment. He has devoted most of his adult life to the pursuit of helping folks experience the marriage they hoped for when they first said "I do." He has also spent several years exploring the dynamics of "blended" or "step" families. Here are Ron Deal's words of advice for us today. (By Ron Price, The Daily (Farmington, NM) Times)

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## MARITAL RESEARCH

**Response to Federal Funds to foster healthy marriage have little effect.** As a current grantee and national leader in the field of marriage and fathering, I have to ask the question to those who are saying the \$800 million has not changed the state of marriage or divorce rates - How do you know? (By Julie M. Baumgardner, First Things First)

**Why Dads Matter.** More than half of babies of mothers under 30 are born to unmarried parents. The divorce rate among those who do marry exceeds 40 percent. These statistics play out most often in the form of absent fathers-or the arrival and departure of serial father figures involved in romantic relationships with a child's mother. Twenty-four million American children-one in three-are growing up in homes without their biological fathers. Children in father-absent homes, it notes, are almost four times more likely to be poor. (by Lois M. Collins & Marjorie Cortez, The Atlantic)

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## COHABITATION AND AFFAIRS

**Cohabitation.** On average, marriage preceded by cohabitation is 46% more likely to end in divorce. It's no secret that many couples are cohabiting, that is, living together in a sexual relationship without marriage. Currently, 60% of all marriages are preceded by cohabitation, but fewer than half of cohabiting unions end in marriage. (Catholic Church Teachings, For Your Marriage)

**Marry or move in together?** Brain knows the difference. Marriage is linked with numerous health benefits that simply cohabiting doesn't seem to provide. Now, research suggests the reason why the brain links "just" living together with a lack of commitment and can't relax. (By Stephanie Pappas, FoxNews.com)

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## PARENTING / YOUTH MINISTRY

**Dating and Sexual Relationships.** This Adolescent Health

Highlight presents key research findings about the prevalence of and trends in adolescents' dating and sexual relationships; discusses dating and sexual behaviors that may put adolescents at risk for negative outcomes; examines how these behaviors vary by gender, age, and race/ethnicity; and considers individual, family, and media influences on adolescents' sexual behaviors. (by Elizabeth Wildsmith, et al, Child Trends)

**Teach Your Children About Marriage.** When we look around, it's very easy to see brokenness in the world, especially as it relates to marriage. ... How can Christians respond faithfully and demonstrate God's design for marriage? We start first by understanding God's original intent in a series of brief articles. Then, we work to strengthen our marriages and teach our children what marriage is and why it matters. (by Jeff Johnston, Focus on the Family)

**The Overprotected Kid.** (Rush Limbaugh gave "homework" for the first time on March 21, it was to read this article.) A preoccupation with safety has stripped childhood of independence, risk taking, and discovery-without making it safer. A new kind of playground points to a better solution. (Hanna Rosin, Atlantic)

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## **DISTRESS AND DIVORCE**

**Children in divorce proceedings increasingly need support with mental health issues.** All too often children are caught in the middle of adult disputes, with children forced into the position of playing inappropriate roles - those of spy, messenger, judge or witness. (The (UK) Guardian)

**Grieving the Gray Divorce.** As divorce rates among adults 50 and older continue to hit an all-time high, adult children of long-time married couples can find themselves shocked when their folks announce they're splitting - and find themselves grieving with few places to turn. (By Emily Harris, Chicago Tribune)

**The Stages of Divorce.** While studying love, Robert Sternberg (President at University of Wyoming) discovered a frequent pattern of steps that led to divorce. Although all divorces do not follow these exact steps, many do. Unfortunately, couples too frequently wait too long to ask for help. Counseling works best when difficult problems first surface. (by Ken West, The (Lynchburg, VA) News & Advance)

**New Research Articles on Divorce.** (by Robert Hughes Jr, divorcescience)

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## **MARRIAGE PREPARATION**

**I wasn't ready for marriage.** If there's one thing about life that I wish everyone would consider - particularly my peers, and those

younger than me - it's that you'll never do the big things if you're waiting until you're ready to do them. You'll never be ready. You can't possibly understand the reality of marriage - the joy, the commitment, the love, the anger, the pain, the hope, the fulfillment, the excitements, the banalities, the journey, the sacrifices, the rewards, the journey - until you're in it. Same can be said for parenthood, only more so. (by Matt Walsh, The Matt Walsh blog)

**Love and Marriage More Complicated Than They Look.** In a really good relationship, all three - chemistry, friendship, and romance - are present. And it's likely that when they all are we both are thinking seriously about marriage. Good idea. Such relationships are hard to find. But not impossible. And here's where it gets difficult. We are going to encounter more than one person in our life who offers us to some degree or the other a bit of chemistry, friendship or romance. In fact, I'll bet that if we are honest with ourselves we will become aware of dozens of persons in our lifetime that offer such potential. (By Ken Potts, (Suburban Chicago) Daily Herald)

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### **PARTING WORDS**

**A Master of Divinity:** "More than \$40,000" The debt accumulated by more than 25 percent of the students receiving a Master of Divinity in 2011, according to a study by the Center for the Study of Theological Education at Auburn Theological Seminary. Five percent had more than \$80,000 debt. (reported by World Magazine)

**Gratitude** is one of the few things that can instantly and measurably improve a couple's relationship - Les and Leslie Parrott

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**Treasure your spouse:** Consider your spouse and your marriage a high priority. Pray together! Have fun! Remember the good times! Laugh together!

Respectfully,  
Tom and Liz Dressel

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