

every marriage matters

From: Every Marriage Matters [mailto:tomdressel@everymarriagematters.ccsend.com] **On Behalf Of** Every Marriage Matters
Sent: Tuesday, August 05, 2014 12:06 AM
To: tomdressel@comcast.net
Subject: Five Minutes for Marriage: Have You Accepted the Date Night PDX Challenge?



Five Minutes for Marriage August 2014

The best thing you can do for yourself, for your children, and for our culture is to make your marriage work - and encourage others to do the same.

Tricia Goyer

Dear Tom,

Welcome to August and to Date Night PDX. The challenge to you is to rebuild the habit of dating frequently by **Dating 4 Times in 4 Weeks**. It's a great summer and a great time to have lots of fun. As you pick up the challenge, challenge those around you to do the same.

We had a great Barnes & Miner Comedy Night last Friday to kick off the challenge. There were about 550-600 at the live event and probably double that through internet streaming to local churches. One of our volunteers commented "I wish you could have seen the 3 young couples in front of us poking each other at Jerry and Amy's jokes about marriage, then they'd roll over in laughter."

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DATE NIGHT PDX

Date Night PDX - an opportunity to improve marital relationships through the challenge of dating 4 times in 4 weeks in August. Research says it works! There are tips, tools, and support materials at DateNightPDX.org and EveryMarriageMatters.org website. Here's a special date you won't want to miss:



I Still Do, Saturday, August 23 at Moda Center, Portland. Take your marriage to the next level with this great lineup of speakers, including: Dennis Rainey, Al Mohler, Crawford & Karen Loritts, Shaunti Feldhahn and Ron Deal. I STILL DO in Portland offers life change and hope to couples... **it's half price...** buy one ticket, get one free when you use the promo code

"itakeyou" from now until August 18.

Challenge couples you know to Date 4 Times in 4 Weeks. Utilize the handouts, and other resources you'll find at EveryMarriageMatters.org

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\$10 Great Dates a book by Dave and Claudia Arp

Think back to your initial dating days and why you dated each other in the first place. When we ask dating couples (the unmarried type) why they date, we hear comments like "*Because I'm crazy about her.*" "*He makes me happy.*" "*I want our relationship to grow.*" "*I want to know her on a deeper level.*" Wouldn't it be great if married couples could tap into this same positive energy in an ongoing way? Dating on a regular basis is fun way for couples to rejuvenate their love for each other. - from the Introduction to \$10 Great Dates

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[5 Biggest Little Ways to Improve Your Marriage.](#)

We all know that small, thoughtful acts are not a magic cure-all for every marriage problem. But having talked to so many who nurtured too much happiness with simple but powerful actions, I know all of us can build that all-important foundation that helps us believe that our mate notices and cares. Because as it turns out, believing that the other person cares is far more important to building a happy marriage than most of us ever realized. (by Shaunti Feldhahn, FamilyLife)

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[5 Secrets Newlyweds Need to Know.](#) It's funny how we're often attracted to our spouses for qualities they have that are different from our own, and yet, over time, we still try to change them to be just like us! But God brought the two of you together, and each of you will have strengths to offer and weaknesses to overcome. When you can think "we" instead of "me," that's when you realize certain things don't matter as much - and that includes always getting your way (even if you think your way is better). The longer you're married, the greater the temptation to think about yourself first, but if you ask this question daily - "How can I serve my spouse today?" you'll find it's a lot harder to be selfish when you're intentionally looking for ways to be a blessing to your husband. (by Sara Horn, CrossWalk.com)

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[5 Types of Powerful Words for Your Marriage.](#) We all know that words are powerful and lasting. I can all too easily recall hurtful things that have been said about me and that I've said to others, and you can probably do the same. As I said in my blog, [5 Toxins of the Tongue That Can Poison Your Marriage](http://www.markmerrill.com/5-toxins-of-the-tongue-that-can-poison-your-marriage/) <http://www.markmerrill.com/5-toxins-of-the-tongue-that-can-poison-your-marriage/> words have the power to poison and even kill relationships. But we often overlook the fact that words can also be used for good. Just as we know words can tear down, it's time to understand how powerfully words can also build a person up. Why not start building up your spouse now with these 5 types of words that breathe life into your marriage. (by Mark Merrill, MarkMerrill.com)

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[10 Habits of Really Happy Couples.](#) It seems like a happy relationship should come naturally when you're with the right person, but that's not true. Relationships require work. Happy couples have to maintain their relationships every day with love and care, but it's not as

daunting of a task as it may seem. There's no real "secret" to having a happy relationship, but there are things you can do to make it all come more easily. Try to integrate these habits into your daily life and see how much happier your relationship can be. (by Allison Renner, LifeHack.org)

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A Bit Of Religion Can Be Bad For Marriage. Attending church regularly during young adulthood appears to significantly decrease the risk of divorce, even for early marriages. In an era in which good marriages seem increasingly out of reach for working-class young adults, our findings about religious observance and early marriage offer a glimmer of hope. Integration into supportive communities can help stabilize fragile young families. For working-class young adults who marry young, the difference between mere religious affiliation and deep involvement in the life of an actual congregation might be the difference between the death of a marriage and "til death do us part." (By Charles E. Stokes, Amber Lapp, and David Lapp, The Federalist)

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A Wise Investment: Benefits From Families Spending Time Together. Spending time as a family is a wise investment. Children in families that participate in religious activities together are more likely to report having parents who show affection, and those with involved parents tend to fare better in school and are less likely to engage in risky behaviors. (Heritage Foundation)

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Brad Paisley: 'Failure's not an option' in my marriage. Country singer Brad Paisley has been married to his wife, actress Kimberly Williams-Paisley, for 11 years, which seems like a lifetime for a celebrity marriage. But the singer says their marriage works so well because they made a commitment to make it work, no matter the circumstances. (By Gayle Thompson, FoxNews.com)

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Moving In and Moving On: Cohabitation Less Likely Than Ever to Lead to Marriage. If you want to marry, be careful about cohabitation. Sure, more and more people are cohabiting, but it's also less likely than ever to lead to marriage. In fact, people are increasingly cohabiting in ways that are associated with greater risks to the aspiration of marital success. If you are aiming for marriage, aim for a solid choice in a partner and then look to form a public, mutual promise to marry. While all couples may be more likely to break up before marriage now than in the past, look toward something that really signals commitment to figure out whether you and a partner have what it takes to go the distance. (By Scott Stanley, Sliding vs Deciding blog)

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The Best Sex. Most importantly, to keep the fire in your marital sex life, you need to keep the fire in your relationship with God. That may sound weird, but in order for you to love, you need to feel loved. And God is the best source. (Kenny Luck, Every Man Ministries)

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Steve and Tami Stephens, President and Directors. Steve is a psychologist, author and speaker. Tami is a housewife.

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Treasure your spouse: Consider your spouse and your marriage a high priority and a gift from the Lord. Pray together! Take the Date Night PDX challenge! Have fun! Laugh together!

Respectfully,
Tom and Liz Dressel

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